

INFORMATION

DRUGS

Decisions

**WHY
LAWS?**

CONSEQUENCES



INFORMATION

DRUGS

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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 ¹
- Social dilemmas young people may be faced with in the future

Why is it important?

Our children make decisions which affect 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 **lifeeducation.org.au** 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.



¹ A drug is anything other than food or water that when put into the body changes the way the body works. Some drugs are legal such as medicines, caffeine and alcohol and some are illegal. All drugs legal and illegal can be harmful.



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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 to engage in a conversation to help support children 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 to **lifeeducation.org.au** 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

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Seeking Advice

Using the 'Seeking Advice' online interactive activity, record your tally for each information source.



Parents



Police



Internet



Friends



Media



School
Teacher

List the reasons you would use these sources to seek advice/information.

Media:

Parents:

Friends:

Laws/Police:

Teachers:

Internet:

List two decisions that these sources have helped you make recently.

1.

2.

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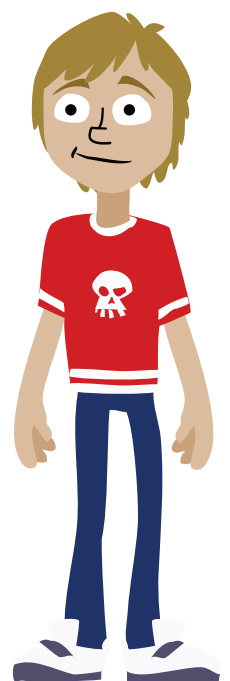
CONSEQUENCES

Decisions in the Balance

Solve a problem using the SEARCH problem-solving model. Check out the online activity 'Decisions in the Balance' for more information about the SEARCH model.

SITUATION	EMOTION	ACTION	REVIEW	CHOICE

HOW DID IT GO?





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What's the Effect?

Campaign Plan

Develop a new campaign that could help the community reduce the harms caused by analgesics, tobacco or alcohol use.

Name of campaign

Aim of campaign

Who does the campaign intend to help?

How will the campaign be promoted within the community?



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Granting Approval

Using the online activity 'Granting Approval' draft your letter from the Approval's Board.

Approval Board Address

Company Address

Salutation (E.g. Dear Sir/Madam)

Opening Paragraph

Main Body

Closing Paragraph

Closing and Signature



Believe it or Not

1. Read the statements and decide whether each is a fact or an opinion. Colour or tick the appropriate box.
2. Add two statements of your own. Identify them as fact or opinion.

STATEMENT	FACT	OPINION
1. Flu tablets relieve symptoms associated with the flu.		
2. Coffee is perfect for drinking with your friends.		
3. Cough medicines are tasty.		
4. Iced tea is very refreshing.		
5. Coffee is made from coffee beans.		
6. Analgesics that relieve headaches are a smart choice.		
7. Caffeinated energy drinks guarantee ultimate performance.		
8. Caffeinated energy drinks stimulate the brain.		
9. Analgesics relieve pain.		
10. Cola drinks make you feel happier.		
11.		
12.		

What's the Risk?

Create four scenarios from the list where the drug use is **low risk**.

The Person

12-year-old student who
is Type 1 diabetic
25-year old asthmatic
30-year old female
50-year-old male

The Drug

Glass of wine
Asthma spray
Insulin
Bottle of beer

The Place

Restaurant
Pub
During a sporting
competition
At school

SCENARIO 1

Person:

Drug:

Place:

SCENARIO 2

Person:

Drug:

Place:

SCENARIO 3

Person:

Drug:

Place:

SCENARIO 4

Person:

Drug:

Place:



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Reflections

Think about your experience in the Life Education session and complete the following sentences. Share with a friend and your family.



The most important message I will remember is....



One new thing I learnt was...



One positive and healthy decision I have made recently...



One important decision I will make in the future is...



I would like to learn more about...

