TRANSITIONS AND PREPARING FOR ADULTHOOD

ENGLAND

Secondary School Survival Visual Pack

Free download · My SEND Friend Shop

A visual pack for everyday secondary-school systems: the school day, moving between lessons, asking for help, and the journey home.

Adapt every page to the actual school. This is not a behaviour chart.

Who this is for

Pupils, families and pastoral or SEND staff who want simple visuals for the first term of secondary school, or for a difficult patch later on.

What is inside

- A school-day timetable
- Now and next for lesson changes
- Help and break cards
- A first-term notes page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Make the hidden systems visible

Secondary school often expects pupils to know things that have never been explained clearly: where to stand, how long a break is, who to tell if a lesson is in a different room, and how to ask for help without standing up in front of everyone. Put the real school's words on these pages.

My school day

Write period names, room numbers, or teacher initials if that helps. Leave boxes blank if you use a school-issued planner instead.

	Mon	Tue	Wed	Thu	Fri
Arrival / tutor					
Period 1					
Period 2					
Break					
Period 3					
Lunch					
Period 4					
Period 5 / home time					

Between lessons

Use this when moving rooms is the hard part.

THIS LESSON

Place a card or write here

NEXT I GO TO

Place a card or write here

These visuals use simple original drawings from My SEND Friend. They are not from a licensed symbol library.

Cards I can use in school

I need help

Please come and help me.

You can add your own wording here

I need a break

I need to stop for a short time.

You can add your own wording here

I need the toilet

I need to leave to use the toilet.

You can add your own wording here

Please wait

I need a little time before I can answer.

You can add your own wording here

These cards are optional. They do not replace a child's own communication, speech, sign or any AAC system they already use.

What I want staff to know

What already helps, and what I want to try in the first term

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- GOV.UK: Children with special educational needs and disabilities (SEND)
- The SEND Code of Practice 2015 (England)
- The school's SEN information report and complaints policy
- Your local SENDIASS service
- IPSEA, for legally based information in England
- Preparing for Adulthood materials and your local offer, where relevant

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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