



Supporting young people returning to school

It's normal for all of us - young people, their families and school staff - to feel anxious, awkward or unsure as we return to our normal routines

Families can support young people by:

- being patient while we all adjust
- encourage good habits and routines
- encourage and model healthy self-care
- help young people set realistic goals
- celebrate achievement and be supportive when things don't go exactly to plan



Schools can support young people by:

- expecting there to be some time while we all adjust
- facilitate realistic expectations and goal setting
- emphasise the safety measures the school has adopted
- reassure young people that their emotional health is a priority
- celebrate resilience and community spirit
- encourage self-care
- reflect on remote learning with young people- what worked well and what didn't, what did students like and dislike about it?
- reflect on learning at school, and focus on the parts young people enjoy the most about being at school to learn

