

TARGETED Life Skills SERVICE

Preventing Drug & Alcohol related harm



Age Categories

11 -13 years

14 - 15 years

16 - 21 years

Programme Overview

FOR
FURTHER
DETAILS
CONTACT:

11 - 13 Years

Life Skills		Harm Reduction	
Session 1	Looking after your health and wellbeing	Session 1	Alcohol
Session 2	Decisions making	Session 2	Energy Drinks
Session 3	Risk taking behavior	Session 3	Nicotine
Session 4	Media & its influence	Session 4	Solvents
Session 5	Dealing with difficult emotions		
Session 6	Effective Communication Skills		
Session 7	Healthy Relationships		



Western Trust

Telephone:
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14 - 15 Years

Life Skills		Harm Reduction	
Session 1	Looking after your health and wellbeing	Session 1	Alcohol
Session 2	Decisions making	Session 2	Cannabis
Session 3	Risk taking behavior	Session 3	Energy Drinks
Session 4	Media & its influence	Session 4	Nicotine
Session 5	Dealing with difficult emotions	Session 5	NPS (legal highs)
Session 6	Effective Communication Skills	Session 6	Solvents
Session 7	Healthy Relationships		



Southern Trust

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16 - 21 Years

Life Skills		Harm Reduction	
Session 1	Looking after your health and wellbeing	Session 1	Alcohol
Session 2	Decisions making	Session 2	Cannabis
Session 3	Risk taking behavior	Session 3	Energy Drinks
Session 4	Media & its influence	Session 4	Nicotine
Session 5	Dealing with difficult emotions	Session 5	NPS (legal highs)
Session 6	Effective Communication Skills	Session 6	Medicine Misuse
Session 7	Relationships	Session 7	Solvents
		Session 8	Depressants
		Session 9	Hallucinogens
		Session 10	Opiates
		Session 11	Stimulants



Belfast Trust

South Eastern Trust area

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ASCERT / START 360
Working in partnership

Northern Trust

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