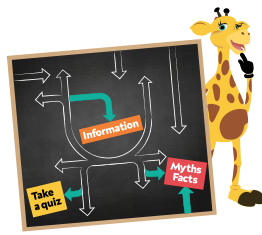


Today, your child participated in Life Ed's module:



Decisions.

Supporting you to make informed and safe decisions

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 investigate a range of alcohol and other drugs, the laws around these drugs and the different ways they impact the body and brain. Students explore the decision-making process and develop their own decision-making skills by looking at their choices, the consequences, their responsibilities, the facts and the influences on them. Your child learnt about:

- Different categories of drugs and their effect on the brain and body
- Physical, social, financial and legal consequences of drug use
- Myths and facts
- Influences on decision making (peers, family, media, culture, financial and legal)
- Strategies to deal with unsafe situations and social dilemmas
- Strategies to minimise harm

Why is this module important?

- Of all students aged 12-17 years, 39.9% (44.1% of males and 35.9% of females) reported having used at least one illicit drug in their lifetime¹.
- Childhood is an important time for healthy development and learning, and for establishing the foundation blocks of future wellbeing, but it is also a time of vulnerability².
- Let's empower young people to make safer and healthier decisions that affect their health and wellbeing.

1. Lynskey et al (2021), *Prevalence of illicit drug use among youth: results from the Australian School Students' Alcohol and Drugs Survey*, National Drug and Alcohol Research Centre, University of New South Wales
2. Australian Government; Australian Institute of Health and Welfare, (2019), *Australia's children: in brief*

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.

- How could one person disagree with another respectfully?
- What influences their decision making – advertising, family, friends?
- How might a person's decision to use alcohol or other drugs stop them from achieving their goals and dreams?



Doing:

How do I Handle It: Role-play some scenarios mirroring difficult/challenging decisions, events or situations that your child may face outside of school or home.

Yes or No: Review the concepts of Passive, Aggressive and Confident and how to respond to decisions and situations confidently.



More: Check out these resources.



[How to talk to your children about drugs](#)



[How to have the vape talk with your kids](#)





[Talking to your children about alcohol](#)

What did you learn?

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

#lifeed #healthyharold

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