



# **Secondary 1 Year Head Talk**

**3 F's to think about as you  
begin your journey in  
Secondary school**

**Beginning with *AND* in mind**



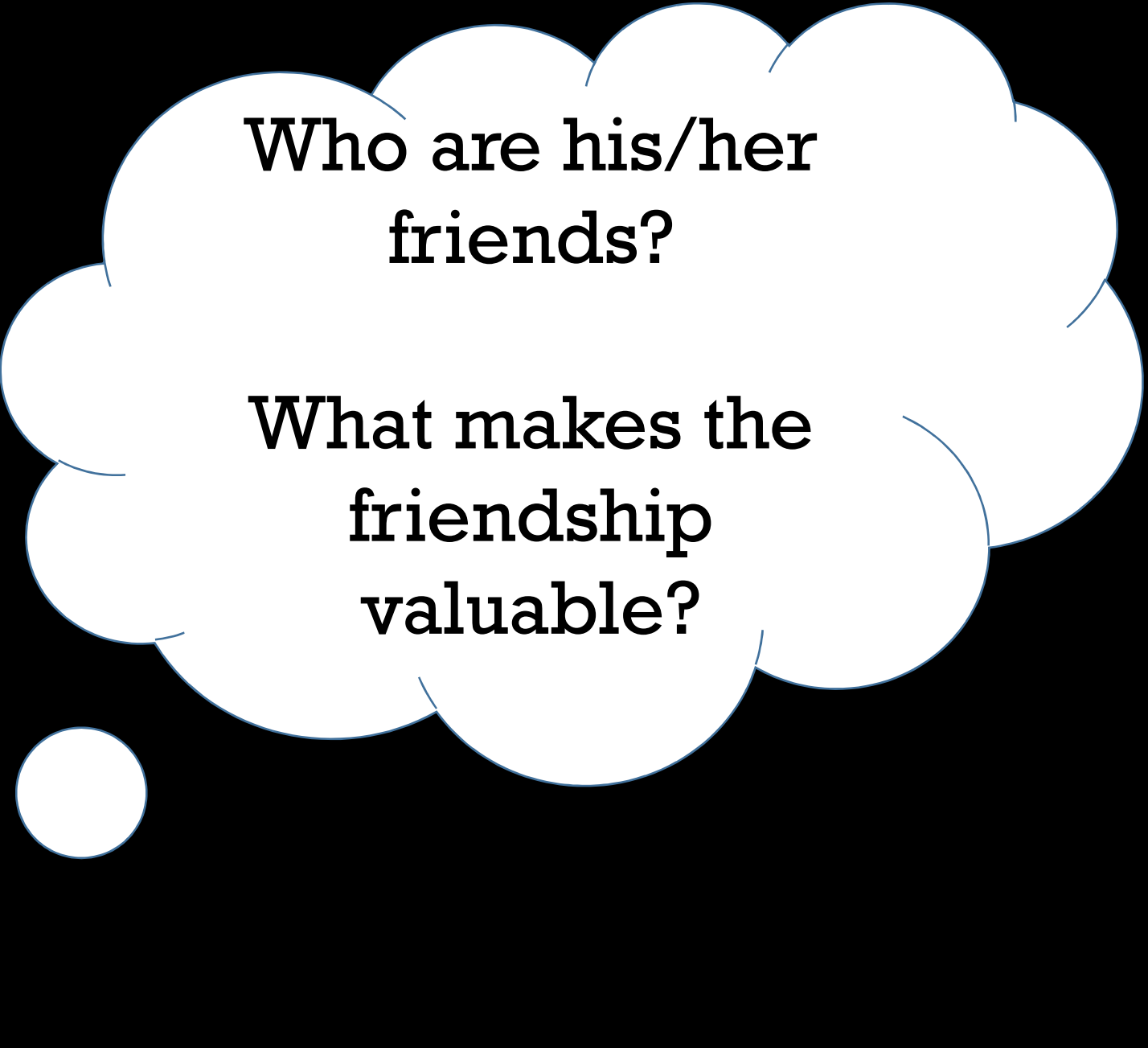
# **Secondary 1 Year Head Talk**

**3 F's to think about as you  
begin your journey in  
Secondary school**

**Beginning with AND in mind**

**1**

# **F**orging Friendships




**Who are his/her  
friends?**

**What makes the  
friendship  
valuable?**

**2**

**F**inding yourself



**What is something  
new you've  
discovered about  
yourself?**

**3**

**F**ailing purposefully



**What went wrong?**

**What could you have  
done instead?**

**What can you do now?**



**Learning takes  
time.**

**Growing takes  
time.**

**Taking time does  
not mean failure.**

**You need to**

**BELIEVE**

**in your plan**

# 1 Barrier

F E A R

- **Fear of FAILURE**
- **Fear of REJECTION**
- **Fear of UNKNOWN**