



# LifeSkills Training

Dear Family:

One of the factors that has proven effective in preventing teen tobacco and drug use is having strong communication skills. The more effectively a child can communicate, the more likely they are to be able to talk about things that are bothering them. In addition, if someone is pressuring a child to do something they do not want to do, good communication skills can allow the child to say no effectively.

Today we have been working with the class to help them communicate their feelings. They discussed why it is important to talk about their feelings and practised reading the body language of students acting out different emotions. This will help them understand how important non-verbal skills are in communication. Sometimes what isn't said can be more important than what is actually said! These are skills that hopefully they will keep practising. When they're faced with important decisions like whether to smoke, drink or use drugs, they won't be tempted to do things just because their friends are doing them.

We'll keep building on these skills in the *LifeSkills* Training Programme and there are things that families can do to help as well. If your child is upset, encourage your child to talk about what's annoying them and how they're feeling. Some children like to keep a diary about how they're feeling. They'll learn a lot from seeing how you react to situations as well and how you talk about your reactions to things.

If you have any comments or would like any other information please leave a message for me in the school office and I'll call you back.

Best wishes