



*“Helping children make healthy choices”*

**Life Education**  
Wessex

## SYNOPSIS OF PROGRAMMES

### LifeBase Programmes

#### What is LifeBase Interactive?

LifeBase Interactive is an innovative specialist drug prevention education programme for pupils in Years 5 to 8. Utilising a life-skills approach LifeBase combines quizzes, drama and audio-visual stimuli delivered by highly trained educators employing positive and dynamic teaching strategies. 'Qwizdom' interactive voting technology actively encourages the anonymous participation of all pupils whilst removing any concerns they may have regarding others' reactions to their responses.

#### What can we provide?

- A choice of two KS2 programmes suitable for Year 5 & 6 pupils
- A choice of three KS3 programmes suitable for Year 7 & 8 pupils
- A session for parents/teachers of KS3 pupils

Sessions last approximately 1 hour and are delivered in a suitable space within your school.



#### Key Stage 2 Programmes

##### Smoking/Tobacco - "Cathy's Dilemma"

- Explores the children's ability to assess risky situations.
- Considers reasons why some people choose to smoke and why most people choose not to smoke.
- Considers facts about smoking and explores perceptions/attitudes towards smoking, including normative behaviour.
- Children identify and rehearse vital assertiveness skills using audio-visual material and drama (role-play).

##### Alcohol - "Jack's Dilemma"

- Explores the children's ability to assess risky situations.
- Using audio-visual material and drama (hot-seating), identifies risk factors and considers their outcomes in a given situation involving alcohol.
- Considers facts about alcohol and explores perceptions/attitudes towards alcohol and drinking behaviours.
- Explores normative behaviour.

#### Key Stage 3 Programmes

##### Smoking/Tobacco - "In the hot seat!"

- Considers changing attitudes to smoking and the decreasing prevalence of tobacco use in society. Statistics show that smoking is an increasingly minority activity among young people. However, those who do experiment are most likely to do so in the early years of secondary school - this programme targets that vital age group.
- Explores the law, physical effects of smoking, normative behavior and attitudes towards passive smoking.
- Challenges the motivations of the tobacco industry.

##### Alcohol - "Can you take it?"

- Explores the many mixed messages and attitudes surrounding alcohol in our society.
- Considers how attitudes can affect young people's decisions around drinking behaviours.
- Explores aspects of the law and government guidance on young people and alcohol.
- Strong emphasis on the social norms approach to drug education, which is that most young people do not drink at risky levels.

##### Illegal Drugs - "Welcome to Utopia"

- Explores the world of illegal drugs through the use of a fictional substance "Utopia". This "drug" has medical benefits but also clear risks, particularly for the under 25s.
- Considers ways this new drug could be controlled and regulated in our society - pupils learn how drugs (medical, legal and illegal) are currently regulated.
- Emphasises the fact that the recreational use of drugs (both legal and illegal) is an increasingly minority activity, reinforcing the social norms approach to drug education.