

Familiar Faces

Helping students feel socially safe in high school.

Starting high school can feel overwhelming — especially socially.

This tool helps identify the people, places, and routines that create a sense of safety.

Belonging doesn't happen by accident. It can be planned gently.

People Who Help Me Feel Safe

I feel more confident at school when I see:

Friend from primary • Older sibling • Year adviser • Learning support teacher • SLSO • Librarian

Places That Feel Comfortable

At school, I feel calmer in:

Library • Learning support room • Wellbeing space • Quiet area • Art room • The oval

Routines That Help Me Settle

I feel more settled when I know:

- Where my first class is
- Who I sit with
- What happens at lunch
- Who to go to if I feel overwhelmed
- What to do if plans change

How We Can Use This

One familiar face I can connect with in Week 1:

One place I can go if I feel overwhelmed:

One adult who knows this information:

Familiarity builds confidence.

Candice Moorgas — Challenges Behind Acceptance © 2026