

Today, your child participated in Life Ed's module:

LifeEd.
Every child deserves to thrive
lifeed.org.au



**Think
twice.**

Alcohol and its effects

Life Ed is Australia's largest and most trusted provider of preventive health education to school children. Along with Healthy Harold, our giraffe mascot, Life Ed has been empowering children to make safer and healthier choices for over 40 years. On average, we reach 700,000 children annually. Our educators reach students across Australia via mobile classrooms, pop-up classrooms, and via virtual and online lessons and resources.

This flyer will tell you what they learned today and how you can help them apply their new knowledge.



Safety



Physical
Health



Social &
Emotional
Wellbeing

What is it about?

In this module, students learn about alcohol in a balanced and age-appropriate way. They investigate how alcohol enters the body and blood stream, how it changes the way the body and brain work, myths and facts about alcohol and laws around its sale and use and why some people choose not to consume alcohol. Your child learnt about:

- Strategies to reduce the harmful effects of alcohol on themselves and others
- How the drug alcohol changes the way the body and brain work
- Myths and facts surrounding the laws and use of alcohol
- Physical, social and legal consequences of alcohol use
- Strategies to minimise harm

Why is this module important?

- The age of initiation or experimentation relating to drinking alcohol is approximately 16 years of age¹.
- Although more young people than ever are choosing not to drink alcohol in their teenage years and the rate of risky drinking has also decreased in this age group, this is in part due to education².

1. Australian Institute of Health and Welfare, 2019

2. National Drug Strategy Household Survey, 2019

What's next?

Your child's teacher has online lessons they will use in the classroom to continue their learning.

You can support this at home by:



Talking: Talk to your child about what they have learned.

- Have you ever felt pressured to do something by people at school? How did it feel? What did you do?
- What advice would you give me about keeping my body healthy?



Doing:

We Do Water Only: As a family make a pledge to drink only water, or reduce the amount of sugar dense drinks you consume for a period of time.

Stress Buster: Try modelling alternative coping strategies when times are stressful. Maybe go for a walk as a family, turn off devices, play a board game, meditate etc.



More: Check out these resources.



[Talking to your kids about alcohol](#)





[How to talk to your child about why you can have alcohol](#)

What did you learn?

Draw OR write what you learnt below, then share a picture with us!

#lifeed #healthyharold

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