

Dear Parent/Carer,

Year 6 DARE 25 Programme

I am writing to let you know that we are planning to hold a briefing session to give you information about the DARE 25 programme that we are planning. The session will be held

on Thursday 9th January 2020 at 5pm

This will be part of our Year 6 SATs information evening.

We look forward to seeing you then. If you are unable to attend then the following will give you more details about the course.

The DARE 25 Programme is a 10-week course with a graduation at the end which teaches children how to make the safe and healthy decisions which they will need as they develop into adulthood and beyond.

The class will be involved in discussion and activities and will watch video clips during which they will meet the DARE Crew. The DARE crew often get themselves into risky situations and the class will help them to make informed decisions and to keep safe and healthy.

During the course the children will use a workbook, which they can bring home and share with you. This will include them discussing responsibility, pressure and peer pressure, confident communication, bullying and cyberbullying, risks and consequences, stress and support networks.

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

Next year, the DARE programme has been running in the East Midlands for 25 years, with more than 380,000 graduates and has been proven to make a difference in young people's lives.

For more information please visit www.lifeskills-education.co.uk where you will also find a link to the most recent research about the course.

We look forward to seeing you on Thursday.

Yours sincerely,

Year 6 Team

TO OPT OUT:

I do NOT want my child to take part in the DARE programme.

Signed: _____ **Date:** _____