

September 2016

"Substance Use Education Programme for 2nd yr. parents"

TOGETHER

Dear Parent,

The "Lets Learn about Drugs and Alcohol Together" after schools programme is to be delivered in "INSERT school name" this "Month of Delivery".

The first session is for <u>2nd year parents</u>. The second session (a week later) if for the parent and their son/daughter. Attendance at both sessions is important and the programme is **only open to your son/daughter by your attendance and participation**.

Session One: the parent session will look at the following areas

What is a drug? Why young people use drugs? How to talk to your child about drugs, Importance of Parental influence, Key prevention messages, Information on key substances.

Session Two: parent and pupil session involves working together in a **shared learning environment**. This session builds on session one and supports learning from the SPHE class, through active engagement around three key messages about cannabis, solvents and alcohol.

The dates for the session at "INSERT school name":

Tuesday Nov 2nd. 7.00 – 8.30 p.m. INSERT Venue (parent only)
Tuesday Nov 9th. 7.00 – 9.00 p.m. INSERT Venue (parent & child)

Registration is not essential but will help us to determine numbers interested. If you wish to attend the programme please **text your NAME** followed by the word "INSERT keyword" to (**086**) **467 8010** to confirm interest. You are under no obligation to attend if you text the message is purely to determine a level of interest from parents.

Please know that this **is not a lecture.** The programme is in its 3rd year and has received huge praise and approval from parents, pupils, and teachers who attended. If you have any questions or queries please do not hesitate to contact me directly or alternatively feel free to contact "INSERT school contact person."

Email sancha.power@hse.ie

Phone: (086) 467 8010

Yours sincerely,

Sancha Power

Post Primary Substance Use Education Worker

Dr. Sancha Power
Post-Primary Substance Use Education Worker