

Decisions

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Note to Parents and Carers

Your child has taken part in the Life Education *Decisions* module.

What is it about?

The Decisions module leads students to an appreciation of the influences and responsibilities which relate to making safe and healthy decisions by exploring:

- Factors that influence decisions e.g. friends, family, media, laws
- Short and long term consequences of a range of legal or illegal drugs
- Social dilemmas young people may be faced with in the future

Why is it important?

Our children make decisions which effect their health and safety every day, whether they are simple such as what they eat for breakfast, what game to play or more challenging things like resolving problems with friends.

As they grow children need opportunities to develop and practice their decision making skills to help them become more independent and to understand the consequences of the choices they make.

So what's next?

Life Education has provided your child's teacher with print and digital resources to use in the classroom and on our website you will find a range of helpful information for parents and carers to support your child's learning at home.

Log on to www.lifeeducation.org.au/parents to access a range of helpful Tip Sheets for Parents and videos from health experts to help support the healthy development of your child.

Check out a sample of '5 Steps to Safe Decision Making' over the page.



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**Want to help your children make safe and healthy choices?
Here are some ideas to get you started.**

5 Steps to Safe Decision Making

We all want our children to develop their independence to make safe and healthy decisions. As children get older they will be faced with more complex and challenging decisions around a range of social and health related issues such as drug use.

Here are 5 simple steps that involve engaging a conversation together and support children to make safe and healthy decisions now and in the future.

1. **Ask 'What would you do if...?'**
2. **Create a list of solutions. Ask 'What else might someone do?'**
3. **Play with Pros and Cons for each solution**
4. **Discuss how they'd feel after making each decision and why**
5. **Choose the best decisions and role play them**

To make your conversation successful, take time out from your usual daily demands so you can really concentrate on what your child is telling you.

Go online www.lifeeducation.org.au/parents to find out more about the 5 Steps to Decision Making and our other helpful Parent Tip Sheets:

- How to talk about drugs with your child
- Helping our children avoid being 'under the influence' of others