**Early level - Exemplar letter to parents/carers**

(Adapted from a letter developed by St Stephen’s Primary School, West Dunbartonshire)

Dear Parent/Carer

As part of our school’s continuous improvement of the curriculum for health and wellbeing, it is our intention to introduce some new materials and lessons. These will support learning in the substance misuse element of curriculum for excellence and allow us to update our current programme in this area.

The lessons will be taught between ............... and ............... The content of the lessons taught to your child will be as follows:

|  |
| --- |
| Early Level |
| **Lessons** | **Children will be able to….** |
| People Who Help Me | * Identify who are trusted adults within their life.
* Explain how these trusted adults help to keep them safe.
 |
| Unsafe Situations and Emergencies | * Identify examples of unsafe situations and emergencies.
* Describe the actions a child would take in an emergency situation.
 |
|  |  |
|  |  |
|  |  |

Lesson content is appropriate to age and stage of our pupils.

If you require any further information please do not hesitate to contact me at the school.

Signed

Head Teacher

**First Level - Exemplar letter to parents/carers**

(Adapted from a letter developed by St Stephen’s Primary School, West Dunbartonshire)

Dear Parent/Carer

As part of our school’s continuous improvement of the curriculum for health and wellbeing, it is our intention to introduce some new materials and lessons. These will support learning in the substance misuse element of curriculum for excellence and allow us to update our current programme in this area.

The lessons will be taught between ............... and ............... The content of the lessons taught to your child will be as follows:

|  |
| --- |
| First Level |
| **Lessons** | **Children will be able to….** |
| **Primary 2** |  |
| **Decision making** | * Know what is right and wrong.
* Understand that the decisions they make always have consequences
* Understand that things that look like sweets may not always be sweets.
 |
| **Primary 3** |  |
| **Risks** | * Understand that some decisions or situations are unsafe and may put them at risk.
* Recognise what action they should take to remain safe.
 |
| **Decisions! Decisions!** | * Understand that we make decisions all the time.
* Understand that the decisions we make affect everything we do.
 |
| **Primary 4** |  |
| **Consequences** | * Understand that everything that we do has consequences, some positive and some negative.
* Know that the actions we take can impact on those around us.
 |
| **Peer pressure** | * Make decisions about who is a good friend and who is not.
* Understand that friends or people in their life might encourage them into difficult or unfamiliar situations.
* Seek help if they feel pressured by friends/people in their life to do something they don’t want to do.
 |
| **Medicines** | * Talk about when they might need medicine and how to use it safely.
* Identify substances that can be harmful and should not be taken.
 |
| **What to do in an emergency** | * Help someone who is unwell or hurt and unable to help themselves.
* Place someone in the recovery position.
 |

Lesson content is appropriate to age and stage of our pupils.

If you require any further information please do not hesitate to contact me at the school.

Signed

Head Teacher

**Second Level - Exemplar letter to parents/carers**

(Adapted from a letter developed by St Stephen’s Primary School, West Dunbartonshire)

Dear Parent/Carer

As part of our school’s continuous improvement of the curriculum for health and wellbeing, it is our intention to introduce some new materials and lessons. These will support learning in the substance misuse element of curriculum for excellence and allow us to update our current programme in this area.

The lessons will be taught between ............... and ............... The content of the lessons taught to your child will be as follows:

|  |
| --- |
| Second Level |
| **Lessons** | **Children will be able to….** |
| **Primary 5** |  |
| **What are Substances?****Part 1: Alcohol and Tobacco** | * List commonly available substances
* Agree definition of substances and explore reasons why people might use them
 |
| **What are Substances?****Part 2: Drugs and Solvents** | * List commonly available substances
* Agree definition of substances and explore reasons why people might use them
 |
| **Consequences - risks and effects of substances** | * Describe some of the effects and risks of use and misuse of various substances.
 |
| **Doing the right thing – unknown substances** | * Know that unknown substances can be dangerous
* Understand that not everyone can be trusted not to give us harmful substances.
* Demonstrate how to say no.
 |
| **Primary 6** |  |
| **What are Drugs?****Part 1: Legal drugs** | * Understand what a drug is and what they can do to the body.
* Understand the difference between legal and illegal drugs.
* Understand why people use drugs.
 |
| **What are Drugs?** **Part 2: Illegal drugs** | * Understand what a drug is and what they can do to the body.
* Understand the difference between legal and illegal drugs.
* Understand why people use drugs.
 |
| **What are the Risks** | * Understand what risk is.
* Begin to develop skills for effectively assessing risk.
* Recognise risks in different situations and then decide how to behave responsibly.
* Understand the difference between assertive and aggressive behaviour.
 |
| **Primary 7** |  |
| **Consequences - drugs and the law** | * Understand how the law affects young people in relation to getting involved with drugs.
* Understand the role of the police in relation to substance misuse.
 |
| **Responsibilities** | * Know the meaning of responsibility.
* Understand that we all have some level of responsibility.
 |
| **Antisocial behaviour and substance misuse** | * Recognise that alcohol, drugs and/or tobacco use can cause anti-social behaviour.
* Understand that taking the above substances can result in unacceptable behaviour.
* Understand that anti-social behaviour can have negative consequences on them and other people living in the community.
 |

Lesson content is appropriate to age and stage of our pupils.

If you require any further information please do not hesitate to contact me at the school.

Signed

Head Teacher