

# Welcome to the *Positive Choices* Webinar Series

## Today's Webinar:



Effective drug prevention for Aboriginal and Torres Strait Islander youth: what do we know and what can we do better?

Tuesday 13th March at 4pm AEDT

Presented by Dr Mieke Snijder and Ms Briana Lees

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

## In case you missed it...



Personality-targeted interventions for prevention: the Preventure program.  
A/Prof Nicola Newton & Erin Kelly  
[Available on demand on Positive Choices.](#)



How to talk with teenagers about alcohol use  
Professor Steve Allsop  
[Available on demand on Positive Choices.](#)

## Coming up in 2018...

- Parent's guide to teenage parties
- Teacher's guide to optimising drug education



Subscribe for updates at:  
[www.positivechoices.org.au](http://www.positivechoices.org.au)

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# What is *Positive Choices* ?

[www.positivechoices.org.au](http://www.positivechoices.org.au)

- Central access point for trustworthy, up-to-date drug and alcohol information and educational resources
- Learning resources, factsheets, videos, and games to engage young people with drug education
- Access to classroom-based drug prevention programs that are proven to reduced drug-related harms



Suggestions/feedback:  
[info@positivechoices.org.au](mailto:info@positivechoices.org.au)



Developed by NDARC and NDRI, in consultation with teachers, parents and students. Funded by Australian Department of Health.

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positivechoices1



pos\_choices



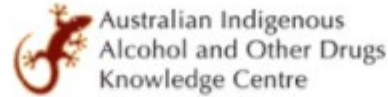
@academieke

Effective drug prevention for Aboriginal and Torres Strait Islander youth: What do we know and what can we do better

Dr Mieke Snijder  
Ms Briana Lees

WWW.POSITIVECHOICES.ORG.AU

# Partnerships



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# Webinar Overview



## 1. What do we know?

- 🌸 Risk and protective factors for substance use and harms for Aboriginal and Torres Strait Islander people
- 🌸 Systematic review of substance use prevention programs for Indigenous youth

## 2. What can we do better?

- 🌸 Consultations with stakeholders, teachers and students
- 🌸 Implications for development of a culturally appropriate school-based AOD prevention program



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# **Alcohol and drugs use among Aboriginal and Torres Strait Islander youth**

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What is the number 1 contributor to poor health, injuries and deaths among young Aboriginal people aged 15 to 25?

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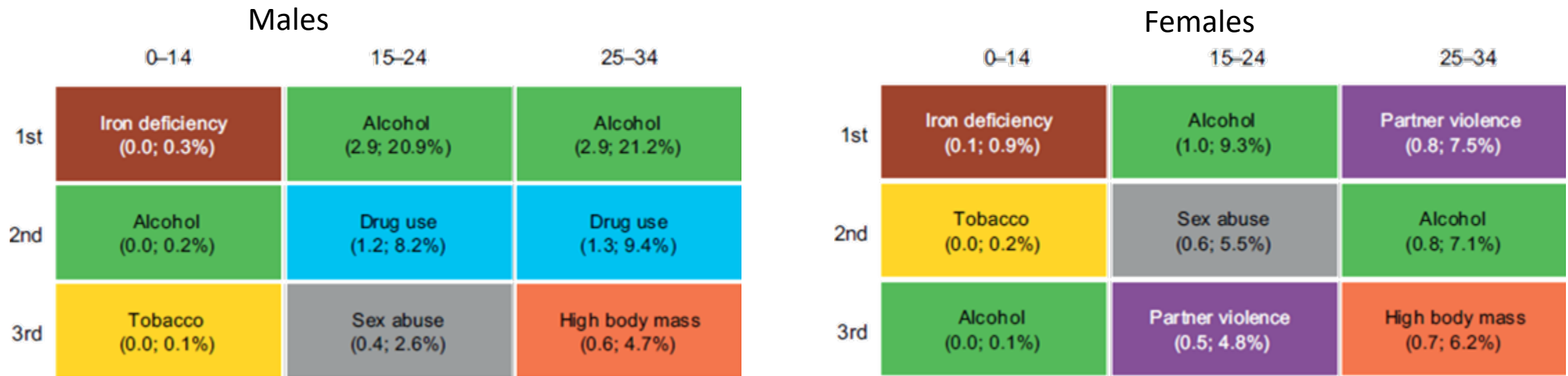
Poll



