

Reflections



Think about your experience in the Life Education session and complete the following sentences. Share with a friend and your family.

The most important message I will remember is ...

One new thing I learnt was ...

One positive and healthy decision I have made recently ...

One important decision I will make in the future is ...

I would like to learn more about ...

Try these websites to find out more information:

Kids Helpline kidshelpline.com.au

Smarter than Smoking smarterthansmoking.ord.au/for-youth/

Fact or Myth



1. Read the statement and decide whether it is a fact or myth.
2. Tick the appropriate boxes to match your answer.
3. Add 2 statements of your own that relate to legal drugs.
4. Share your written statements with the class.

Statement	Fact	Myth
Flu tablets relieve symptoms associated with the flu.		
Sports and energy drinks are the same.		
Breathing in secondhand smoke can harm the body.		
All alcohol is the same strength.		
Coffee is made from coffee beans.		
Analgesics can be used to relieve headaches.		
Caffeinated energy drinks are recommended for people under the age of 18.		
Antibiotics treat infections.		
All soft drinks contain caffeine.		
Smoking helps people to relieve stress.		

Test your friends and family



Research information about legal drugs, finding as many facts as you can.

Create question cards to ask your family and friends. Which topics were people most knowledgeable about?

Which questions proved a challenge?

How could you help others to learn more about these topics to help save lives.

DRUGS + ALCOHOL

CYBER BULLYING

HEALTH + WELLBEING

RESPECTFUL RELATIONSHIPS

SEXUAL HEALTH



Risk assessment

Create 3 scenarios with a person, a drug and a place.

The Person

- 12 year old student who has type 1 diabetes.
- 25 year old who has asthma
- 30 year old female
- 50 year old male

The Drug

- Glass of wine
- Asthma spray
- Insulin
- Bottle of beer

The Place

- Restaurant
- Pub
- During a sporting competition
- At school

Example of high risk scenario: Person: 14 year old girl Drug: Bottle of spirits (alcohol) Place: at the beach

Create one scenario that is a **HIGH** risk scenario

Create one scenario that is a **MEDIUM** risk scenario

Create one scenario that is a **LOW** risk scenario

Parent and carers



Today your child participated in the Life Education module *Decisions*.

What is it about?

The Decisions module leads students to an understanding of the influences and responsibilities which relate to making safe and healthy decisions.

- In this module we explore:
- Factors and consequences which influence decisions eg: friends, family, media and laws.
- Age-appropriate facts on legal and illegal* drugs**.
- Strategies and skills to be safe.

Why is it important?

Children require opportunities to develop and practice their decision making skills to help them become more independent and understand the consequences of the choices they make.

Life Education's preventative drug education modules, endeavour to empower students to make informed and healthy choices, identify safe and unsafe situations and respond appropriately to peer pressure.

Want to help your child make safe and healthy choices?

We all want our children to make safe, healthy decisions. As parents, we can help support our children to make those decisions. Here are 5 conversation starters:

1. Ask "what would you do if...."
2. Create a list of solutions. Ask "what else might someone do?"
3. Play with pros and cons for each solution.
4. Discuss how they would feel after making each decision and why.
5. Choose the best decisions and role play them.

Log onto www.lifeeducation.org.au to access a range of resources to support your child in healthy decision making, such as:

- How to talk about drugs with your child.
- Helping children avoid being influenced by others.

* Illegal drug content is optional and included at the school's discretion.

** A drug is anything other than food, water and oxygen, that when put into the body changes the way the body works. Some drugs are legal and some are illegal. All drugs can be harmful.