

Familiar Faces

HELPING STUDENTS FEEL SOCIALLY SAFE IN HIGH SCHOOL

Starting high school can feel overwhelming, especially socially. This tool helps students identify the people, places, and routines that can make a new environment feel more familiar.

Sometimes confidence does not begin with knowing everything.

Sometimes it begins with recognising a familiar face, a familiar place, or a familiar routine.

Belonging does not happen all at once. Sometimes confidence begins with familiarity.



Familiarity builds confidence.

What Already Feels Familiar?

Familiarity can make new places feel easier.



People I Already Know

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

Someone else: _____



Places That Feel Comfortable

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

Somewhere else: _____



Routines That Help Me Settle

- Knowing where my first class is
- Knowing who to sit with
- Knowing what happens at lunch
- Knowing who to ask for help
- Knowing what to do if plans change

Something else that helps: _____



Familiarity can make a new environment feel easier while confidence is still growing.



My Familiar Faces Plan

Small plans can build confidence.



1. One familiar face I can connect with in Week 1



2. One place I can go if I feel overwhelmed



3. One adult I can go to if I need support



4. One thing I am looking forward to

Confidence Meter

Right now, high school feels:

1 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10

After completing this plan:

1 ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ 10

Small plans can build confidence.

The Confidence Ladder

Confidence often grows one step at a time.



Reflection

Which step feels most achievable right now?

Closing Reflection

You do not need to know everything before high school starts.
Sometimes confidence grows because a few things already feel familiar.



Familiarity builds confidence.