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# Substance use contribution to poor health

- ☉ Mental and Substance use disorders number 1 cause of poor health and injury
- ☉ Alcohol main risk factor for poor health



Australian Institute for Health and Welfare. (2016). *Australian burden of disease study: Impact and causes of illness and death in Aboriginal and Torres Strait Islander people 2011* (Vol. 6). Canberra: AIHW.

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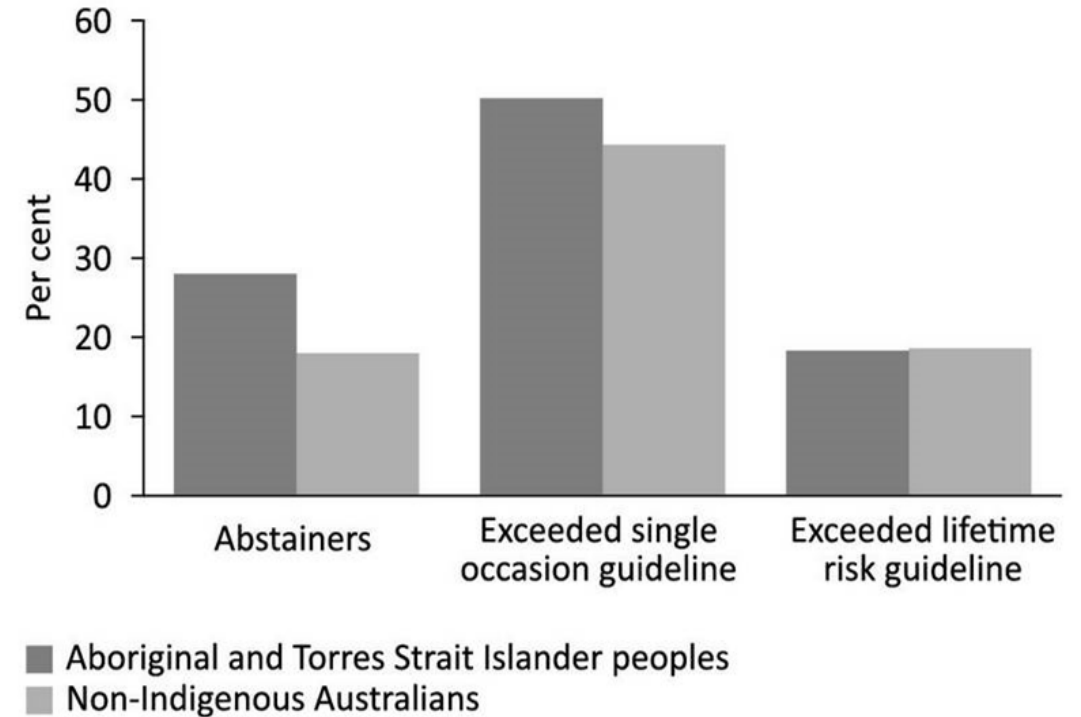


# Riskier use patterns

**Table A1.1: Mean age of first use of alcohol and other drugs, Indigenous and all Australians**

Drug	Indigenous Australians	All Australians <sup>(a)</sup>
Alcohol	11.5 <sup>(b)</sup>	17.2
Tobacco	9.7 <sup>(b)</sup>	15.9
Cannabis	12.4 <sup>(b)</sup> 14.0 <sup>(c)</sup> 17.0 <sup>(d)</sup>	18.7
Inhalants	13.0 <sup>(b)</sup> 12.0 <sup>(e)</sup>	18.5
Injected drugs	17.8 <sup>(f)</sup> 18.6 <sup>(g)</sup>	21.7

