



Decision Maker

Topics and skills covered in this programme include:

Medicines, Difference – Gender/Sex/Race, Vaping, Staying Safe Outside – Railway, Staying Safe at Home, Online Safety, Respect, Communication, Fact and Opinion, Options and Consequences, Rules, Theft, Bullying, Pressure, Friendships and Health.

Be prepared:

You are a parent/carer, not a medical or legal expert. You aren't expected to know everything. It's OK to check things and look things up but remember, some online sites aren't reliable. Our family hub has some reliable and trusted sites with more information to help you:

Scan here

<https://link.lsec.uk/family-hub>



Pick the time and place. A calm, quiet place where you won't be overheard or interrupted is best. Don't aim to shock or scare - that approach doesn't work.



What to talk about, useful information and how to word things:

Body language like shrugging shoulders and rolling eyes can send a message you don't want to send.

If you find medicines, hand them to an adult straight away. Discuss why - consider those that have lost their medicine and those that might find it. What could happen?

Whether you are a boy or a girl shouldn't affect which job you can do when you are older. There are male nurses, female lorry drivers, and any gender can be sports stars, teachers, shop workers, cleaners and caretakers.

Working and playing on a computer can be fun but vary your activities and limit time online.

You may see empty vapes on the floor in the street. Leave them there and ask an adult to help. Vaping is only legal for over 18s.

Railways can be a dangerous place. Lots of signs warn you of the dangers, and fences keep you out. The law says don't go near. Even at a station, stay behind the yellow line.

If taking digital pictures and videos of yourself keep them for you and your family to share. Don't post on platforms like YouTube. Certain platforms have age restrictions and/or limit access to some functions. Discuss why age restrictions exist - content may include language and material unsuitable for younger people.