Life Skills Tours
Informing choices, saving lives
Lessons to last a lifetime

Today’s young people face a complex range of choices, challenges and dangers that can seriously affect their lives every single day - many that simply didn’t exist for previous generations.

The Sutton Life Centre equips your pupils with the knowledge they need to make informed life choices, enable them to recognise key risks and dangers and empower them with the confidence to take actions which will reduce the risks to themselves and others.

Our award winning Life Skills Tours will captivate your pupils as they navigate their way through realistic film-set environments and creative cinematic scenarios which aim to simulate some of the biggest risks and dangers that they are likely to encounter as they make the transition into their teenage years. Instead of learning a set of rigid rules, pupils are challenged to think for themselves and develop skills which they can apply to real life situations, whether on public transport, on the street, in the home or online.

By presenting learning in a highly visual, auditory and kinaesthetic format, our Life Skills Tours appeal to children of all ages and are especially effective at engaging with those who may find formal education more difficult.

If you are looking for a unique and exciting approach to learning outside the classroom, Sutton Life Centre offers an educational experience like no other which not only supports the PSHE curriculum, but will also engage your students and capture their imaginations to deliver important safety lessons that will last a lifetime.

"The Life Centre was an experience that will stay with me as I grow up. I learnt that all of our actions have consequences that affect other people too. It taught me that there is always a choice, and you can always say no. There is someone there to help and support you when you are going through difficult times."

Year 8 Pupil, Surrey

Fact: In 2010, Sutton Life Centre was presented with the Safer Community Award from safety charity the Suzy Lamplugh Trust.
What is the Sutton Life Centre?

Sutton Life Centre is a state-of-the-art educational and community facility based in South London promoting safety, good citizenship and the environment. The Centre is home to a unique blend of services all under one roof, including a public library, sports pitch, eco-garden, youth activities and our award-winning Life Skills Tours.

Safety is at the heart of what we do at Sutton Life Centre and Sutton is proud of its reputation as one of the safest boroughs in London. The Centre operates as part of the Safer Sutton Partnership Service, which is a joint venture between the London Borough of Sutton and the Metropolitan Police. Our Life Skills Tours were awarded the national Safer Community Award from the Suzy Lamplugh Trust in 2010. Moreover, we are also a member of the Safety Centre Alliance; a network of experiential safety centres from all over the UK who work together to develop ideas with a shared commitment to making children’s lives safer.

Our Life Skills Tours were developed by working in partnership with teachers, the emergency services, and national bodies including the Suzy Lamplugh Trust and ChildLine - as well as young people themselves - to ensure that scenarios accurately reflect the risks and challenges faced by different age groups, and provide reliable sources of information, advice and support.

We offer two learning experiences which are aimed at KS2 or KS3 pupils.

- For KS2 (Year 5 or 6) pupils, we focus on preparing children for the transition to secondary school, with scenarios that cover the range of issues they will face and provide advice for reducing risk and dealing with those issues both safely and responsibly.

- For KS3 (Year 7 or 8) pupils, our scenarios explore the increasing range of risks, challenges and tricky social situations faced by young people as they develop into their teenage years and aim to equip them with the knowledge they'll need to be able to make sensible informed life choices.

“The transition to secondary school is a very important time in a child’s life and Sutton Police are happy to support the Life Centre’s programmes which will help keep our children and young people safe.”

Dave Stringer, Sutton Borough Commander, Sutton Police Station
What to expect from your visit

Students are taken through the Sutton Life Centre experience in groups of around 30, led by our experienced, knowledgeable guides and accompanied by a member of the Metropolitan Police.

The Life Skills Tour, which features our three film set-style scenarios and 360° panoramic theatre, takes approximately two hours to complete. It’s a captivating experience for young people, placing them in realistic settings where they’ll learn about relevant safety issues and challenges.

Topics are covered in an engaging way, with students encouraged to make choices about real-life issues at each stage ensuring they leave feeling informed and confident in their decision-making.

The Tour includes:

The Street Experience
An urban setting, which places our visitors on a city street at night, outside realistic nightclub and shop facades. In this convincing context, they’ll learn about issues such as alcohol, smoking, gangs, knife crime and bullying.

The Transport Experience
In this area, students find themselves on a busy station platform. Here, they’ll learn important lessons to support their increasing independence, from using public transport safely and sensibly to the impact of anti-social behaviour, such as littering and graffiti.

Fact: According to the NSPCC, in 2015 more than 16,000 young people were absent from school due to bullying.

“Today was a very interesting and useful day, it made me think. I learnt about safety and being careful when growing up.”

Year 6 Pupil, Surrey
The Home Experience
Here, students visit a fully-furnished apartment with separate kitchen, bedroom, lounge and study. The subjects for discussion in this area include internet safety, fire safety, domestic violence and nutrition.

The Virtual Experience
Our 360° white room creates an immersive learning experience unlike anything your students will have seen before, with giant projection screens, evocative lighting, interactive elements and powerful surround sound. In this virtual world, visitors will learn more about issues such as personal safety, climate change, deforestation, waste and recycling.

Certificates and handouts will be presented to each student at the end of every tour.

Life Skills Workshops
We are now able to offer the choice of two additional workshops which will provide the option of a full day visit.

Any questions?
Call us on 020 8296 1287 or email your enquiry to slc@sutton.gov.uk.

Fact: In 2015, the NSPCC reported that 50,000 children were identified as needing protection from abuse in the UK.

“Great to have messages so clearly delivered - pupils take this in more than working on PSHE topics in school.”