- (a) AIHW 2005a
- (b) Albany, Western Australia—Gray et al. 1997
- (c) ACT—Dance et al. 2004
- (d) East Arnhem Land, Northern Territory—Clough et al. 2004
- (e) Maningrida, Arnhem Land, Northern Territory—Burns et al. 1995a
- (f) Brisbane, Queensland—Larson 1996
- (g) Murray Bridge, South Australia—Shoobridge et al. 1998



Australian Institute of Health and Welfare 2006. Drug use among Aboriginal and Torres Strait Islander peoples: an assessment of data sources. Drug statistics series no. 17. Cat. no. PHE 76. Canberra: AIHW.

Australian Institute for Health and Welfare. (2015). *The health and welfare of Australia's Aboriginal and Torres Strait Islander peoples: 2015*. Canberra: AIHW.

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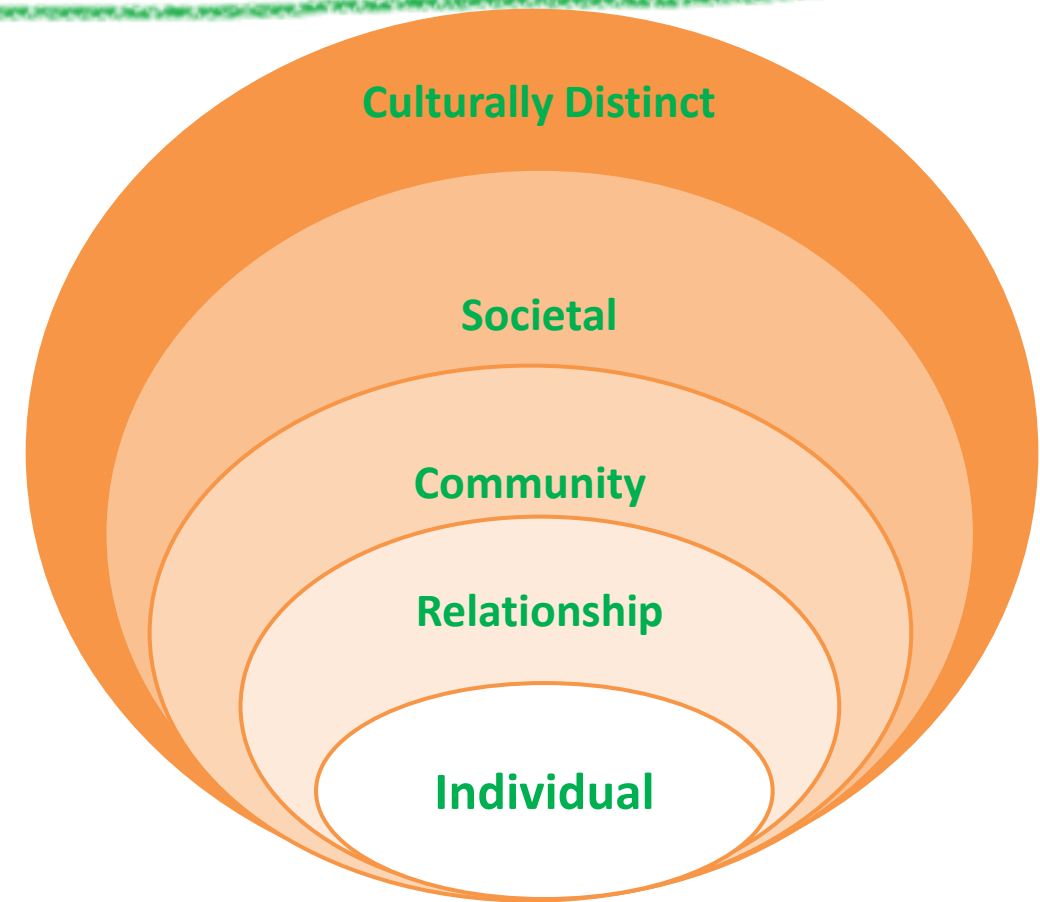


