



Decision Maker

Topics and skills covered in this programme include:

Alcohol, Vaping, Difference – Gender/Sex/Sexual Orientation, Drugs, Solvents, Psychoactive Substances, Online Safety, Knives. Respect, Rules, The Law, Bullying, Theft, Health, Social Pressure, Media.

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:

Pictures and voice recordings should only be taken with people's consent and not shared without permission. Once you send it on, you lose control of it.

Empty silver cannisters, often found littering the floor, are used to contain laughing gas (nitrous oxide). They are an example of illegal psychoactive substances. If you find one, tell an adult.

In some cultures, men work and women stay at home. This isn't the same for every culture. We can respect different cultures even if we don't agree with them.

To buy and use alcohol, you need to be 18+. Hang around with good friends to avoid being peer pressured into trying alcohol. Consider the consequences if caught - health risks to your growing body, disappointing your parents or getting grounded, feeling ill. Will good friends still want to hang around with you if you are making illegal choices?

We are all different. Different age, gender, religion, race, sexual orientation and more. None of these are a reason to be unkind to someone. If you witness unkindness based on any of these, report it to an adult.

Never accept strangers into online games. If someone claims to know you, check with a trusted person first.

Make an excuse and leave if you discover you are in a group where people are doing things that are risky or illegal - smoking, vaping, carrying a knife. Make yourself safe.

Household products such as glue, paint, aerosols and cleaning products can contain solvents. These can be very harmful if breathed in. Open a window or ensure good ventilation when they are being used.