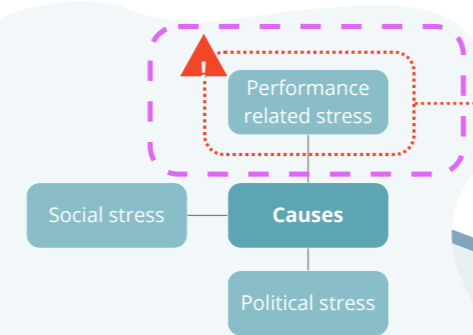
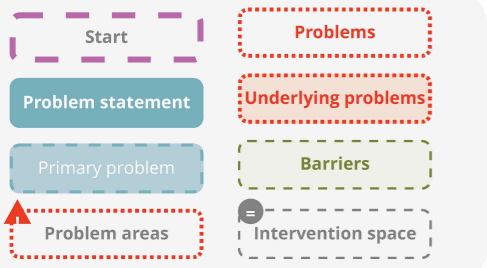
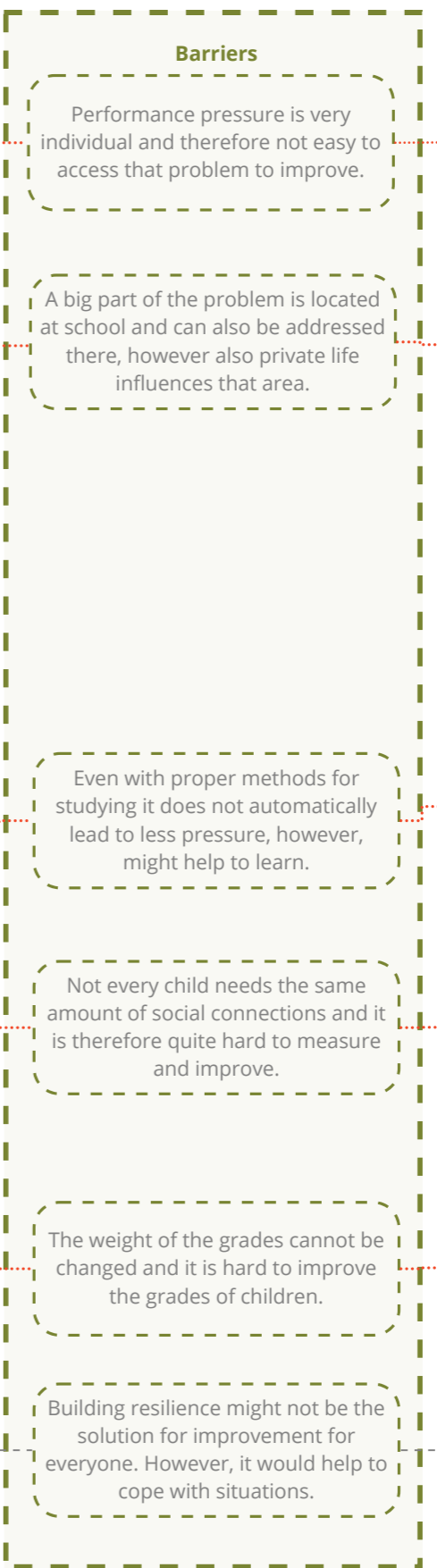


**KEY**



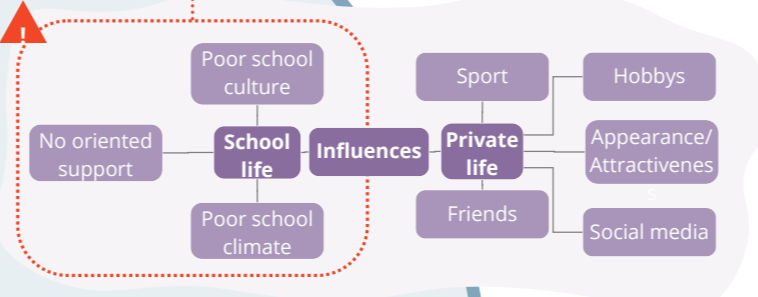
**Problems**  
 The biggest cause of too much pressure is stress that is related to performance pressure caused from different aspects.

School life is the area where children between 11/12-years-old experience the most pressure to perform.



**Underlying problems**

- Lack of resilience
- Not enough known methods to build resilience and study properly

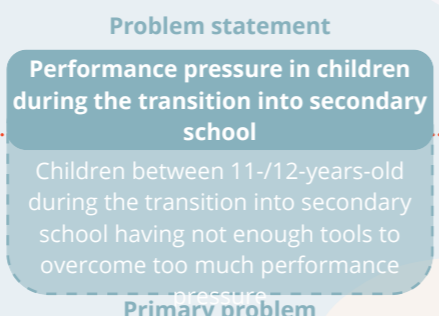


The main symptom during the transition into secondary school is having work-study difficulties. This includes them struggling to find out how to study properly.

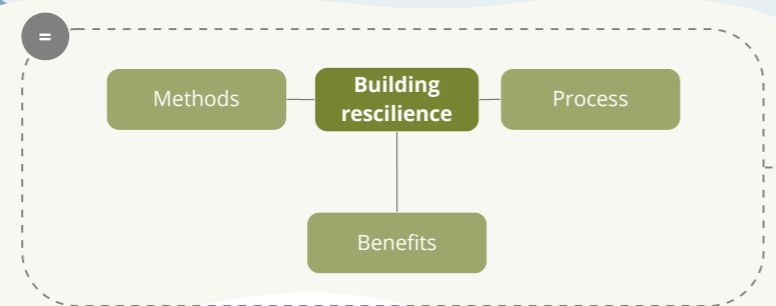
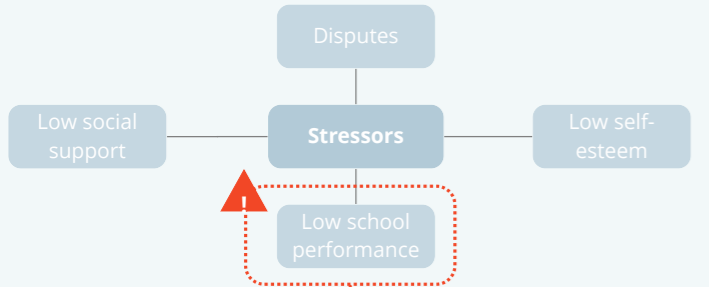
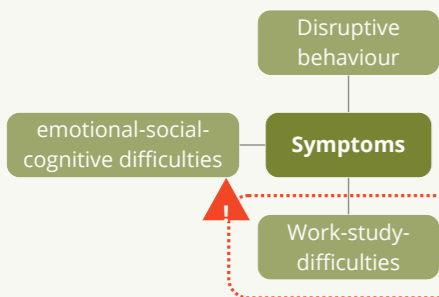
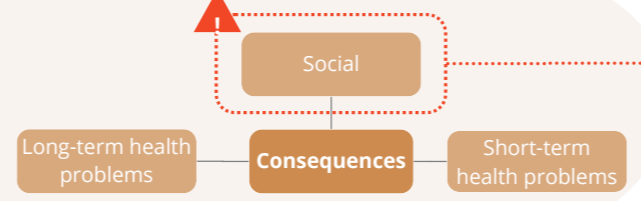
The consequences that can be observed most strongly are social restrictions.

Low school performance is a huge pressure point for children in transition into secondary school, as they weigh a lot more than other times.

Building resilience shows the biggest space for intervention in hopes to improve the situation of performance pressure in children during the transition into secondary school.



**Primary problem**



**Intervention area**  
 Education on methods to build and foster resilience in children together with study methods to reduce performance pressure in connection with grades.