# **What do we know: risk and protective factors of substance use among Aboriginal people**

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# Ecological model

- ⦿ **Individual-level factors:** biological and personal history factors such as age, socio-economic status (SES), health and psychosocial problems;
- ⦿ **Relationship-level factors:** close relationships with peers, partners and family members who influence an individual's behaviour;
- ⦿ **Community-level factors:** individual's lifestyle settings such as the workplace and geographical location in which social relationships occur;
- ⦿ **Societal-level factors:** social norms, social policy and AOD availability;
- ⦿ **Culturally distinct-level factors:** historical contexts, languages, cultural practices, spirituality, values and social structures that are specific to cultural groups.

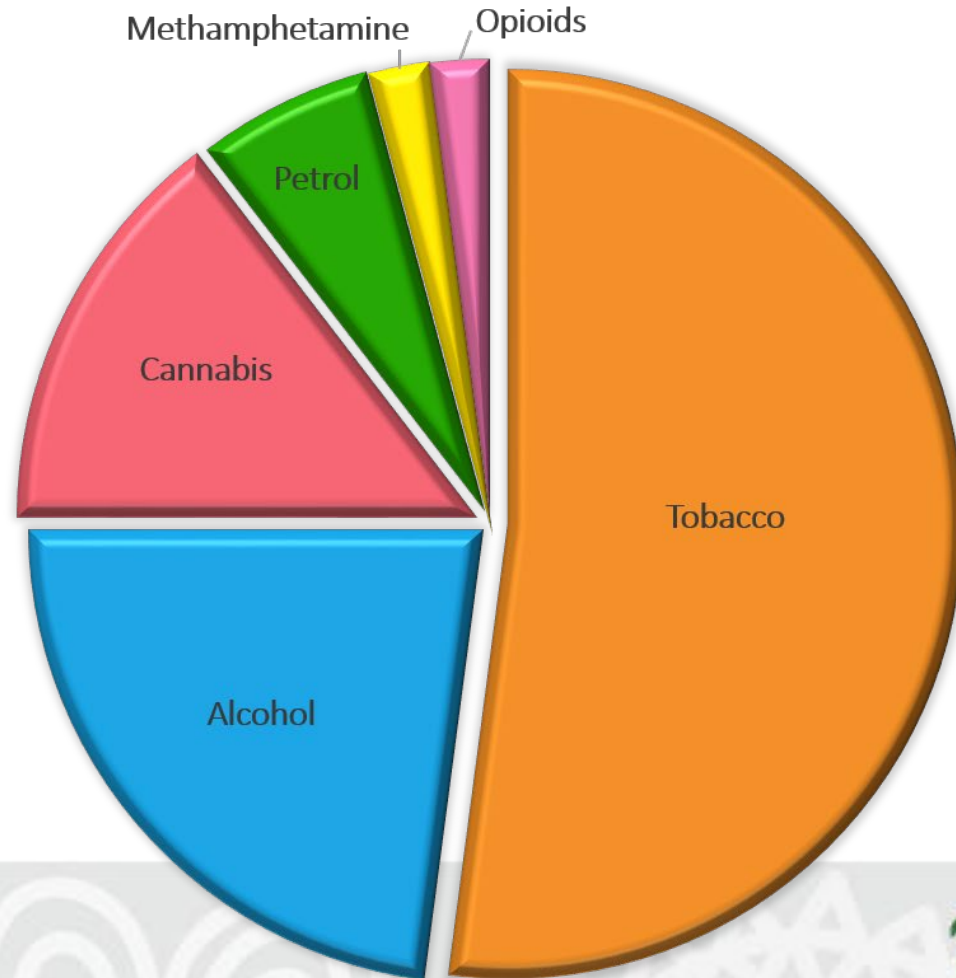


Burnette, C.E. and C.R. Figley, *Historical Oppression, Resilience, and Transcendence: Can a Holistic Framework Help Explain Violence Experienced by Indigenous People?* Social Work, 2017. **62**(1): p. 37-44.

