

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 Reductions	
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		

14 - 15 Years

Life Skills		Harm Reductions	
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		

16 - 21 Years

Life Skills		Harm Reductions	
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



Northern Trust

(Cookstown, Magherafelt,
Coleraine, Antrim &
Newtownabbey)

Western Trust area

Telephone:

028 9260 4422



Northern Trust

(Moyle, Ballymoney,
Ballymena, Larne &
Carrickfergus)

Southern Trust area

Telephone:

028 9043 5810



Belfast Trust

South Eastern Trust area

Telephone:

028 9267 0918