



# Surviving & Thriving in Middle School



## TIPS for Students & Parents

- #1 FOLLOW YOUR CURIOSITY** & try out new activities, clubs, and sports offered in middle school. Not only will it expand your horizons, but it's a great way to meet new friends.
- #2 USE A PLANNER.** Using a planner will help you stay organized with homework & project due dates, test dates, and your daily schedule. .
- #3 DO YOUR HOMEWORK** so you don't fall behind. Homework is intended to help you review important concepts and learn new skills. Plus, it sends the message to your teacher - and yourself-that you value your education.
- #4 ASK FOR HELP** when you need it! This is an important skill, even for adults. Figure out who can support you with academic, social, and/or personal challenges and reach out to them.
- #5** When having to make a difficult decision, like what to do when faced with peer pressure, **LISTEN TO YOUR WISE VOICE WITHIN.** Ask yourself: is this safe, will someone get hurt, or what could be the consequences? Then make a decision that honors your values and empowers you to live your best life.
- #6 TAKE GOOD, KIND CARE OF YOURSELF.** This includes eating healthy, drinking lots of water, and getting at least 8-10 hours of sleep each night.
- #7 JUST BREATHE.** Middle school can be a wonderful, exciting time in your life. And there may also be moments when you feel overwhelmed with all the changes taking place. So slow down. Take it one step at a time. Practice healthy coping strategies. And breathe.

**REMEMBER THAT YOU MATTER, BELONG AND ARE JUST RIGHT JUST AS YOU ARE. SO STEP INTO YOUR POWER AND BE YOUR BRAVE SELF!**