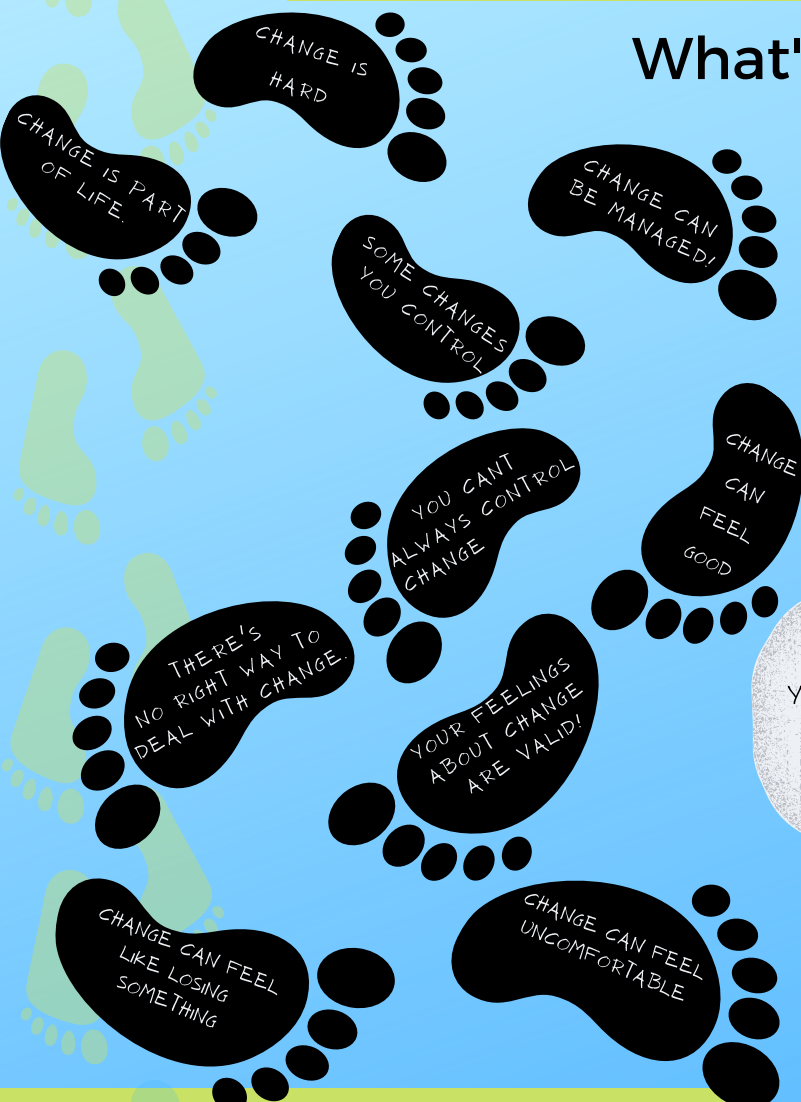


CHANGE - EMBRACE IT!

What's your next step?



WHERE
ARE YOU GOING
NEXT YEAR?
NEW YEAR GROUP?
CLASS? SCHOOL?
COLLEGE?

WHAT ARE
YOU LOOKING
FORWARD
TO?

WHAT ARE
YOU NOT
LOOKING
FORWARD TO?

HOW DOES THIS
CHANGE MAKE
YOU FEEL?

WHAT ARE
THE TOP 3 THINGS
YOU HAVE MISSED
THIS YEAR?

WHAT DO
YOU WANT TO
ACHIEVE
NEXT YEAR?

Who's in your

SUPPORT NETWORK?

A support network is a group of people (or even pets!) who are able to provide you with comfort, advice and just listen to us.

Going through a new change can make us feel lonely. It's important to keep in contact with people who will listen and support us.

Try writing down all the people that you can talk to, those who will listen and support you - you might surprise yourself!

If you're finding the next step difficult you can always contact:

www.kooth.com

www.themix.org.uk

or Text shout 85258