



## Behind the Scenes: Information for whānau

The Life Education **Behind the Scenes** team is visiting your school shortly. **Behind the Scenes** will focus on the health risks of vaping and the wider context of how social media influences decision making and behaviours.

The programme, based on Life Education's successful alcohol education programme **SMASHED**, is aimed at rangatahi of all ages, in particular students in Years 7 - 11.

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

### What is Behind the Scenes?

**Behind the Scenes** uses theatre and an interactive workshop to create a powerful learning medium.

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.

Behind the Scenes follows three young characters in a 45 minute interactive performance which explores vaping and social media issues and invites the audience to consider them. 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.

### Evaluation

Students are invited to complete online pre and post evaluations, teachers also complete post evaluation surveys too.

### More about vaping

The Asthma and Respiratory Foundation's website [dontgetsuckedin.org.nz](http://dontgetsuckedin.org.nz) has comprehensive information about vaping for teens and parents/caregivers. Doing the Don't Get Sucked In quiz together is a great way start a conversation about vaping and peer pressure.