

TO EVERY KID WALKING INTO MIDDLE SCHOOL FOR THE FIRST TIME

11 THINGS YOU NEED TO HEAR

1 EVERYONE IS NERVOUS, EVEN IF THEY SAY THEY AREN'T.

That means no one is thinking about you nearly as much as you think they are. So forget about the zit on your chin or the bad haircut, and go help someone else feel good about themselves. It'll make a huge difference for you both.

2 YOU DON'T HAVE TO BE COOL TO ENJOY MIDDLE SCHOOL.

Stop chasing popularity and focus on friends who like you back. Remember that friends often change, so stay open to new people and build your circle. Never waste your energy trying to convince someone to want you around.

3 BE KIND

Never make fun of someone for how they look, what they wear, how they talk, or how they learn. If you see someone alone, invite them in. Your kindness can change a life.

4 WORK HARD

Middle school means more classes, more teachers, more to keep track of — but you can do it. It's so much easier to keep up than to catch up. Doing your best is an incredible confidence boost.

5 STEP UP

You're old enough to talk to your teachers, work things out with your friends, manage your own schedule, and show up for your commitments. It's intimidating at first, but it gets easier with practice. Your parents are there for backup when you need it.

6 TRY IT ALL

Middle school is the perfect time to try everything. If you like it, you've got years to get better at it. Plus, being involved makes school way more fun.

7 DON'T BURN BRIDGES

You never know when someone will come back into your life, so never end things on a bad note. Treat people well, give good effort, skip the gossip, and doors will always stay open for you.

8 TAME YOUR TECH

Kids who stay engaged in real life with real people end up happier than the ones who hide behind a screen. And remember: nothing online is private.

9 STAY TRUE TO YOU

Middle school will bring up words and situations that don't feel right. There might be pressure to go along with the crowd, but resist it. Life always feels better when you are your real self and the right people are attracted to your authenticity.

10 DO THE LITTLE THINGS

Get enough sleep. Drink enough water. Eat real food. Take screen-free time. Move your body. Touch grass. Life is so much easier when you take care of the basics.

11 TALK TO YOUR PARENTS

No one wants what's best for you more than they do. They're on your side, so let them in. They can handle the hard stuff, and they want to be part of the good stuff too. Life is so much easier when you trust and connect with each other.

MIDDLE SCHOOL IS A BIG CHANGE, BUT YOU ARE READY.
AND YOU HAVE SO MANY PEOPLE IN YOUR CORNER, CHEERING YOU ON.

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