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# Studies assessing factors associated with substance use

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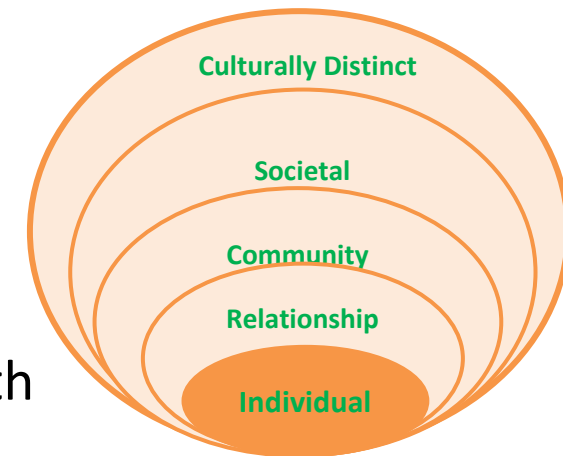
# Individual factors

## Protective

- ⦿ High SES: High education level & employment
- ⦿ Engaging in sport/recreation
- ⦿ Alcohol abstinence
- ⦿ Lack of psychological stress
- ⦿ Resilience
- ⦿ High self-esteem, self-efficacy
- ⦿ Problem solving and decision making skills
- ⦿ Knowledge of AOD

## Risk

- ⦿ Low SES: low education, low income, unemployment
- ⦿ Boredom
- ⦿ Multi-substance use (esp early use)
- ⦿ Psychological distress
- ⦿ Difficult life circumstances
- ⦿ Low self-esteem
- ⦿ Legal problems
- ⦿ Limited knowledge of health effects



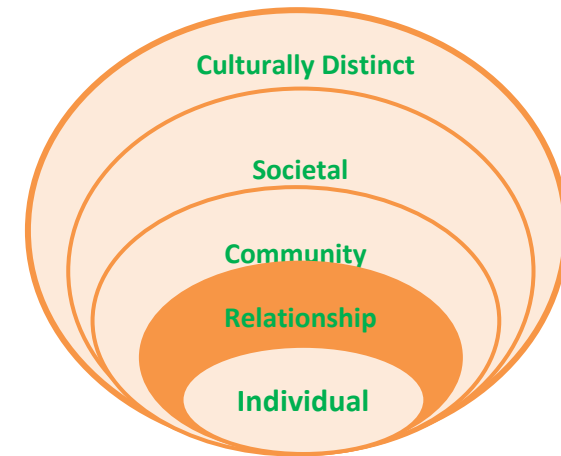
# Relationship factors

## Protective

- Supportive environment
- Positive role models
- Anti-smoking messages from family
- Involvement in social activities
- Peers who disapprove of smoking
- Supportive peer group

## Risk

- Peer/partner/family substance use
- Peer pressure
- History of violence and abuse
- Family breakdown
- Pressure to quit smoking
- Desire to fit in
- No family support
- No positive role model



