

Decision Maker

Topics and skills covered in this programme include:

Alcohol, Medicines, Difference – Gender/Sex/Religion, Vaping, Sharing Media, Staying Safe Outside – Water. Respect, Pressure, Communication, Consequences, Desirability, Rules and Health.



Be prepared:

You are a parent/carers, 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:

Medicines prescribed should only be used by the person prescribed them. They may not work for someone else or may even be harmful to them. Always finish the course.

Alcohol should only be sold to or used by over 18s. When you are 18, you can choose. In moderate amounts it may be safe for adults, but it can make you feel ill and change how you behave. Alcohol is addictive and can be harmful to young people whose bodies are still growing.

We can talk to, play with and have parties with whoever we choose. Leaving people out because of a difference - gender, religion, nationality, or disability - is unkind and can hurt others' feelings. We are all different.

Avoid entering personal information when working online (name, address, passwords, where you go to school, details about your family). Always ask an adult.

Rivers and open water can be tempting, especially when it's hot. Even if you are a strong swimmer stick to swimming pools and the seaside when with adults. Strong currents and cold-water shock can make swimming in rivers difficult and dangerous.

Cross roads where there are designated crossing points. Crossing busy roads to save time can be dangerous. Always take the safe option.

Avoid joining a group in the park if someone is vaping - it reduces the pressure on you to join in.