

LIFE SKILLS

Primary EDUCATION

Drug, Alcohol and Resilience Training

This workbook belongs to:

Name: _____

Class: _____



Life Skills Primary Programme.

Welcome!

Introduction

- ▶ Drug, Alcohol and Resilience Training - DAaRT
- ▶ Designed to get students to consider risky situations, and get them to make informed, safe and responsible choices.
- ▶ Lots of topics covered!

GLOSSARY

<input type="checkbox"/>	Addicted	Physically or psychologically dependent on a drug.
<input type="checkbox"/>	Alcohol	The ingredient found in beer, wine and spirits that can cause drunkenness.
<input type="checkbox"/>	Bladed or pointed object	Any object that is or has been made or is sharpened and can be used as a weapon; this does not always have to be a knife.
<input type="checkbox"/>	Bullying	Actions, usually repeated over time, that negatively affect another individual or group physically or emotionally. This can happen in the real or digital world.
<input type="checkbox"/>	Bystander	Someone who witnesses an incident and has the opportunity to help.
<input type="checkbox"/>	Communication	The act of giving, receiving and sharing information.
<input type="checkbox"/>	Consequence	A result of making a choice or decision.
<input type="checkbox"/>	Difference	The qualities or characteristics that make one person unlike another.
<input type="checkbox"/>	Drugs	A substance a person takes which changes the way they feel, think or behave.
<input type="checkbox"/>	Effective Listening	Showing the other person through verbal and non-verbal communication that you are paying attention.
<input type="checkbox"/>	Empathy	Understanding and checking out how others are feeling.
<input type="checkbox"/>	Fact	Something that can be proven to be true.
<input type="checkbox"/>	Good Citizen	A person who acts responsibly by helping others or making a contribution to the community.
<input type="checkbox"/>	Hate crime/incident	Treating people in a negative way based on their difference. This can sometimes be illegal.
<input type="checkbox"/>	Health Effect	What happens to the body as a result of using a drug.
<input type="checkbox"/>	Inhale	To breathe air, smoke or gas into your lungs.
<input type="checkbox"/>	Knife	Article made up of a blade fixed into a handle used for cutting or as a weapon.



GLOSSARY

<input type="checkbox"/>	Psychoactive Substances	A drug containing chemicals which have similar effects to cannabis and some other drugs. All now illegal.
<input type="checkbox"/>	Non-verbal Communication	Sending and receiving wordless messages. Using gestures and touch, body language or posture, facial expression and eye contact.
<input type="checkbox"/>	Peer Pressure	When someone who is similar in age to you tries to get you to do something you may or may not want to do.
<input type="checkbox"/>	Prejudice	A view of someone based on them being different.
<input type="checkbox"/>	Pressure	A force or influence to do something.
<input type="checkbox"/>	Resilience	Dealing with challenges; the ability to cope when things go wrong.
<input type="checkbox"/>	Resistance	To oppose, withstand or avoid something.
<input type="checkbox"/>	Respect	Regard for the feelings, wishes or rights of others. Accepting somebody for who they are.
<input type="checkbox"/>	Responsible	Being reliable and dependable; people can count on you.
<input type="checkbox"/>	Risk	Taking a chance with the possibility of something going wrong.
<input type="checkbox"/>	Self Esteem	The way we feel about ourselves and how confident we are.
<input type="checkbox"/>	Solvent	A wide range of glues, gases and aerosols which people inhale to get high.
<input type="checkbox"/>	Stress	Any strain or pressure felt about a situation or an event.
<input type="checkbox"/>	Support network	A person, group of people or an organisation you can go to for advice, information, help, encouragement, protection, or guidance.
<input type="checkbox"/>	Theft	To take or receive anything not belonging to you, intending to keep it and knowing the owner has not given their permission.
<input type="checkbox"/>	Training	Education or learning.

10 sessions plus
a graduation...

0.0 Contents

Lesson 1

Introduction to Life Skills Primary

Lesson 2

Dealing with Stressful Situations

Lesson 3

What is Peer Pressure?

Lesson 4

Balancing Risks and Consequences

Lesson 5

Just Different

Lesson 6

Let's Communicate

Lesson 7

To The Point

Lesson 8

More Than Just Talk

Lesson 9

Becoming A Good Citizen

Lesson 10

My Support Network



RESILI-ANT

T-Shirts for 2022



Meet the DAaRT Crew



Emilia



Jackson



Naz



Lucas



Jacob



Hanna

Student workbooks

- ▶ Will be kept at school.
- ▶ Parents/carers can enquire about what they've done in the lesson and also chat about it - share in the learning at home.
- ▶ Students will be asking you to sign page 1 after their first lesson, and look through the book with them as part of their homework to then return to school.

