Part 1: Online component

Lessons

Alcohol - Lesson 1

This lesson will teach you about:

- Alcohol, the law and under age drinking.
- Standard Drinks.
- Australian Guidelines to reduce health risks from drinking alcohol.
- Identifying the number of standard drinks in alcoholic beverages.
- Societal pressures and expectations to drink alcohol.

Cartoon  Teacher summary  Activities  Student summary
Lesson summaries

**Teacher Summary**  
**Lesson 1**

**Alcohol and the law**
- The legal drinking age in Australia is 18 years of age.
- It is generally illegal to sell or supply alcohol to a person under the age of 18 years.
  - However, in most Australian states and territories, premises which are not licensed or restricted:
    - A parent or guardian can supply alcohol to his or her own child (minors).
    - A responsible adult authorised by a parent or guardian can supply alcohol to that child (minors).
- In most Australian states and territories, it is illegal for a person under the age of 18 years to possess or consume any alcohol in a public place, unless they are under the supervision of a responsible adult.
- If a minor is in possession of alcohol in a public place and is not under the supervision of a responsible adult, the police can seize the alcohol.
- A responsible adult is defined as:
  - A parent, step-parent or guardian of the minor.
  - The minor’s spouse or any person who although not legally married to the minor, ordinarily lives with the minor as the minor’s spouse on a permanent and domestic basis.
  - A person who is, for the time being, in loco parentis to the minor.

**NHMRC 2009 Guidelines**
- The Australian Alcohol Guidelines are based on the “Australian standard drink”.
- A “standard drink” is a measure of the quantity of alcohol contained in an alcoholic beverage in Australia, one standard drink contains 10 grams of alcohol.

**Adults**
For healthy male and female adults:
- To minimise the risk of alcohol-related harm over a lifetime, the Australian Alcohol Guidelines recommend to drink:
  1. No more than 2 standard drinks on any day.
- To minimise the risk of injury on a single occasion of drinking, the Australian Alcohol Guidelines recommend to drink:
  1. No more than 4 standard drinks on a single occasion.

**Student Summary**

**How Much Alcohol Do 13-14 Year Olds Drink?**

Many teenagers believe that lots of their peers are drinking large quantities of alcohol and going out to get drunk. This isn’t true. The truth is that most 13-14 year olds do not spend their leisure time drinking alcohol.

In 2009, a huge survey was done to find out how much alcohol and other drugs people were actually taking. In Australia, they found that although many 13-14 year olds had tried alcohol (65%) that only 1 in 4 had actually had a full drink in their lifetime. The most important finding was that the majority of 13-14 year olds did not drink too much alcohol.

When it came to drinking to excess only 1 in 5 had done this in the past 12 months. That means, that 19 out of 50 had not drunk excessively in the past 12 months.

What is really interesting is that if teenagers are interviewed while one of their friends is there, they report drinking a lot more alcohol than if they are interviewed without their friends being present. This shows that it is not surprising that most teenagers overestimate the number of their friends who really go out and get drunk. The truth is that most 13-14 year olds do not drink too much alcohol, but many feel the pressure to pretend they do.

Even by the age of 15, this picture doesn’t change a great deal. Most 15 year olds had tried alcohol (74%) and about half (47%) had drunk a full serve of alcohol in their lives. Once again, when it came to drinking to excess, only 1 in 10 had done this in the past 12 months. This shows that the majority of 15 year olds did not drink too much alcohol or drink alcohol to get drunk.
Part 2: Optional class activities

Lessons

Alcohol - Lesson 1

This lesson will teach you about:

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- Societal pressures and expectations to drink alcohol.

Cartoon  Teacher summary  Activities  Student summary
Part 2: Optional activities

## Optional Class Activities

Lesson 2

Choose the activity or activities to suit the needs of your class.

<table>
<thead>
<tr>
<th>Name of Activity</th>
<th>Task</th>
<th>Format</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol harms</td>
<td>Students learn about harms related to alcohol.</td>
<td>Group activity</td>
<td>Photocopy or print group worksheet</td>
</tr>
<tr>
<td>Being assertive</td>
<td>Students learn about being assertive and how to say NO!</td>
<td>Group activity</td>
<td>Photocopy or print group worksheet</td>
</tr>
<tr>
<td>The effects of alcohol</td>
<td>Students learn about the different effects of alcohol including psychological, physical and social effects.</td>
<td>Individual activity</td>
<td>Photocopy or print individual worksheet</td>
</tr>
<tr>
<td>Homework lesson 2</td>
<td>Students are asked to design an anti-drinking or safe drinking campaign or advertisement.</td>
<td>Homework</td>
<td>Photocopy or print homework worksheet</td>
</tr>
</tbody>
</table>
Part 2: Optional activities

Worksheet
Alcohol harms

Activity 1

Question 1
Look at the picture above and think back to the cartoon of Lesson 2. Discuss what harms the characters encountered from drinking alcohol.

Question 2
What other types of alcohol related harms are common for teenagers?

Question 3
What things can you do to avoid the possible harm caused from alcohol?

Question 4
What things can you do to reduce the possible harm caused from alcohol?
Efficacy of Climate Schools

6 cluster RCTs in Australia (4 complete, 2 ongoing) and a pilot in UK

- 157 schools and > 14,000 students have participated across NSW, WA, VIC, ACT, QLD and London
- 14 papers reporting their effectiveness
Aim: Can the *Climate Schools* model be effective in preventing the use of alcohol and cannabis among adolescents
Cluster RCT in Sydney

764 students from 10 schools (mean age 13 years)
  • 5 Control schools (n=367; 65% male)
  • 5 Intervention schools (n=397; 55% male)

<table>
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<tr>
<th></th>
<th>Baseline survey</th>
<th>CLIMATE: Alcohol Module</th>
<th>CLIMATE: Alcohol &amp; Cannabis Module</th>
<th>Post-test survey</th>
<th>6 mth FU survey</th>
<th>12 mth FU survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>CONTROL</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>INTERVENTION</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

• No sig baseline differences between groups or differential attrition
• HLM analyses to account for 3-level clustering
Alcohol & cannabis knowledge

CLIMATE

CONTROL

Items correct

Pre  Post  6 mth  12 mth

0  10  12

* * * *

CLIMATE

CONTROL
Average alcohol consumption

![Graph showing average alcohol consumption over time, comparing CLIMATE and CONTROL groups.]
Frequency cannabis use (past 3 months)
Truancy

- Baseline
- Post test
- 6 month follow-up
- 12 month follow-up

Days off school

Control

Intervention
Psychological distress

- K6 scale

**Baseline** Post test 6 month follow-up 12 month follow-up

*Control*

*Intervention*
Program evaluation

Student responses (n=98):

- 93% - cartoons were appropriate and enjoyable.
- 85% - would use the information in their own lives.

Teacher responses (n=12):

- 91% - meets outcomes of the syllabus well.
- 92% - students liked the program.
- 72% - endorsed the course as better than others.
- 75% - would use in the future and recommend it.
Evaluation of Climate Schools: Results Summary

6 trials (cluster RCTs) in Australia (4 complete and 2 ongoing):

- Increased knowledge of alcohol, cannabis and psychostimulants
- Decreases in use of alcohol, cannabis and ecstasy
- Reduced harms related to alcohol and ecstasy
- Decreased intentions to use cannabis and psychostimulants
- Well-received by teachers and students
Who has Climate Schools reached?

- **157 Australian schools** and >14,000 students have participated in Climate Schools Trials.

- In addition, **144 schools** and **22 organisations** have registered online to access the Climate Schools materials.

www.climateschools.com.au
Outline

1. Who gets into trouble with drugs and alcohol, and why does it matter?

2. Can we prevent the problems?

3. How do we help schools and parents access evidence-based resources?
What is Positive Choices?

- Funded by the Australian Government Department of Health
- Dissemination project to improve access to evidence-based drug prevention resources for schools across Australia

Two phases:
1. Distribution of a resource package to every secondary school
2. Development of an online portal
1. Positive Choices Illegal Drugs Resource Package

Booklet series for **Teachers, Parents & Students:**

- Evidence-based information on drugs, effects and risks
- Guidance for **students:** assertiveness and how to help a friend
- Access to an online drug education game: Pure Rush
- Guidance about what **teachers** and **parents** can do to protect against drug use
- Overview for **teachers** of evidence-based school-based prevention programs

1. Positive Choices Illegal Drugs Resource Package

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Access from: www.positivechoices.org.au
Who has the resource package reached?

Delivered in November to 3,072 secondary schools across Australia

Hard-copy of the teacher booklet will be made available to all webinar registrants: To receive yours: please email l.stapinski@unsw.edu.au with postal address.
1. Positive Choices Illegal Drugs Resource Package

Pure Rush: Online Game

- How do we make drug education interesting, interactive and engaging?

- How do we provide factual information about drug harms in a context that is relevant for young people?

- Educational games are a promising alternative to traditional drug education
“Pure Rush” Online drug education game

- Factual info about drugs effects
- Interactive learning: colliding with drugs results in impaired performance effects
- Avoid drugs to succeed in game
“Pure Rush”: Student Feedback

• Focus-testing, Year 10 students at 2 schools
• Students reported game was enjoyable (92%), information was useful (88%)

Sample quotes:
• “Very fun and very educational”
• “Really good game, best day, make all schools have this as an education”
• “The game is addictive”
“Pure Rush” Online drug education game

• Pure Rush is free to use and optimised for play as an app.

• Companion booklets with additional drug facts are available

• Online Web play: 

• Google Play

• iTunes

• Watch our demo video
2. Positive Choices: Online Portal

- The internet presents an opportunity for broad dissemination
- Facilitates continual evolution, development, updating

Scoping Exercise: In-depth Interviews (Teachers, Parents)

- Identified need for a central access point for drug information and prevention resources
- Teachers, parents, and students are already using the internet to access information – but, quality??
2. Positive Choices: Online Portal

- The “go to place” nationally for teacher, parents and students to access drug information & resources

- A focus on resources and prevention programs that are engaging, interactive, evidence-based

- Developed in consultation with teachers, parents, students

- Helps users find resources according to their specific needs

www.positivechoices.org.au
2. Positive Choices: Online Portal

Launch: Coming soon!

Subscribe at [www.positivechoices.org.au](http://www.positivechoices.org.au) to be notified of launch.
Take home message: What can parents do?

- Provide teenagers with accurate, factual information about drugs and alcohol (and potential harms)
- Avoid supplying alcohol to teenagers
- Be involved, establish and maintain good communication
- Communicate to teenagers (and other parents) clear rules and expectations about drug and alcohol use

Resources:

- For more information, see Parent booklet
- Positive Choices online portal provides access to a range of factsheets, videos and programs to help parents
Take home message: What can **teachers** do?

- Provide teenagers with accurate, factual information about drugs
- Good communication, provide normative information about drug use
- Implement an evidence-based drug and alcohol prevention program within your classroom (ie Climate Schools)

**Resources:**

- For more information, see [Teacher booklet](#)
- **Climate Schools**
- **Positive Choices** online portal provides access to a range of classroom resources and prevention programs that are proven to improve wellbeing and reduce alcohol/drug related harms
Thank-you

Questions??
Copies of these slides will be emailed to all participants.
We’d love to hear your questions or comments.

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To find out more, visit:
är www.climateschools.com.au
är www.positivechoices.org.au
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