



HAROLD'S DIARY

YEARS 3 - 4

Harold offers to share with the class his diary entries about one week at school. This platform provides the opportunity to explore relationships and friendships, influences on food choices, benefits of physical activity and the definition of a drug.

- emotions connected with new situations and change
- importance of friendships and support networks
- exploring legal drugs such as medicines and caffeine
- strategies to manage peer pressure and bullying
- benefits of an active life-style and healthy diet

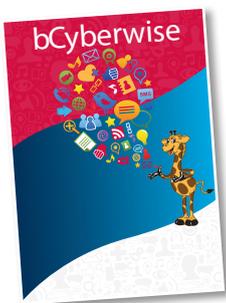


MIND YOUR MEDICINE

Years 3 - 4

Using a friendly game show format *Mind Your Medicine* develops students' understanding of medicines and their safe use, positive communication, strategies for managing conflict, stress, and bullying and explores how feelings influence the choices that we make.

- factors that influence someone's sense of self-worth
- techniques for effective communication
- identifying the impact of different factors on health and wellbeing
- strategies for managing stressful situations
- medicines as drugs & the consequences of their misuse



BCYBERWISE

Years 3 - 5

This module focuses on cybersafety, cyber ethics and building positive relationships with friends online and offline. The students explore a range of issues such as password security, risks of sharing personal information, how to communicate respectfully both online and offline, and strategies to handle bullying including cyberbullying.

- responsible and respectful behaviour when using communication technology
- skills for building positive relationships with friends
- keeping personal information safe online
- strategies to deal with bullying and cyberbullying
- exploring the role of bystanders



ON THE CASE

Years 5 - 6

Join Mac McHardy, a time travelling detective, and his sidekick 'Conan' as they gather evidence to persuade McHardy's great, great granddaughter not to take up smoking. Set in a fantasy world of futuristic steam powered machines, students travel through time, collaborate and explore:

- what's in a cigarette
- effects of smoking
- history and laws
- myths and facts
- influences and pressures
- strategies to reduce harm



THINK TWICE

Years 5 - 6

Using distinctive animated and vox-pop videos, this module tackles the topic of drinking alcohol in an age appropriate context. Students explore concepts such as the effect that alcohol has on body systems, myths and facts about alcohol, laws relating to its sale and reasons why people choose not to consume alcohol.

- myths and facts surrounding the use of alcohol
- strategies for responding to encouragement or pressure to drink
- physical, social & legal consequences of alcohol use
- strategies to reduce harmful effects of alcohol on self and others



DECISIONS

Years 5 - 6

This module offers a choice of content on legal drugs or legal and illegal drugs. Students explore the decision making process and improve decision making skills by looking at choices, consequences, responsibility, facts, and influences.

- what is a drug and how drugs are classified
- effects of drugs on the body
- analysing health messages about drugs in the media
- messages around non-use – normative data – dispelling myths
- influences on decision making – family, peers, media, culture, financial, legal
- strategies and skills to be safe