Dear DAaRT student

Welcome to the Life Skills Primary Programme; this letter is for you and your parent/carer.

The programme is made up of 10 lessons plus a graduation where you will get to show others all that you have learned – we hope to teach you about some important subjects in a fun way. Have a look at the contents page opposite to see the different subjects we will be discussing. You will learn about respecting others. You will also consider risks and consequences related to drugs, and different types of behaviour including the use of knives, that can have a negative effect on you, others, and on your future. There is also much more information on our website www.lifeskills-education.co.uk.

You will get to meet the DAaRT Crew and see how they encounter and deal with various situations – it will be your job to work together and help them to make good decisions. In helping them you will be learning how you too can stay safe and healthy and we will make sure that by the end of the course you will:

- Be able to assess the risks and consequences of your behaviour
- Be able to make safe and responsible choices
- Have improved your communication and listening skills
- Be able to manage the impact of personal stress
- Know how to get help from others
- Have a better knowledge of drugs, alcohol and knives
- Be able to demonstrate an understanding of difference and respect for others

Throughout the course you will have the responsibility of attending lessons, taking part in the activities, completing your workbook and writing your DAaRT report. One of the first things you need to do is share this letter with whoever you live with so that they can see what you are learning and discuss it with you.

We do hope that you enjoy the course and know that you will find it useful.

Angie Sheard
Director of Human Resources & Products
Lifeskills Education Charity

Student's Signature

Parent/carer participation is crucial to the success of the Life Skills Primary programme. It is important that you support your child and take time to discuss their learning with them. We hope that you have been able to attend a parent/carer briefing usually held by most schools; if not, please ask the school for one of our Frequently Asked Questions sheet. You can also [click here](#) to view our parent/carer briefing video.

We look forward to meeting you at the graduation!

Parent's/carer's signature

Additional information...

- ▶ Parent/carer FAQ will be sent out after this session,
- ▶ YouTube video link also available - contains similar info to this presentation.

Life Skills Primary Programme Parent/Carer FAQ sheet - Spring 2022

Covid 19 statement for Parents/Carers

In these uncertain times Life Skills Education want to reassure you that we make the Health and Safety of your children a priority. We will ensure the following –

- A complete risk assessment for all DAaRT Officers going into schools is in place
- DAaRT Officers will be aware of the school risk assessment and guidelines, and will work within this
- DAaRT Officers will be equipped with appropriate Personal Protective Equipment and will be required to wear this in line with school requirements
- Lessons will be adjusted to take account of social distancing guidelines
- All DAaRT Officers have been trained to deliver remotely where required

Who is this page for?

This page is for any parent/carer who has a child in Year 5 or 6 and who will be taking part in the programme. You may know this programme from when it was called 'DARE'. At the beginning of the course (if a DAaRT Officer is involved in the teaching) the school will be offered a parent/carer briefing by the DAaRT Officer. This gives parents/carers the opportunity to meet the DAaRT Officer and learn about the programme and ask any questions they might have. Do ask your child's teacher about the briefing if you have not had a letter about it.

How can I be involved?

At the beginning of the course, you will be sent a letter about the programme from the school. Once the workbook has been given to your child (in lesson 1) they will bring it home for you to read together and there is a place for you to sign to say that you consent for your child to undertake the course.

As the course progresses, we encourage children to take books home and to talk to their parent/carer about what they have learned. The graduation at week 11 is a celebration of your child's learning and usually parents/carers are invited to this – again, ask the school about this.

How else can you help and join in?

- ▶ Don't forget - the graduation!
- ▶ A chance for students completing the programme to share what they have learned.
- ▶ Parent/carer feedback questionnaire - please complete this! Really helps us evaluate and further develop the program.

Parent/Carer Questionnaire

Date

Child's School

Dear Parent/Carer,

Once your child has completed the Life Skills Primary programme we would like you to spend some time completing this questionnaire. Your comments are important, as they enable us to know which parts of the programme are working well and which areas we can develop in the future.

1. Has your child brought their workbook home?

(Colour or shade in the appropriate circle)

No

Yes, occasionally

Yes, regularly

On a scale of 1 to 5 please answer the following questions:

Colour or shade in the circle of the number to score each question.

2. Has your child talked at home about the issues covered in the Life Skills Primary programme?

1

Not at All

2

3

4

5

A Lot

3. How appropriate to your child was the information given in the programme?

1

Not at All

2

3

4

5

A Lot

For more information, please contact us;

<https://lifeskillseducation.co.uk>

<https://www.facebook.com/LifeSkillsEducation>

<https://www.instagram.com/lifeskillsct/>

<https://twitter.com/LifeskillsCt>

Tel. 0300 111 3273

Thank you for coming!

