

KELY Support Group

**DRUG, SMOKING & BULLYING
PREVENTION WORKSHOPS**

Primary-Aged Workshops



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KELY Drug, Smoking & Bullying Prevention Workshops Primary School Students

Year	Content	Title	Code
Y3-Y6	Positive Self-esteem	Being Me*	BM1
		Being Me Part 2	BM2
	Drug Awareness	Drug InfoCentre Visit*	DIC
	Smoking Prevention	Leader of the Pack*	LOP1
		Leader of the Pack Part 2	LOP2
	Bullying prevention	UPstanders Unite! – The Basics	UPUB

* These workshops are funded and can be provided free of charge. Please see below for more details.

Thank you for booking our Drug, Smoking & Bullying Prevention workshops. We aim to deliver informative, interactive and fun sessions for students that meet the stated learning objectives. We'd be grateful if you would read and follow the booking guidelines below.

- Please fill in the booking form attached to these guidelines and either: fax it to us at **2521 6853** or email it to us at contact@kely.org
- Once we receive your booking form with **your signature and school chop**, we'll get back to you within one working week to confirm your booking.
- Each student can attend **one workshop free of charge, per school year**. These workshops are indicated in the list about with an asterisk (*). There is no limit on the number of school funded workshops that students can attend. For the school-funded workshops we request a donation of **\$46 per student** for the 2016-2017 school year.
- We ask for one hour to deliver our sessions to cover all our learning outcomes and include evaluation in every workshop. We can deliver to groups of up to 200 students or a **minimum of 26**.
- At the end of every workshop, we require an evaluation form to be signed by a school staff member and a **confirmation slip to be chopped by the school**.
- Our workshops cover a range of topics that might raise issues for some students. We ask that teachers be aware of students who may need support as KELY cannot be responsible for students' support needs after workshops.
- Workshops can be postponed & rescheduled if necessary by the school with prior agreement from KELY.
- All workshops will be cancelled if a Typhoon 8 or red or black rainstorm signal is hoisted or if schools are closed by the government for other reasons.
- We also offer bespoke workshops and other learning opportunities for students, teachers and parents and would be happy to discuss these with you. Please get in touch with our team on the number or email below.

If you have any questions about the form or our workshop programme, please contact us by email at contact@kely.org or call the office on 2521 6890.

Booking Form

KELY Drug, Smoking & Bullying Prevention Workshops

School/Agency : _____

Address : _____

Contact Person : _____ Position: _____

Telephone : _____ Fax: _____

Email Address : _____

Date	Time	Form/ Year	# of Students	Workshop Title	CODE

Signature : _____

School/Agency Chop:

Date : _____

Once complete, please fax to our office on 2521 6853 or email the form to contact@kely.org.

KELY will contact you within one week to return your confirmation.

BEING ME

Positive Self-awareness and Self-esteem

Learning Objectives:

- Increase knowledge about healthy self-esteem and self-awareness
- Identify how self-esteem can be influenced by one's perception of oneself and that of one's peers
- Identify ways in which self-esteem can be built, including self-confidence and positive identity

Being Me – Part 1

This workshop engages students in understanding the importance of healthy self-awareness and how it affects their life choices. Students will also learn about self-esteem, and how this can be influenced by family, friends or other factors in their life. Through interactive activities and videos, students will also learn to be aware of others around them and to equip themselves with skills to help improve not only their own self-esteem but also that of their peers.

Programme Type: Funded

Target Group: Years 4-6

Being Me – Part 2

In this workshop, an understanding of the importance of healthy self-esteem for making good decisions will be continued. Students will begin to consider their own personal strengths and skills, and facilitate building their self-confidence. Using examples of superheros, students will begin to identify their powers and relate them to their own personal strengths and skills. Through this, students will develop their own superhero version of themselves, and in doing so, increase their own self-awareness and build healthy self-esteem.

Programme Type: School-Funded

Target Group: Years 4-6

DRUG INFOCENTRE (DIC) SITE VISIT

Drug Awareness

Learning Objectives:

- Increase knowledge of drugs commonly used in Hong Kong through an interactive exhibition
- Increase knowledge about some common reasons for drug use, and the process and outcomes of addiction
- Increase knowledge about different ways negative peer pressure can be applied and resistance strategies to overcome it

Students are able to learn outside of the classroom through the interactive exhibition at The Hong Kong Jockey Club Drug InfoCentre (DIC). Case studies will be used to learn about the effects of specific drugs and some of the consequences of addiction. Through an interactive video, students will learn from real-life situations to consider how different situations can impact on a decision to use or not use drugs and about resistance strategies to overcome peer pressure. A debriefing prior to leaving the centre will consolidate the learning.

NOTE WHEN BOOKING THIS WORKSHOP:

This workshop is only available between 10 am to 5 pm, Monday – Friday.

Programme Type: Funded

Target Group: Year 7-8 / Form 1 & 2

LEADER OF THE PACK Smoking Prevention

Learning Objectives:

- Increase knowledge about the risks and effects of smoking to the individual and people around them
- Practice using resistance strategies in response to peer pressure associated with smoking
- Develop anti-smoking resources & messages that can be shared within the school community

Leader of the Pack – Part 1

This workshop aims to increase awareness amongst students about the risks and effects of smoking, even though it is a legal drug. In addition to information about dangerous chemicals in cigarettes and their effects on the body, as well as to other people around them via secondhand smoking, this workshop introduces e-cigarettes and their unhealthy physiological side-effects. Putting their knowledge into practice, students will create their own anti-smoking resources that can be shared with their peers.

Programme Type: Funded

Target Group: Years 4-6

Leader of the Pack – Part 2

This workshop provides a more in-depth look at how smoking affects the body in the short and long term. Students will consider the process of addiction and the impact on the individual and the community. They will discuss why some young people try and use tobacco, based on up-to-date information from Hong Kong and analyse the role media plays in this. Through role plays, students will practice resisting peer pressure in a way they can use in their daily lives.

Programme Type: School-Funded

Target Group: Years 4-6

UPSTANDERS UNITE!

Bullying Prevention

Learning Objectives:

- Identify and define bullying and distinguish it from teasing
- Identify the difference between the roles of a bystander and an upstander
- Discuss effective ways to respond when they or someone else is being teased or bullied
- Identify parents and other trusted adults they can turn to if they are being teased or bullied.

Upstanders Unite! - The Basics

Students will define and identify bullying and differentiate it from teasing. They will consider the different roles in bullying, including the bully, the person being bullied and bystanders. Students will share how it might feel to be bullied and helpful ways to respond if they are being bullied. They will develop their own upstander superhero, highlighting characteristics that are valuable in upstanders. They will consider the role of self-confidence and healthy self-esteem required to be an effective upstander. Finally they will identify trusted adults that they can talk to about bullying.

Programme Type: School-funded

Target Group: Years 5 – 7