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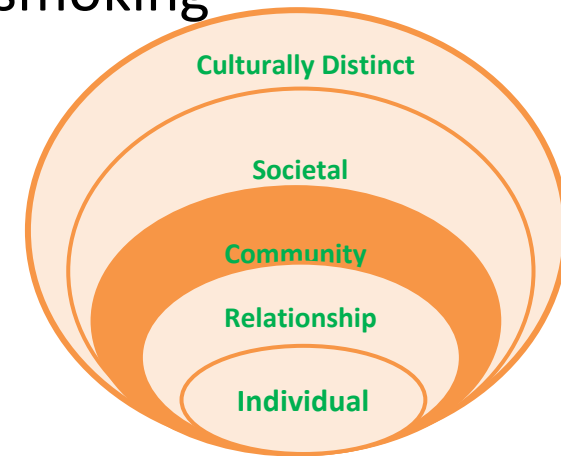
# Community factors

## Protective

- ☉ Smoke free workplace
- ☉ Living in remote areas (for alcohol and petrol)

## Risk

- ☉ Living remotely (for tobacco use)
- ☉ Living in urban areas (for alcohol, cannabis and petrol use)
- ☉ Feeling marginalised for smoking



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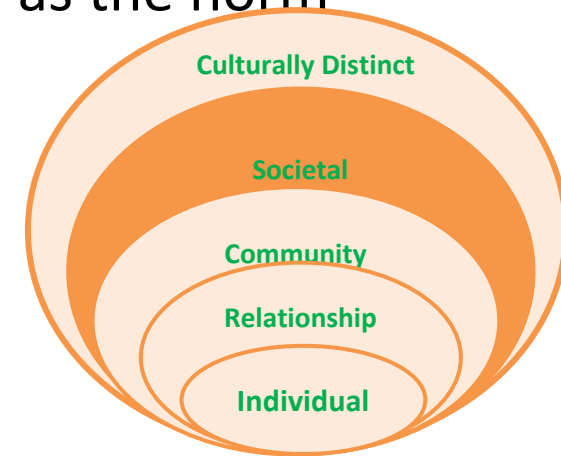
# Societal factors

## Protective

- Low availability of substance
- Restrictions on substance
- Not having family members removed from home
- Perceiving substance use prevalence as low

## Risk

- High availability of substances
- Intergenerational trauma and being removed from family as a child
- Perceiving substance use as the norm
- Westernised health promotion



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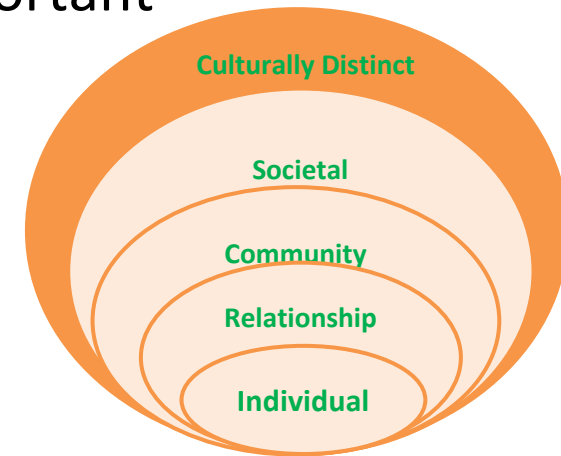
# Cultural factors

## Protective

- 🌀 Strong cultural connection

## Risk

- 🌀 Cultural obligations to share
- 🌀 Seeing tobacco use as part of Aboriginal identity
- 🌀 Not seeing elders as important



# Summary

## Risk Factors



low SES    psychological distress    boredom    other AOD use



history of violence    living with smoker    peer use & pressure    teenage pregnancy



family breakdown    availability    intergenerational trauma    tobacco norms & cultural identity



## Protective Factors



home owner    problem-solving skills    recreational activities    education



know adverse health effects    resilience    health scare    pregnancy



positive role models    supportive environment    anti-smoking family message    non-smoking family



