



# FAMILY LEARNING

WITH LIFE EDUCATION CENTRE NOTTINGHAMSHIRE

## TALKING TOUGH TOPICS

All mums, dads, grandparents and carers are welcome!

### KEEPING CHILDREN AND YOUNG PEOPLE SAFE

This workshop explores what your children need to develop the skills to make wise choices and keep themselves safe in this fast-changing society - how to work with them to cope with situations such as online grooming, bullying, knife crime, County Lines, drugs, gambling and more.

**RESIDENTS of Nottinghamshire County ONLY**

### ONLINE ZOOM COURSE

#### 2 HOUR WORKSHOP

(adults only)

Start Date: Monday 13<sup>th</sup> December

9:30am or 1:00pm



Understanding feelings and managing emotions.

Good listening skills and having the confidence to discuss.

Facts about drugs (legal and illegal), knife crime, gangs, County Lines, online bullying, peer to peer sexual abuse, gambling, online grooming and more.

Keeping lines of communication open at all times enables us as parents to support our children through the teenage years to come.

Building self-esteem.

How to be assertive and resist peer pressure.

If you would like to come and join **Talking Tough Topics**, please email: [harriet@lecn.co.uk](mailto:harriet@lecn.co.uk)

Please provide us with your email so we can send you course information.

Child's Name:

School:

Parent / Carer Name:

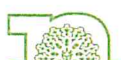
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Education & Skills



Nottinghamshire



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