



# Shooting STaRS

Topics and skills covered in this programme include:

Medicines (allergies), Friendship, Vaping, Difference and Diversity, Staying Safe Outside the Home (road and water), Managing and Balancing Time Online.

## 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. Try to mutually agree on what is acceptable. Find out what they already know and discuss, don't lecture.



What to say to my children when we talk about/if they ask about: **Shooting STaRS** topics.

## The facts, useful information and how to word things:

An allergy is when your body reacts to something which is normally harmless, like dust, pollen, food, animal hair.

This might not happen to you but we need to be aware.

People may take medicines for allergies: mild - inhalers, anti-histamines. Severe - EpiPens.

We all need friends - they make us happy and feel safe. We can't be friends with everyone but remember our actions affect how others feel.

Think of any drugs we've heard of - sort them into legal and illegal - helpful and harmful. Medicines are legal and helpful, some are age restricted - Alcohol and caffeine (energy drinks) - in small quantities is ok. Nicotine is legal (18+) but harmful (cigarettes) - unclear of long-term risks (vaping).

Vapes or e-cigs were designed to help people give up smoking. They haven't been around long enough to measure long term effects. They contain nicotine which is highly addictive.

Diversity means everyone is different. We are similar in lots of ways but we are different too. We might be different in size, gender, skin colour, interests, where we were born.

Sometimes people are treated unkindly because of a difference, which is wrong.

What are the risks of going too close to water or a road? What could happen? What could you do to keep yourself safe? - follow the pool rules, listen to the lifeguard, don't go near open water - as tempting as it looks. Cross roads in safe places - stick with an adult.

Agree on a family limit of screen time per day. Recommended limits 5-17 year old - no more than 2 hours a day. Discuss alternative activities - reading, sports, mixing with friends and family, games, and the benefits of these activities.