



LifeSkills Training

Dear Family:

Congratulations! Your child completed the LifeSkills Training programme today and got a certificate 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. Today your child learned how to say an I-message. I-messages are one type of assertive statement. Practising being assertive can help your child stand up for him or herself in a calm, firm way. They might enjoy telling you about these and you can encourage your child to use them in the right situations.

Learning how to be assertive is like learning how to ride a bike – Practice makes perfect. The more opportunities your child has to practise being assertive, the more likely your child will be to act assertively when it really counts. There are things that families can do to help children practise assertiveness skills at home. Create a realistic situation where your child might experience peer pressure; a student trying to copy their homework, a student trying to convince your child to experiment with tobacco or alcohol. Act out the part of the peer pressuring friend while your child practises assertiveness skills by using I-messages. 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