

Dear Parent/Carer,

I am writing to inform you about the Life Skills Primary Programme that will be held in school during the next term and to outline its content. (You may know this course from when it was called the DARE Programme.)

The course will be taught by a trained DAaRT Officer employed by Life Skills Education Charity; please be assured that as a visitor to the school, the DAaRT Officer will follow all school guidelines relating to Health and Safety and Safeguarding.

The programme is a 10-week course with a graduation at the end. It teaches children how to make safe and healthy choices that they will need as they develop into adulthood and beyond.

The class will participate in discussions and activities and watch video clips during which they will meet the DAaRT Crew. These young people often get themselves into risky situations, and the class will help them make informed decisions to keep them safe and healthy.

During the programme, the children will use a workbook, which they can bring home and share with you. The children will learn about responsibility, pressure, peer pressure, confident communication, bullying and cyberbullying, risks and consequences, stress, and recognising their support networks.

We will also be discussing helpful and harmful drugs, including alcohol and nicotine, and the effects that these have on the body. The programme includes a discussion on knife safety and will also explore the differences between various groups in society.

This programme has been running in the East Midlands and beyond for over 25 years, has more than 500,000 graduates and has been proven to make a difference in young people's lives.

For more information, please visit <https://lifeskills-education.co.uk> where you will also find a link to the most recent research about the course.