



Dear Family,

Congratulations! Your child completed the *LifeSkills* Training programme today and got a certificate and medal to mark their achievement!

In our last session we worked with the class to build up their social skills and ability to say no in risky situations. One of the reasons children give in to peer pressure is because they do not have the power to stand up for themselves. They learnt about eight strategies that they can use to say no when faced with tricky situations. They might enjoy telling you about these and you can encourage them to use them in the right situations. This will give them good practice for when saying no to the big decisions like whether or not to smoke, misuse alcohol or try drugs. This will help your child stand up to peer pressure when it really counts.

We've really enjoyed working with your child and their class. Hopefully over the last few weeks they've learnt useful skills that will last their whole lives, and help them to make healthy decisions. We've had a lot of fun together as well! If you have any comments please drop me a line through the school office and I'll call you back.

Best wishes,