Life Education/Drug Education

This week begins Prep –Grade 6 involvement in Life Education. Life Education empowers children and young people to make safer and healthier choices through education. Life Education provides students the opportunity to develop strategies, and practice the skills required to avoid the harms associated with an unhealthy lifestyle.

The primary school program modules the children are involved in, focus on issues around food and nutrition, personal safety, physical activity, cyber safety, safety with medicine and legal drugs; tobacco, alcohol and caffeine. These modules will be delivered by a specially trained educator who will ensure that all messages are age-appropriate, relevant and enhance and support the messages taught in Australian schools.

By taking a comprehensive approach to drug and health education these modules help children to develop relationship skills, positive communication (both face to face and online), problem solving and decision making skills.

Life Education believes that all children deserve to lead safe and healthy lives. By placing preventive education at the core of their work they want to instil in children the confidence to make safer and healthier choices now and in the future. Life Education values include empowering, inclusive, optimistic, balanced, forward thinking.

Life Education Primary Modules Summary

Prep's module is ‘Harold's Surprise’

Harold’s friend Possum holds a party in the park and invites the class and Harold to come along. The students use our realistic props to help Harold pack healthy picnic food, and on their way to the party respond to new situations and dilemmas around health and safety, presented on specially produced videos.

• ways to seek help from trusted adults
• the benefits of physical activity
• how to spot safe and unsafe behaviours and environments
• choosing healthy food options

Grade 1’s module is ‘Harold's Mystery Tour’

In this session, the class take a mystery tour with Harold. An animated video magically introduces them to internal body parts such as the heart and lungs. They explore safety at the park and on the beach, and talk about how people feel in different situations.

• identifying the function of vital organs (heart, lungs and brain)
• recognising that a balanced diet and exercise promotes good health
• exploring strategies to manage feelings and emotions
• safety in public places
• recognising the safe use and storage of medicines

Grade 2’s module is ‘All Systems Go’

Inside a futuristic machine ‘The Venture’, the Captain and his crew take the class on a tour of the human body. Travelling through the blood, the class explore and discover how magnificent the human body really is. They learn the functions of various body parts and the actions required to keep these systems working well.

• factors that influence the function of body systems such as exercise and drugs
• exploring ways to manage peer pressure
• the effects of second hand smoke
• the function of vital organs (heart, lungs, brain and kidneys)
• healthy food choices

Grade 3’s module is ‘Harold’s Diary’

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 lifestyle and healthy diet

Grade 4’s module is ‘Mind Your Medicine’

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 and the consequences of their misuse

Grade 5’s module is ‘On The Case’

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
• influences and pressures
• strategies to reduce harm
• effects of smoking
• history and laws
• myths and facts

Grade 6’s module is ‘Think Twice’

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 and legal consequences of alcohol use
• strategies to reduce harmful effects of alcohol on self and others
Saint Martin of Tours has also developed its own Drug Education Scope and Sequence (Prep to Grade 6) which is used to engage students in activities to assist them in making healthy and safe choices, identifying risky situations, and developing strategies to prepare them for challenging situations. Included is a summary of each year level’s focus.

**Saint Martin of Tours Drug Education**  
**Prep-Grade 6**

**Prep** - Common illnesses, types of medications and safety issues relating to these including what to do in an emergency.

**Grade One** - What are drugs? Why do we need them? What are their dangers? What to do in case of an emergency?

**Grade Two** - Commercial/non commercial drugs, identify different types of drugs. Do we always need drugs to make us feel better? What are the dangers of drugs? What information is required in case of emergency when you ring 000?

**Grade Three** - Classifying drugs as harmful/not harmful, drugs and their effects. Goal setting, responsibility and Peer Pressure.

**Grade Four** - Relationships with friends, positive self esteem, staying safe and giving and finding help.

**Grade Five** - Grouping drugs, harm minimization, staying safe around drugs, smoking and its consequences.

**Grade Six** - Issues of Friendship, Bullying and Smoking, caffeine, alcohol and other drugs and staying safe around drugs.