Year 6 teacher, Aberdour School, Surrey

Looking after yourself and eating healthily
Life Skills Tours and Workshops

**Life Skills Tours**
Our Life Skills Tours are currently designed for Key Stage 2 (Years 5 to 6) and Key Stage 3 (Years 7 to 8) pupils. Each tour lasts for approximately two hours (excluding the workshops).

Life Skills Tours for both ages are designed to reflect the **PSHE Association’s Programme of Study**, encouraging students to apply critical thinking and risk-management skills. Tours are led by Sutton Life Centre staff and an officer from the Metropolitan Police helps to facilitate each tour.

**Key Stage 2 Experience**
The Key Stage 2 experience helps prepare children for the transition to secondary school and the issues they might face.

Subjects covered include:

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<th>Alcohol and smoking</th>
<th>Anti-social behaviour</th>
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<tr>
<td>Bullying and stereotyping</td>
<td>Climate change</td>
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<tr>
<td>Diet and nutrition</td>
<td>Fire safety</td>
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<td>Gangs and knives</td>
<td>Internet safety</td>
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<td>Reducing energy use</td>
<td>Robbery</td>
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<td>Transport safety</td>
<td>Urban safety</td>
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<td>Waste and recycling</td>
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**Key Stage 3 Experience**
The Key Stage 3 experience explores the increasing range of risks and challenges students may come across in their teenage years, empowering them with the resilience and confidence they need to make informed choices.

Subjects covered include:

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<th>Alcohol and drugs</th>
<th>Anti-social behaviour</th>
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<tr>
<td>Bullying (including cyber &amp; sexual)</td>
<td>Climate change</td>
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<tr>
<td>Diet and nutrition and self image</td>
<td>Domestic violence</td>
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<tr>
<td>Fire safety</td>
<td>Gangs and knife crime</td>
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<tr>
<td>Internet safety</td>
<td>Robbery</td>
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<tr>
<td>Teenage pregnancy</td>
<td>Urban safety</td>
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**Life Skills Workshops**
We offer two workshops, each just under an hour in length, led by our experienced team.

**The Internet Safety** workshop is held in our 360-degree panoramic room. It explores how aware your pupils are of a variety of social media and apps and includes a discussion around the potential risks they pose and how to stay safe online.

Our **Drugs & Alcohol** workshop is held in The Street. This workshop explores the health, legal and social implications of misusing drugs and alcohol.

We plan to introduce more topics in the future. Please contact us if you’d like to discuss a workshop to meet your specific needs.

Visit our website www.suttonlifecentre.org to find out more about our facilities.

“A stimulating, thought provoking and hugely informative day that reinforced vital life skills in a very child friendly way.”

Year 6 Teacher, Surrey
I thoroughly enjoyed my visit to Sutton Life Centre. I feel like it has told me to be safe and aware, whenever - whether it is on the internet or in the street.

Year 6 pupil, Surrey

“Engaging, thought provoking and unique approach to covering important areas of our PSHE curriculum.”

Year 8 Teacher, Merton

Fact: Last year, ChildLine counsellors answered 508,943 contacts from children, of which 55,000 used their online one-to-one and email counselling services.
Supporting your curriculum

Our sessions have been developed in partnership with teachers, charities and subject-matter experts to ensure the content supports the PSHE curriculum for Key Stage 2 and Key Stage 3 students.

Our Life Skills Tours reflect the PSHE Association’s core themes and programme of study, and a visit to the Sutton Life Centre can contribute towards fulfilling Ofsted’s section five inspections for SMSC education.

These include:

• A set of lesson plans that feature a visit to the Life Centre as part of a programme

• Links to a range of online resources to support activities after your visit

• Help and support for teachers seeking additional information on issues raised during your visit

• Free preview tours for teachers (please book)

Call 020 8296 1287 or email slc@sutton.gov.uk to book your free preview tour.

“An eye-opening experience for young adults (Year 6) who are transitioning into secondary school. They learnt lots of valuable life skills.”

Year 6 Teacher, Surrey

“The Life Centre made the children think about a whole range of issues in a new and challenging way that would be impossible in the classroom.”

Year 6 teacher, Claremont Fan Court School, Esher, Surrey
How to book your visit

To book a free preview tour, enquire about prices, book a tour or find out more about what we do, please contact the Sutton Life Centre.

Booking line: 020 8296 1287   Email slc@sutton.gov.uk.

Visit our website www.suttonlifecentre.org to find videos of our Life Skills tours and more information about the facility.

We welcome Special Educational Needs groups. Please contact us for more details.

Fact: According to the NSPCC, 1 in 4 children have experienced something upsetting on a social networking site.

“It was very involving and educational. I enjoyed being shown the dangers in everyday life, from transportation to the computer screen in your bedroom. I enjoyed it very much.”

Year 8 Pupil Surrey
Getting here

The Sutton Life Centre is a modern glass-fronted building, just 14 miles from central London.

**By road:**
The Sutton Life Centre is located just off the A217 which links directly to the M25 at junction 8, just 15 minutes away. We can provide parking bays for up to three coaches and 22 cars and are happy to provide a list of further parking locations if required.

**By train:**
The nearest station is Sutton Common, which is a five-minute walk away.

**By bus:**
The Sutton Life Centre is on bus routes 80 and 470 - the Glenthorne High School stop.
“An excellent experience that backs up what we cover in school. It’s great for students to get the same messages from a different person. Great information set at exactly the right level.”

Year 6 Teacher, Buckinghamshire

“I feel cautious and aware now. I won’t give into peer pressure and I’m going to think before I click online.”

Year 8 pupil, Berkshire

“A visit should be compulsory and part of every school’s curriculum!”

Year 6 Teacher, Surrey