

Video Links

Video Title: Starting High School
Length: 3minutes 57seconds
Suggested Section:
Suggested age: Grade 5+
Date Video Posted on Platform: November 4th 2010
Description: Video that talks from students perspective about how they found moving to HS, they discuss some of their worries and top tips for starting HS

Video Link: <https://youtu.be/q5jDDm3ISus>



Video Title: High School Transition – BTN
Length: 3minutes 46seconds
Suggested age: Grade 5+
Date Video Posted on Platform: November 29th 2016
Description: Kids share their experiences of moving to HS and what they are excited about, what they will miss and, worries, what HS is really like and advice



Video Link: <https://youtu.be/Oup9r7XNOt0>


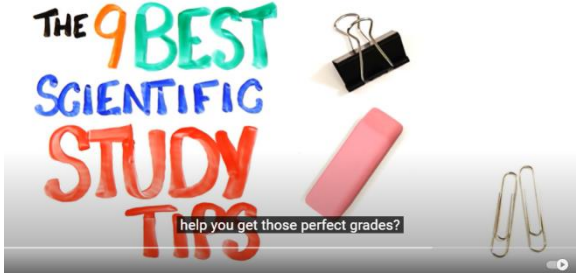


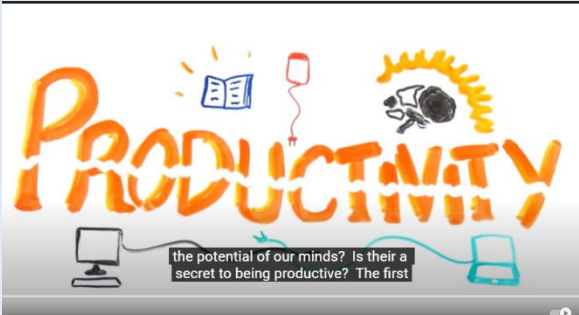

Video Title: A Flying Start to High School
Length: 3minute 46seconds
Suggested age: Grade 5+
Date Video Posted on Platform: November 2nd 2012
Description: QLD Education Transition to High School video - QLD Girl talking about going to high school.

Video Link: <https://www.youtube.com/watch?v=WsSgAfv6-Rg>



<p>Section 2:40 - 3:50 is talking about worries going to high school 3:50 - 5:23 discusses likes about high school to provide reassurance and hope</p>	
<p>Video Title: How to make a friend in 4 steps Length: 3minutes 23 seconds Suggested age: Grade 6+ Date Video Posted on Platform: Description: Please note that this video has a bottle of wine sitting on the table at 1minute 28seconds</p>	<p>Video Link: https://www.youtube.com/watch?v=nBWbALQlqIk</p> 
<p>Video Title: Coping with moving house and change Ayla's Story Length: 1minute Suggested age: Grade 6+ Date Video Posted on Platform: 9th March 2020 Description: Ayla discusses some of the challenges of moving house and school, she encourages viewers that from the changes in her life she has learnt that change helps people grow and learn more</p>	<p>Video Link: https://www.youtube.com/watch?reload=9&v=W6bTDvKQsaI&feature=youtu.be</p> 
<p>Video Title: Shake Takes: Going to high school Length: 4minutes 44seconds Suggested age: Grade 6+ Date Video Posted on Platform:</p>	<p>Video Link: https://www.youtube.com/watch?v=SrCS1wU1qCQ</p>

<p>Description: Year 6 student Tee takes us to the high school she'll be attending next year. She meets year 7 student Jeremy and asks questions on what high school is like.</p>	
<p>Video Title: A gazillion ways to make new friends Length: 1minute 29seconds Suggested age: Grade 5+ Date Video Posted on Platform: 3rd May 2017 Description If you're dealing with a bullying situation, it can often affect your whole friendship network. Here are a gazillion ways to get out there, meet new people and rebuild your friendship crew.</p>	<p>Video Link: https://www.youtube.com/watch?v=uJH1Mq98A4</p> 
<p>Video Title: The 9 best study tips Length: 3minutes 25seconds Suggested age: Grade 5+ Date Video Posted on Platform: 4th September 2015 Description: Exploration into helpful study tips. This video debunks myths around productive study</p>	<p>Video Link: https://www.youtube.com/watch?v=p60rN9JEagp</p> 
<p>Video Title: The Science of Productivity Length: 3minutes 15seconds Suggested age: Grade 5+</p>	<p>Video Link: https://www.youtube.com/watch?v=IHfjvYzr-3g</p>

<p>Date Video Posted on Platform: 13th December 2012</p> <p>Description: This video explores specific tips to practice to help increase productivity.</p>	
<p>Video Title: Feeling It - Episode 4 - Create Your Oasis</p> <p>Length: 4minutes 41seconds</p> <p>Suggested age: Grade 5+</p> <p>Date posted on Platform: 3rd November 2021</p> <p>Description: This video explores tips around stress, study and sleep – and how these things can be used to benefit us in creating our oasis of being productive and taking care of ourselves.</p>	<p>Video Link: https://www.youtube.com/watch?v=SUX_x091CvE</p> 

Additional Resource Links	
<p>Website: Kidsshelpline.com</p> <p>Description: Kids Helpline is Australia's only free, private, and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Counselling is currently offered by phone 1800 55 1800 , Webchat, and email. Kids Helpline website provide additional tips and resources.</p>	<p>Kids Resource Links:</p> <p>Kids Helpline Tip Sheet - Starting a New School (High School):</p> <ul style="list-style-type: none"> • https://kidshelpline.com.au/teens/issues/starting-new-school <p>Kids Helpline Tip Sheet - Making Friends:</p> <ul style="list-style-type: none"> • https://kidshelpline.com.au/teens/issues/making-friends <p>Kids Helpline Tip Sheet - Exam Stress:</p> <p>https://kidshelpline.com.au/teens/issues/exam-stress</p>
<p>Website: Reachout.com</p> <p>Description: ReachOut is an online mental health information service for young people and their parents in Australia.</p>	<p>Kids Resource Links:</p> <p>Transition to Secondary School:</p> <ul style="list-style-type: none"> • https://schools.au.reachout.com/transition-to-secondary-school <p>Reach Out Tip Sheet - 5 things to remember when starting a new school:</p> <ul style="list-style-type: none"> • https://au.reachout.com/articles/5-things-to-remember-when-starting-at-a-new-school