



Dear Parent/Carer

I am writing to let you know about the DARE 25 Programme that we are planning to run during the next term and to outline the content of the course.

The course will be taught by a DARE Officer who is employed by Lifeskills Education Charity; please be assured that as a visitor into school the DARE Officer will be following school guidelines regarding the current Covid 19 pandemic and will wear Personal Protective equipment and socially distance where required.

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.

This year, the DARE programme has been running in the East Midlands for 25 years, with almost 400,000 graduates and has been proven to make a difference in young people's lives.

For more information please visit [www.lifeskills-education.co.uk](http://www.lifeskills-education.co.uk) where you will also find a link to the most recent research about the course.

Please contact the Year 6 team should you have any questions or queries or need any further information.

Yours faithfully

**The Year 6 Team**

