

## The Healthy Life Education Programme

Level Theme

### Kindergarten Harold's Picnic

Functions of different body parts (brain, heart and lungs). Necessity of a varied diet.

### Year 1 Air to Live

Five elements for healthy living. Functions of lungs. Communication among friends.

### Year 2 Food for Life

Digestive system. Balanced diet and choice of snacks. Media influence. Proper use of medicines.

### Year 3 Great to be Me

Circulatory system. Pharmacists' role; path of medicines into the body and safe use of medicines. The importance of accepting and helping friends.

### Year 4 Body Network

Nervous system. Effects of medical / non-medical drugs and alternatives. Sources of stress and ways of handling them. Comforting a friend. Decision-making skills.



### Year 5 Clear the Smoke

Physical, social and financial effects of smoking. Analysis of tobacco company strategies. Critical thinking. Peer pressure and refusal skills.

### Year 6 My Choice

Effects of alcohol / psychotropic drugs. Reasons for and effects of bullying, the role of bystanders. Actions that victims of bullying can take. Challenges of peer problems.



#### Duration :

Kindergarten 1 hour

Year 1 - Year 2 1 hour

Year 3 - Year 6 1 hour 20 mins

## Help Children Lead a Healthy Life, Prevent Them from Addiction to Drugs.



The Healthy Life Education Programme

## The Healthy Life Education Programme

The Healthy Life Education Programme is an internationally recognized health awareness and drug prevention programme for students to be more aware of the benefits of a healthy lifestyle and dangers of drug abuse. The programme is implemented by the Healthy Life Education Centre under the Social Welfare Bureau of the Macao SAR Government.

### Programme Content

Research has shown that effective drug education should start from an early age, be sequential and age appropriate. Our programme focuses on four main areas: body knowledge, food nutrition, drug education and social skills development.

We provide Cantonese, English and Special Needs programme and after each session, every student is given a pack of Student Worksheets and teachers can download the Teacher's Manual from our website (<http://healthylife.ias.gov.mo>). We encourage parents and children to work together on the worksheets to strengthen the messages of a healthy lifestyle.



### Programme Equipment

We provide a relaxed environment with advanced teaching materials including audiovisuals, illuminated body systems, a "talking brain", our mascot "Harold" the giraffe and the multi-media equipment.

Through role-play, the programme builds up students' problem solving and social resistance skills, help them to establish a healthy lifestyle and stay away from drugs.

### Participation of Schools

We welcome you all to join our programme and the good news is it is totally **FREE**. Let's work together to promote an anti-drug world!



## The Healthy Life Education Centre

Address : Rua Nova de Areia Preta, N.º 577 Edf. "The Bayview", r/c e 1.º andar, Macau

Tel : 2822 5778

Fax : 2822 5780

Website : <http://healthylife.ias.gov.mo>

E-mail : [harold@ias.gov.mo](mailto:harold@ias.gov.mo)

Anti Drugs Website : [www.antidrugs.gov.mo](http://www.antidrugs.gov.mo)



澳門特別行政區政府社會工作局  
INSTITUTO DE ACÇÃO SOCIAL DO GOVERNO DA RAEM