



Life Skills Training

Dear Family:

We make many decisions in our lives. Some decisions are easy to make, such as what clothes to put on in the morning or what to eat. Other decisions are harder, such as whether or not to cheat on a test or whether or not to smoke. Children often make choices without thinking about the consequences.

We all have different factors that influence the decisions we make, particularly influences from other people. Children are influenced to make decisions in direct and indirect ways. Examples of direct influences include being persuaded, bribed or threatened by others to do things. Examples of indirect influences are provided by advertising, the media, or the behaviours of popular or famous people. Children often make quick decisions, without thinking about what is influencing them to make a certain choice. We can help children make better decisions by encouraging them to understand how they are being influenced by others.

In class, we've talked about what influences your child's decisions. This is an important first step in helping them become more savvy decision-makers. If they become more aware about what's influencing their decisions, they'll be less likely to be influenced by advertising or friends to make unhealthy decisions as they grow up. They'll need to keep practising their new skills at spotting what's influencing the choices they make.

There are things that families can do to help as well. When your child wants to buy something (or is asking you to get it!), ask them what is influencing them to want that particular product. The more your child is aware of influences on decision-making, the more your child will be able to make decisions that are based on their own personal judgements and values. That's a great *LifeSkill* to have!

If you would like any more information or have any comments, please leave a message with the school office and I'll call you back.

Best wishes