



DRUGS AND ALCOHOL EDUCATION

What will my child be learning about at school?



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Information and advice for parents and carers of primary school pupils



HEALTH EDUCATION

During the academic year 2020-21, health education becomes a compulsory subject in schools. The new subject will be introduced alongside new guidance on relationships education for primary schools.

While many schools have been teaching health education for some time, some will be developing new lessons to support children to learn about drugs and alcohol and keeping safe, as part of the new curriculum.

DRUGS EDUCATION

By the end of primary school, children will learn about:

- **the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking;**
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. **the impact of alcohol on diet or health**).



HOW CAN I HELP KEEP MY CHILD SAFE?

Talking openly can really help. It is important that they hear your views and that you hear theirs.

There is no one size fits all when it comes to talking about drugs. Children may be curious about smoking, alcohol or drugs which is natural. They may be influenced by TV, films, the media and friends. However, mostly parents have the biggest influence on their children's behaviour, So, you're in a good position to make sure they have the facts so they can make informed, healthier choices in the future.

Encourage hobbies, sports, volunteering or social activities. Establish ground rules and be clear about what is allowed and not allowed and the consequences of breaking the rules.



FURTHER SUPPORT

CGL Eclipse is a free and confidential drug and alcohol service for young people under 25 and families in Manchester. You can contact them on 0161 839 2054 from 9am to 5pm on weekdays or email eclipsemanchester@cgl.org.uk.