



Mega STaRS

Topics and skills covered in this programme include:

Medicines and Healthy Lifestyles, Friendship (peer pressure), Alcohol, Staying Safe Outside the Home (Railway), Sharing Media 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: **Mega STaRS** topics.

The facts, useful information and how to word things:

A doctor may prescribe us a medicine if we are ill but we can do lots of things to help us stay healthy. A balanced diet, exercise, plenty of water, good sleep, friendships.

Peer pressure is when someone roughly the same age as you encourages you to do something. This can be positive, like trying a new food but can also be negative like encouraging you to be unkind to someone.

What can you do if someone is pressuring you? Think about the risks and consequences. What would your parents/guardians think? Can you make an excuse and leave? Hang around with your friends - less chance of you all making the wrong choice.

When you are old enough (18) you'll have the choice to drink alcohol or not. Safe amounts are ok but there are risks - health, getting drunk, getting addicted, doing something you wouldn't normally do. Some people choose not to drink alcohol - they don't like the taste or how it makes them feel, their religion doesn't allow it or they just decide not to.

Habits are things we do regularly sometimes without realising. Good habits, like eating a piece of fruit every day, can be healthy. Bad habits like spending too much time gaming can be unhealthy. Discuss good and bad habits and what makes them good/bad.

When out and about discuss safety measures put in place. Road crossings, fences around railways, signage at the river bank, rules at the swimming pool. Also consider additional seasonal risks - sun cream when hot, slippery when snowing, clothing when cold and wet.

When online avoid giving out personal information, even to people we know. Protect address, telephone numbers, school, parents' names and occupations.