

# Your child visited the Life Education mobile classroom



**Life Education Wessex & Thames Valley** is an independent and self-supporting branch of a national charity which provides **health, well-being and drug education** to children aged 3 – 13 years.

Our aim is to help equip young people with the **knowledge, skills and self-confidence** to form positive healthy attitudes and make healthy choices. We support schools, parents and community groups and our programmes help to meet National Curriculum and government guidelines for health and drug education.

Young people are facing ever-increasing risks to their health through poor diet, drinking alcohol, smoking and misusing drugs. Our fun and interactive series of **age appropriate** programmes help children to understand the **wonders of the human body** and how to look after it.

In **Foundation Stage** and **Key Stage 1** (*Nursery to Year 2*) they learn about **keeping their bodies healthy, feelings, being a good friend** and the **safe use of medicines**. Our experienced and specially trained Educators help **Key Stage 2** children (*Years 3 to 6*) to consider the effects and risks associated with the use of drugs, including **medicines, alcohol and tobacco**. In addition, children learn about **choices** that can affect health and well-being, skills of **friendship** and how to cope with **bullying** and **peer pressure**.

Through the use of **group work, puppets, circle time discussion, drama techniques such as role play and hot-seating, music, exercise, electronic models and a variety of audio/visual materials**, all children are encouraged to participate.

**Parents' sessions** and workshops are often organised so that you can find out what happens inside the Mobile Classroom. **Workbooks** (one for each age group), which can be used at home to support your children, are also available from the Educator or our Office (at the address below).

As a charity, we are funded primarily through charitable donations and contributions from schools. The charge to schools is around half the **actual** cost of the visit.

You can help us continue our important work by:

- *Supporting the school's request for a contribution towards the cost of the visit*
- *Supporting (organising or just attending) Life Education fund raising events*
- *Making a donation (from yourself, your business or organisation) to Life Education*

To find out more about **Life Education Wessex & Thames Valley** and how you can support us, visit our website **[www.lifeeducationwessex.org.uk](http://www.lifeeducationwessex.org.uk)** or email **[enquiries@lifeeducationwessex.org.uk](mailto:enquiries@lifeeducationwessex.org.uk)**

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Charity no. 1071094

Patrons Lady Digby DBE DL and Susan Hampshire OBE

# We visited the Life Education Centre and took part in the Year 5 programme called 'Friends'

## We learned

- that our emotional needs change according to other things that are happening in our lives
- about passive, aggressive and assertive behaviours
- that all medicines are drugs but not all drugs are medicines
- ways in which medicines can be helpful or harmful and used safely or unsafely
- that most young people choose not to smoke and why people often overestimate the numbers that do
- about the effects that smoking and drinking alcohol can have on a person's body
- that grouping drugs is complicated because many drugs fall into more than one group depending on the circumstances

## We also

- identified risk factors, and thought about the outcomes of risk taking, in different situations
- practised assertiveness skills and how to say 'No'

## TRUE or FALSE

1.	All medicines are drugs.	T	F
2.	When someone is assertive they shout at other people.	T	F
3.	People have to have medicine to feel better when they are ill.	T	F
4.	The liver is an organ which cleans the blood.	T	F
5.	Cigarettes contain tar which can affect a person's lungs.	T	F
6.	The law says that someone must be 18 to be sold cigarettes.	T	F
7.	Medicines can never be harmful.	T	F
8.	Less than 5% of 11-15 year olds smoke regularly.	T	F
9.	The drug in cigarette smoke is called nicotine.	T	F
10.	When someone is assertive they speak calmly and clearly and explain their reasons.	T	F