

Decision Maker

Topics and skills covered in this programme include:

Alcohol, Vaping, Medicines, Difference – Gender/Sex/Disability, Drugs, Online Safety, Solvents, Knives. Respect, Stress, Peer Pressure, Theft, Consequence, Rules, The Law, 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:

Not everything you hear online is true. Even the lyrics of some songs can contain hurtful, racist, illegal or untrue information. Check with an adult.

Drugs can be grouped - Harmful/Illegal or Helpful/Legal (Medicines provided the right quantities are taken - check with the pharmacist, an adult or on the box).

Alcohol should only be sold to or used by over 18s. When you are 18 you can choose, but it isn't the difference between having a good time and not. In moderate amounts it may be safe for adults, but it can make you feel ill and affect your behaviour. Alcohol is addictive, has long-term health effects, and can be harmful to young people who are still growing.

We should treat everyone equally despite their differences. We are all different. Sometimes it's easy to spot a difference - boy/girl, skin colour, young/old. Sometimes someone might talk or behave differently, and there may be a reason we're not aware of - for example, they may have a disability.

Avoid commenting online about someone else. If it's written down, it can be copied and forwarded even if you don't want it to be. Would you say it to that person's face?

If you find anything on the floor that worries you - tablets, capsules, cylinders, needles or knives - tell an adult. Trying to sort it yourself could harm you. For non-emergencies, contact the police on 101.

Adults might use a vape to help them give up smoking. Vapes still contain nicotine, which is highly addictive - including the flavoured ones.

Some household cleaning products contain solvents, which can be harmful. Look at the warning signs on the bottles and store them safely on high shelves or locked cupboards.