

Drugs & Alcohol

making positive choices

for secondary school



Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



Incursion Details

- * Sessions are interactive and involve a variety of games, stories, discussion and multi-media to engage and educate
- * Catering for single, half-day or full-day sessions
- * Recommended duration is between 45 and 90 minutes – flexible to your timetable
- * Follow-up lesson plans and resources for teachers are included
- * Parent sessions are also offered on a number of topics
- * Costs are calculated on the number of sessions and location. Call or email us for a quick quote.



Values for Life

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Learning Focus

The **Drugs & Alcohol** workshop discusses the effects that drugs and alcohol have on society - how it impacts us (the individual & community) and how to make wise choices when it comes to this issue. Through a variety of **interactive activities, games, discussion, stories, multi-media,** and **video** the workshop explores why people use drugs, the effects on the human body and brain, peer pressure, the addictive nature of some drugs and resilient factors for young people including community, delaying gratification and having goals in life.

The incursion can be tailored to meet the needs of students from year 7 to 12. In addition to this student incursion, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

Rationale

The statistics on binge drinking and drug abuse in Australia are alarming: 10% of teenagers binge drink every week; 50% of 16-year-olds at harmful levels; and 60 young people are hospitalised each weekend due to alcohol abuse alone. Whilst these are alarming, there are significant resilient factors that are presented through the workshop including normative education, social skills and influences, perceived versus real harm, refusal skills and protective factors are evidence-based strategies that are very effective. We don't just explore the "How" (drugs affect you) and "What" (drugs are) but most importantly the "Why" (do people make choices in this area).

Key concepts covered in the session:

- ▶ Exploring the different reasons why people use (and abuse) drugs and alcohol
- ▶ The effects of drug use on the human body
- ▶ What is specifically the impact of alcohol on the teenage brain
- ▶ The different effects of different drugs and the myths about drugs
- ▶ The importance of making positive and healthy life choices which avoid drug
- ▶ The addiction cycle – how it begins and the long-term effects
- ▶ The importance of a healthy community and looking out for others
- ▶ Promotion of resilient factors including healthy community and purpose, goals and direction

Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity * Health knowledge & promotion	X	X	X
	Interpersonal Development	* Building social relationships * Working in teams	X	X	X
	Personal Learning	* The individual learner * Managing Personal learning		X X	X X
	Civics & Citizenship	* Civics knowledge and understanding * Community engagement	X	X	X X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding * Presenting	X X		X X
	Thinking Processes	* Reasoning, processing & inquiry * Creativity, reflection & metacognition		X X	X X