

## Losing Old Friends



Losing old friends is always a worry when you move from primary to secondary school but it doesn't need to happen. Here are some tips on how you can stay in contact with your friends.

### Tips:

- Take time to meet up inside/outside school to introduce your new friends to your old ones.
- Keep in touch and make sure you see each other outside of school time.
- Don't let other commitments or new friends get in the way of making time for your old friends.
- Don't worry about not being as close or seeing them as regularly, a good friendship can pick up at any time.
- Send an occasional encouraging text or give them a call for a chat, your old friends are probably worried about losing you as a friend too.
- After the first couple of weeks of being at high school, organise a cinema trip or another activity with a few of your old friends to compare notes on how you are finding school and just catch up.

