

Your child visited the Life Education mobile classroom



Life Education Wessex & Thames Valley is an independent and self-supporting branch of a national charity which provides **health, well-being and drug prevention education** to children aged 3 – 13 years.

Our aim is to help equip young people with the **knowledge, skills and self-confidence** to form positive healthy attitudes and make healthy choices. We support schools, parents and community groups and our programmes help to meet National Curriculum and government guidelines for health and drug education.

Young people are facing ever-increasing risks to their health through poor diet, drinking alcohol, smoking and misusing drugs. Our fun and interactive series of **age appropriate** programmes help children to understand the **wonders of the human body** and how to look after it.

In **Foundation Stage** and **Key Stage 1** (*Nursery to Year 2*) they learn about **keeping their bodies healthy, feelings**, being a **good friend** and the **safe use of medicines**. Our experienced and specially trained Educators help **Key Stage 2** children (*Years 3 to 6*) to consider the effects and risks associated with the use of drugs, including **medicines, alcohol and tobacco**. In addition, children learn about **choices** that can affect health and well-being, skills of **friendship** and how to cope with **bullying** and **peer pressure**.

Through the use of **group work, puppets, circle time discussion, drama techniques such as role play and hot-seating, music, exercise, electronic models and a variety of audio/visual materials**, all children are encouraged to participate.

Parents' sessions and workshops are often organised so that you can find out what happens inside the Mobile Classroom. **Workbooks** (one for each age group), which can be used at home to support your children, are also available from the Educator or our Office (at the address below).

As a charity, we are funded primarily through charitable donations and contributions from schools. The charge to schools is around half the **actual** cost of the visit.

You can help us continue our important work by:

- *Supporting the school's request for a contribution towards the cost of the visit*
- *Supporting (organising or just attending) Life Education fund raising events*
- *Making a donation (from yourself, your business or organisation) to Life Education*

To find out more about **Life Education Wessex & Thames Valley** and how you can support us, visit our website **www.lifeeducationwessex.org.uk** or email **enquiries@lifeeducationwessex.org.uk**
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C Charity no. 1071094

Patrons: Lady Digby DBE DL, Susan Hampshire OBE, Tracy Edwards MBE

We visited the Life Education Centre and took part in the Year 6 programme called 'Decisions'

We learned

- that all drugs can be harmful, including medicines and both legal and illegal non-medical drugs
- that most young people choose not to drink alcohol
- that people can take on different roles, choosing to behave in different ways, when with a group of their friends and that their behavior may affect other people's decisions
- that most young people enjoy activities that do not cause harm to their bodies
- that our choices have consequences for our futures

We also

- identified risk factors in a given situation (involving alcohol) and considered the outcomes of risk taking in this situation
- talked about the law in relation to illegal drugs

QUICK QUIZ

1. A drug is a substance which the way the body works.
2. All medicines are
3. A person must be 18 or over to buy
4. To use medicines safely it is important to follow the on their labels.
5. Alcohol can damage a person's
6. The drug inside cigarettes is called
7. Cannabis is an drug.
8. Most 11-15 year olds have had a drink of alcohol (e.g. a whole glass, can or bottle).
9. Other people, including my friends, might influence the I make about alcohol.
10. If someone is found guilty of a drugs offence they will have a record and may have difficulty getting a job and travelling to other countries.

illegal
affects

instructions
nicotine

never
criminal

alcohol
drugs

liver
choices

These words may help: