

Welcome to the *Positive Choices* Webinar Series

**Lesson planning with Positive Choices:
How to engage your students with
evidence-based drug education.**

Presented by: Siobhan Lawler

Wednesday 15th June, 2016



**For more information
or to register, see
[www.positivechoices.org.
au/resources/webinars/](http://www.positivechoices.org.au/resources/webinars/)**



1st September, 2016

Dr Louise Mewton

Mental health, substance use
and adolescent brain
development.

Register now.

Available on demand

Dr Cath Chapman

Co-occurring mental health and
substance use disorders and
how they affect young
people. **Watch now.**

Available on demand

**Dr Nicola Newton &
Dr Lexine Stapinski**

How parents and schools can
protect against drug related
harms. **Watch now.**



Positive Choices Webinar Series

Webinar 1

Lesson Planning with Positive Choices!
How to engage your students in
evidence-based drug education.

Siobhan Lawler & Lexine Stapinski



Australian Government
Department of Health



UNSW
AUSTRALIA



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Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Outline

1. Background – substance use among young people

2. Development of Positive Choices

3. How can I use Positive Choices to plan my lessons?



Drugs and Alcohol

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Background: substance use among young people

- Adolescence is a peak time for development of substance use disorders (Tucker et al. 2005)
- Related harms are significant
 - Poor school performance and early drop out
 - Increased risk of dependency/ mental illness in adulthood



Photo source: Superbad.



Tucker et al. (2005) Substance Use Trajectories From Early Adolescence into emerging adulthood: A comparison between smoking, binge drinking and marijuana use, *Journal of Drug Issues*, 35(2): 307
AIHW (2011) Young Australians: their health and wellbeing. Cat. no. PHE 140, Canberra.

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Risk factors for early initiation

- Parental monitoring, rule setting & positive attitudes towards alcohol use (Ryan et al. 2010; Handley & Chassin 2013)
- Mental Health problems (Hopfer et al. 2013)
- Delinquency and behavioural problems (Donovan 2004; Castellanos-Ryan & Conrod 2016)
- Peer use and perceived peer use (Trucco et al. 2011)



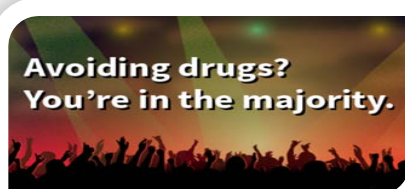
Birrell et al. (2016) 'Early onset mood disorders and first alcohol use in the general population', *Journal of Affective Disorders*, 200: 244

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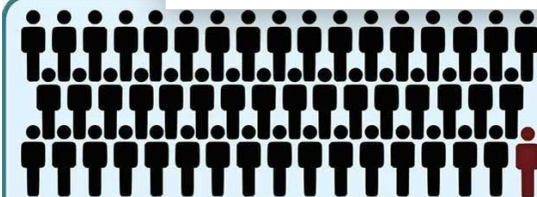
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Social influence & normative use

- Social influences = powerful predictors of youth substance use
- Teenagers overestimate rates of drug use
 - False consensus
- Social influence approach to drug education
 - Facts based
 - Resistance skills training
 - Challenges common misconceptions



Avoiding drugs?
You're in the majority.



Eisenberg, M. E., Toumbourou, J. W., Catalano, R. F., & Hemphill, S. A. (2014). Social Norms in the Development of Adolescent Substance Use: A Longitudinal Analysis of the International Youth Development Study. *Journal of Youth and Adolescence*, 43(9): 1486-1497

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The developing teenage brain

- Period of significant developmental change
- Substance use in adolescence disrupts key periods of transition from childhood to adulthood
- Brain development influenced by many factors
 - Intervene early, before exposure occurs!



Arain et al. (2013) 'Maturation of the adolescent brain' in *Neuro Disease & Treatment*, 3(9): 450

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Why is prevention important?

- Effective prevention is essential for harm minimisation
- Evidence-based approaches exist but implementation is low due to barriers:
 - Time/resources demands
 - Remote areas difficult access
 - Costs/training



Champion et al. (2016) Prevention of alcohol and other drug use in the digital age: what does the evidence tell us?, *Current Opinion in Psychiatry*, 29: 1.

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Positive Choices: Drug Education Portal

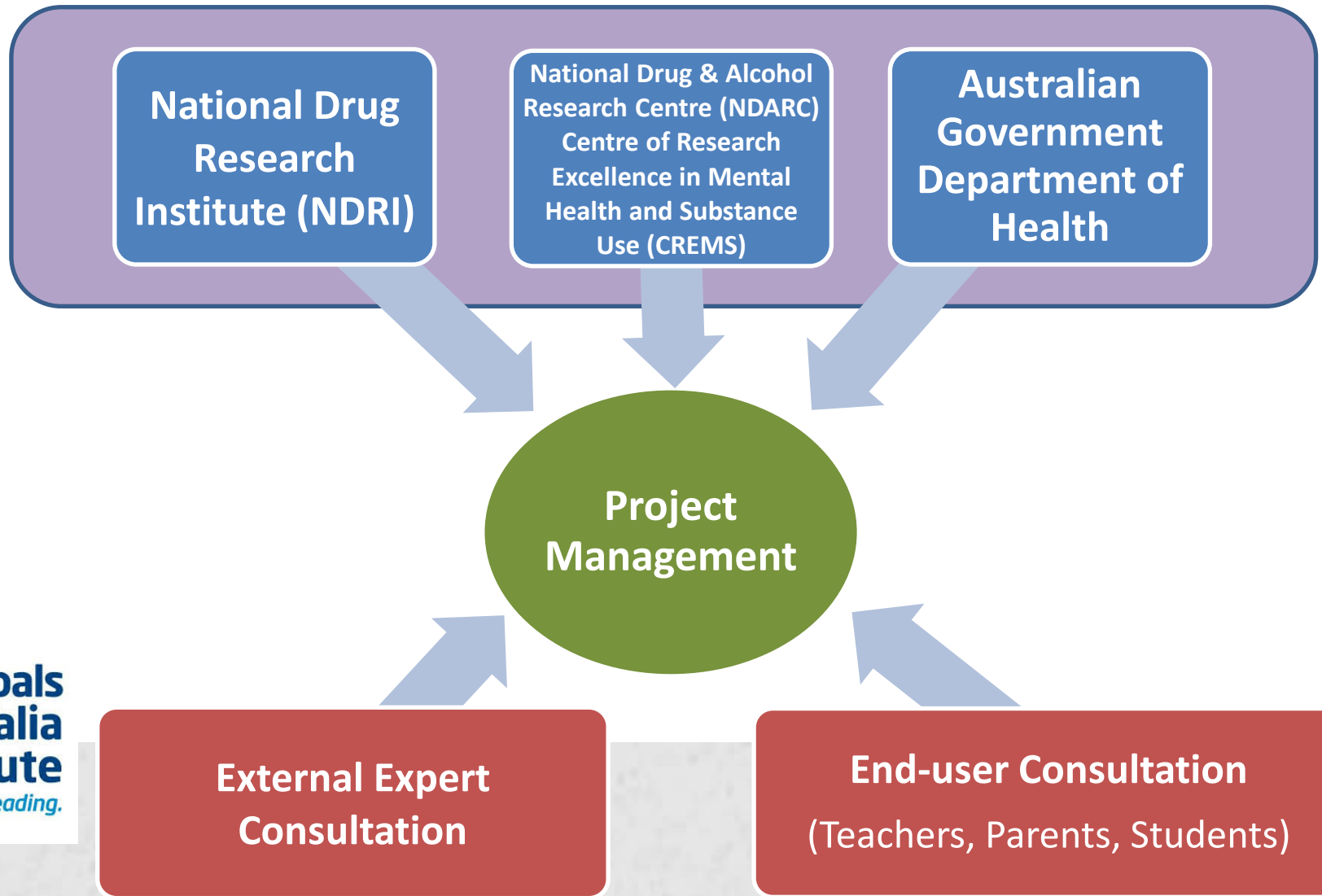
- One stop portal providing up-to-date evidence-based information about AOD
- Builds on existing research & resources
- Aimed at teachers, students and parents
- Role based accounts & resources



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Development Process



Positive Choices: Drug Education Portal

Students:

- Access to educational games and videos
- Drug information and facts
- Factsheets e.g. making choices, seeking support



For parents

- Information videos and factsheets e.g. how and when to talk to a young person about drugs



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Positive Choices: Drug Education Portal

- Teachers

1. Access to evidence based prevention programs
2. Use search filters to:
 - a) Access resources that link directly to Australian Curriculum
 - b) Locate resources for particular groups and classroom needs
3. Create user accounts that facilitate lesson planning and allow teachers to save and share resources

Teacher resources

Sort my search by:

+ Drug Type

+ Year Level

+ Links to Australian Curriculum

+ Resource Type

+ Evidence Rating

+ Content Especially Suited For

+ Developed in Australia

+ Time allocated

+ Resource Cost



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Recommended Programs ▶

Climate Schools: Alcohol & Cannabis Module. Curriculum-based online program featuring an engaging cartoon-based drama.



SHAHRP: School Health and Alcohol Harm Reduction Project. Classroom program focused on development of skills to reduce alcohol-related harms.



Climate Schools: Psychostimulant & Cannabis Module. Curriculum-based program featuring engaging cartoons to prevent harm from cannabis, ecstasy & methamphetamine ("Ice").



Quick Activities ▶

Decision-making and Problem-solving: Class Activity. Students learn to make decisions and solve problem.



Investigating Advertising Tactics: Class Activity. Students critically evaluate messages in advertising.



Finding Support: Class Activity. Students learn where and how to find support.



Factsheets ▶

Drugs and the Law. Understand the legal consequences of drug use.



Mythbusters: Common Drug Myths Exposed. Can you tell fact from myth?



Ecstasy and Pills: Factsheet. Facts about ecstasy, its effects & risks.



Videos ▶

Can We Talk About Alcohol and Drugs. This video illustrates how parents can talk to children about prevention of alcohol and drug abuse.



Choices for Life: Scott's Story. Explores how cannabis use gradually affects several aspects of Scott's life.



Under Construction: Alcohol and the teenage Brain. Learn how alcohol affects brain development.



Games ▶

The Reconstructors: Nothing to Rave About. Solve drug-related cases by gathering evidence and using scientific reasoning.



Pure Rush: Online Game. Hurry! Only 2 tickets left for the music festival. Jump over obstacles to get there as fast as you can.



Mouse Party. Take a look inside the brains of mice affected by drugs.



Webinars ▶

How can Parents and Schools Prevent Drug Related Harms? This webinar provides information for parents and schools about evidence-based drug prevention.



How do Mental Health and Substance Use Disorders affect Young People? This webinar provides information about mental health and substance use disorders among young Australians.



How to Engage Your Students with Evidence-Based Drug Education. Engaging students with evidence-based drug and alcohol prevention.



Apps ▶

National Drugs Campaign. The Australian Government's app allows instant access to information on drugs for youth and parents.



Teen Drinking Law. Educates adults and young people about the law and risks associated with under-age drinking.



KnowDrugs: The Parents Guide app. Provides comprehensive information on drugs and strategies for engaging with children on the topic.



Information Factsheets



- Factsheets on illicit drugs
 - E.g. alcohol, benzodiazepines, cannabis, cocaine, ecstasy, emerging drugs, GHB, hallucinogens, heroin, inhalants, ketamine, methamphetamine, tobacco.
- Drug related guidance & advice
 - How to talk to a young person, legal information, how to help someone who has taken a drug etc.
- Drug Education booklets
 - Versions tailored to students, teachers, parents



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INTRODUCTION

This resource has been developed to inform and educate teachers about illegal drugs and prevent and reduce the harms associated with illegal drug use. The best way for young people to avoid harm is to prevent use, delay the onset of use, and to reduce the harm from their own and other people's use. For example, young people may be affected by an adult or a friend's drug use. It is important they know how to avoid harm from other people's use and, where appropriate, to assist themselves or others affected by drug use.

WHAT ARE ILLEGAL DRUGS?

A drug is a substance that affects the way the body functions when it is used, and if it is illegal it means that it is forbidden by law. Different drugs have different effects on people. The effects of a drug are influenced by many factors, making them unpredictable and dangerous, especially for young people.

On pages 23–34 you will find a list of common illegal drugs and their effects.

BENZODIAZEPINES KETAMINE
CANNABIS INHALANTS
NEW PILLS AND
PSYCHOACTIVE
SUBSTANCES ECSTASY
HALLUCINOGENS COCAINE
METHAMPHETAMINE
GHB POLYDRUG USE
HEROIN

Contact for hard copies: info@positivechoices.org.au

Videos



- Choices for life series
 - ‘Someday’ – Sophie’s story
- Under construction: alcohol, cannabis and the teenage brain



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Games

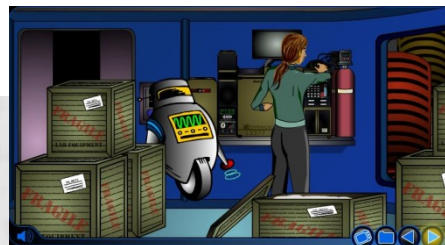
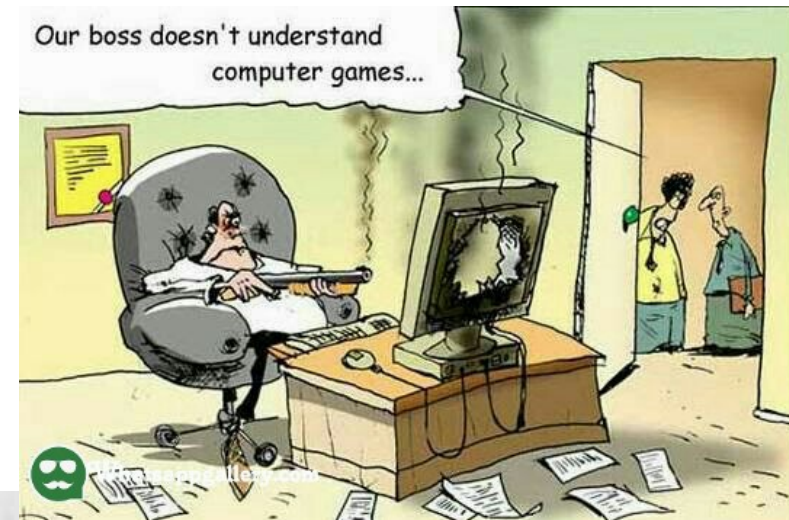
- Pure Rush

- Serious games associated with higher levels of motivation, engagement & knowledge acquisition
- Reinforces social influence message
- Game + booklet, infographics reinforce key educational messages



- Reconstructors

- Players solve drug related cases & learn about neuroscience basis of drug effects
- Focus on pain relieving drugs, inhalants, stimulants & hallucinogens



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Quick Activities

Worksheet

Activity 3

Questions and Answers

Question 1

Q: Is ecstasy a man-made substance, or is it a naturally occurring drug?

A: Ecstasy is synthetic (man-made).

Question 2

Q: True or false- the best strategy to cope with the unpleasant feelings associated with coming down from ecstasy is to smoke cannabis.

A: False – When a person is coming down from ecstasy the best strategy is to simply rest and give their body and mind time to recover from using. It is not advisable to smoke cannabis to prevent the horrible feelings that may occur when a drug is wearing off (i.e., the "come down").

Worksheet

The Australian Alcohol Guidelines

To minimise the risk from drinking, the Australian Alcohol Guidelines recommend that young people (under the age of 18) should drink less than adults. What do you think are the reasons for this recommendation?

Worksheet

Activity 3

Decision-Making/Problem-Solving

When we think about making changes, most of us don't really consider all "sides" in a complete way. Instead, we often do what we "should" do, avoid doing things we don't feel like doing, or just feel confused or overwhelmed and give up thinking about it at all. This often leads to poor decisions. Decision-making/problem-solving skills can help you to really make the best decisions. It will really help you to consider all the options available to you at the time and the potential consequences.

The best way to learn this skill is by using it. So, your task is to think about something you want to change in your life and complete the steps below. It could be anything from starting to exercise to giving up chocolate!

Step 1: Define the problem or the decision to be made. Clearly write down the problem or the decision to be made. For example, "I want to get fit".

Step 2: Consider all the possible options/alternative solutions to achieve this stated goal. In this case, some possible alternatives could include:

I will join the gym.

I will try to walk to school each day.

I will jog up and down in the classroom.

Remember, when you brain-storm solutions, write all the solutions down, no matter how ridiculous they may seem! Try not to judge the options/solutions at this stage.



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