Try these websites to find out more information:

Kids Helpline

kidshelpline.com.au/

Smarter than Smoking

smarterthansmoking.org.au/for-youth/

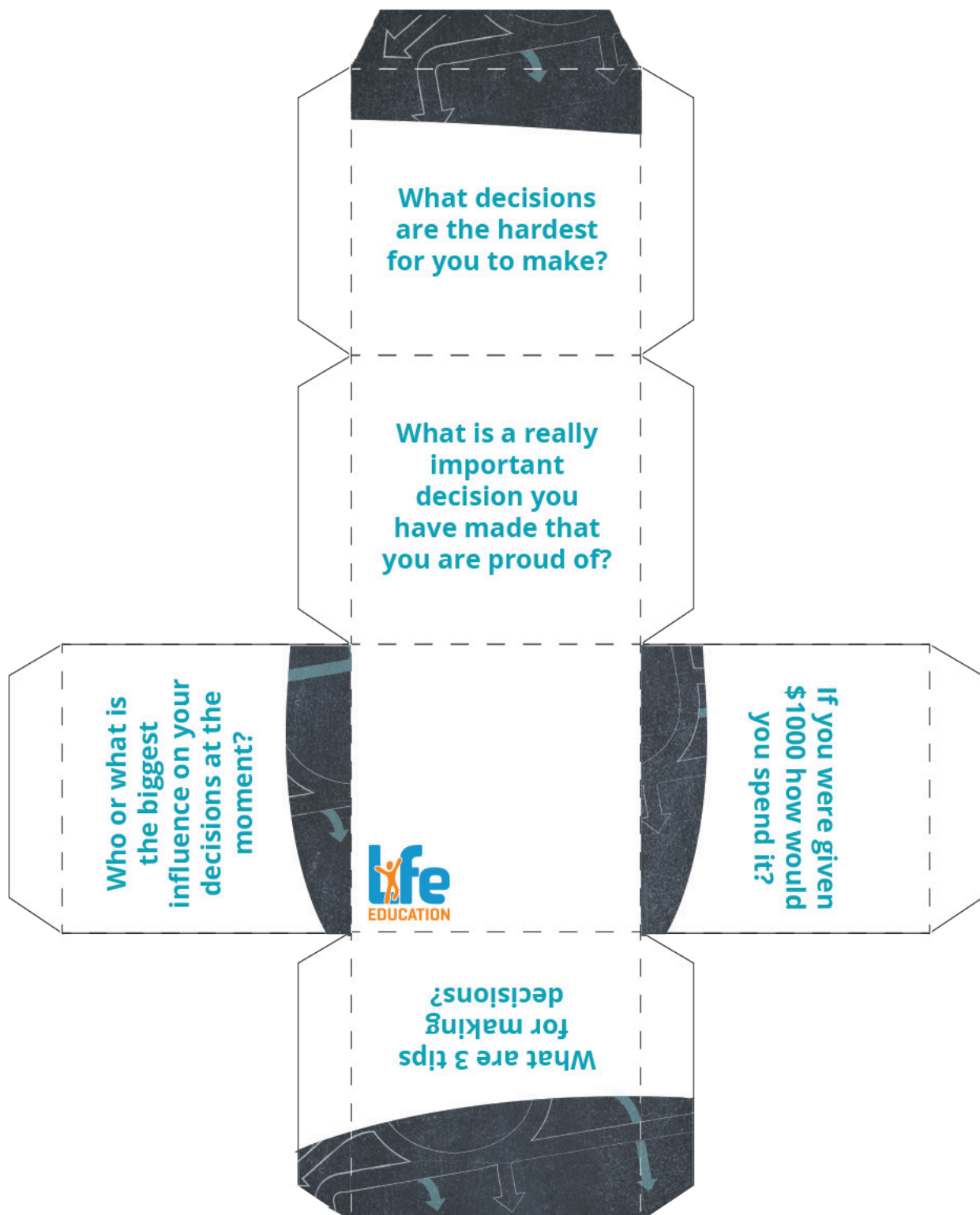
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Decisions Dice

Play the Decisions Dice game with your friends or family members to find out more about decision making.

1. Read the questions on the cube template.
2. Write one question of your own in the space provided that will create conversation about decision making.
3. You can add extra decorations to make your Decisions Dice unique.
4. Cut out the template and fold along the dotted lines to create a cube.
5. Find a friend or family member to roll the dice with and answer the questions together.



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Our Community Partners



Education
and Training



LIFE EDUCATION AUSTRALIA

Phone: 1300 HAROLD

Email: info@lifeeducation.org.au

lifeeducation.org.au

**Empowering our children and young
people to make safer and healthier
choices through education**

