



Life Skills Training

Dear Family:

We all want our children to make friends and be able to get on well with people. It's an important skill to learn. The friends that your child makes can have a big influence over what they decide to do. As they grow older, if their friends participate in unhealthy behaviour, chances are they will too. Peer pressure can be a big factor for unhealthy behaviour and taking risks.

Today in class your child studied social skills and learnt about peer pressure. The class brainstormed about people they could go to for help with peer pressure situations. Families can help children develop their social skills. Some children need more encouragement and support than others to build up their confidence. It can be worth trying to find activities which your child enjoys and which involve other young people of the same age. Some ideas include after-school activities and sports. Sometimes there might be fun things to do with other young people in the local youth clubs, leisure centres or library.

The more friends your child can make, the more chances they will have to find other children who they can develop positive relationships with. You can help your child practise resistance to peer pressure. Encourage your child to make his/her own decisions and not do something just because the other kids are doing it.

If you would like to make any comments or get any other information please drop me a line via the school office and I'll call you back.

Best wishes