



## Parent / Caregiver information

The Life Education 'Smashed' team is visiting your school shortly. Smashed is designed to equip young people with the information and confidence to make responsible choices around alcohol.

Life Education has been supporting health education in schools for more than 30 years. It is likely the student in your care taking part in Smashed attended lessons with our educators and Harold the giraffe at primary school!

### Why Year 9?

Supporting young people to manage peer pressure is important as they find themselves in new situations as they grow up. While the legal purchase age to purchase alcohol is 18, consistent research shows drinking alcohol is common amongst young secondary school students with nearly half of those aged 15 years or under describing that they 'currently drink', or find themselves in situations where alcohol is available. We want to help give them the information to make positive choices before, rather than after they make decisions.

### What is Smashed?

Smashed uses theatre and an interactive workshop to create a powerful learning medium.

The objectives see students understand health risks, how alcohol can impact behaviour and decision making and to explore strategies to avoid peer pressure when they find themselves in situations where alcohol is present.

Theatre in Education is inspirational, it challenges perceptions, attitudes and behaviour and delivers key messages utilising the well-known education and psychological theory - Social Cognitive Theory (SCT). It is a fantastic way for young people to engage and explore the actions and behaviour of characters they can relate to.

Smashed follows three characters aged 15, 16 and 17 as a 30-minute performance followed by the workshop which explores decisions the characters made. It's a safe way for students to explore behaviour and decisions amongst peers by talking about what the characters did or didn't do and alternative decisions that might have seen a different outcome.

Teachers are provided with lesson plans to continue to explore the concepts and integrate the learning back in the classroom.

**Evaluation.** Students are invited to complete pre and post evaluations, teachers also complete post evaluations and the NZ Council for Education Research are also evaluating the programme to ensure we are offering young people the very best support.

Smashed is funded by Life Education Trust, The Tomorrow Project and NZ lottery Grants Board.

To find out more: [www.smashed.org.nz](http://www.smashed.org.nz)