



# Preparing for Middle School

## How can parents support their children?

- Anticipate anxiety and avoidance and ask questions about how your child is feeling
- Correct misinformation and educate your child on what procedures are in place to protect and support them
- Identify and create a support plan with your child
- Praise any efforts--big or small--that your child makes to manage anxiety
- Be proactive and check in with your child about bullying
- Identify trusted adults with your child that they can connect with at school

## What can students do to prepare?

- Rebuild a routine
- Reach out to classmates
- Check on summer assignments
- Build a support network
- Practice coping mechanisms
- Connect with teachers and guidance counselors
- Focus on what you can control