Individual

Relationship

Societal

Cultural



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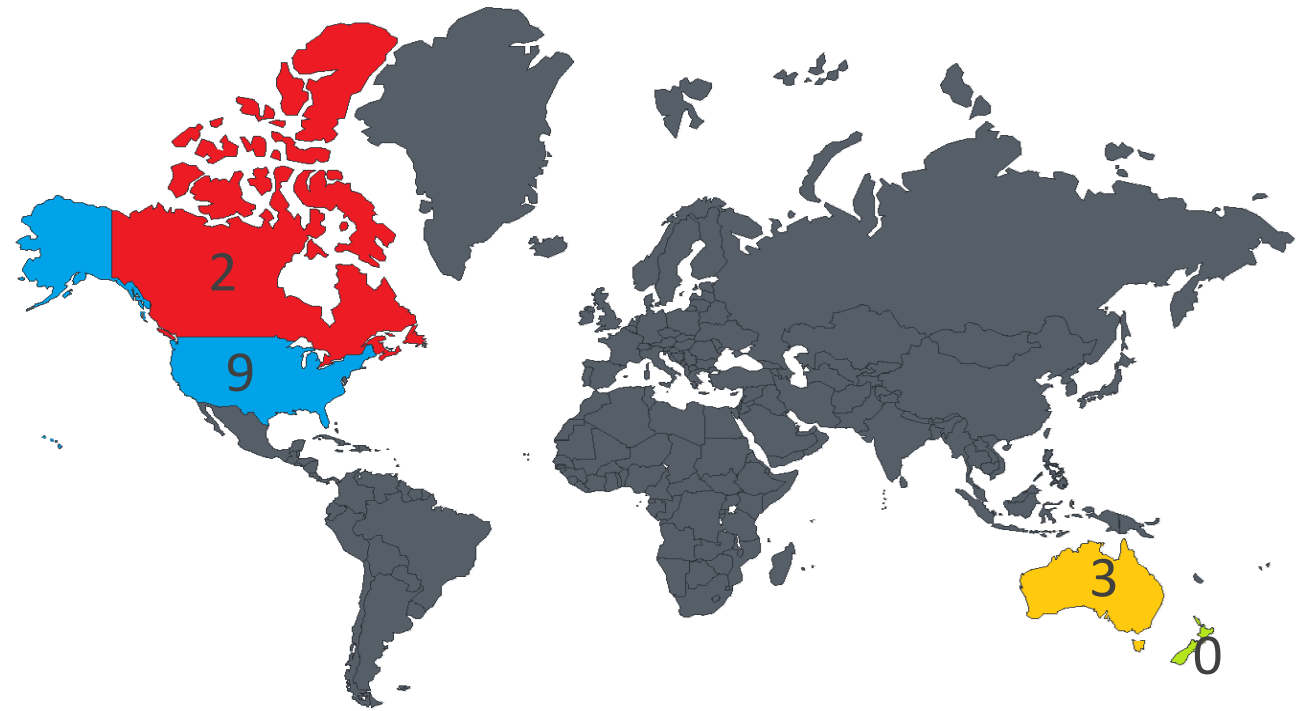


# **What do we know: effective drug prevention programs for Indigenous youth**

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# Effective substance use prevention for Indigenous youth

Total of 14 programs (54% of those identified) showed evidence for significant delay or reduction in substance use or related harms



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# Beneficial types of drug prevention programs for Indigenous youth

## Culture-based

*Developed for the specific cultural group/context*

**6 (40%)  
beneficial**

## Culturally adapted

*Adaptation of existing program to specific cultural group/context*

**8 (80%)  
beneficial**

## Unadapted

*Mainstream program or program for different cultural group delivered to specific group/context without adaptation*

**100%  
iatrogenic**



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# Keepin' It REAL

- 10x 50 minute lessons
- Drug resistance skills
  - Refuse Explain Avoid Leave
- Drug education
- Social skills



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# Adapting programs

## 1 Cultural activities

Meet with Elders, dance & music groups, traditional ceremony, prayer

## 2 Cultural concepts & traditional beliefs

Storytelling, connection to country, ancestry, sacred history, traditional language & beliefs, native spirituality

## 3 Culturally appropriate artwork, designs

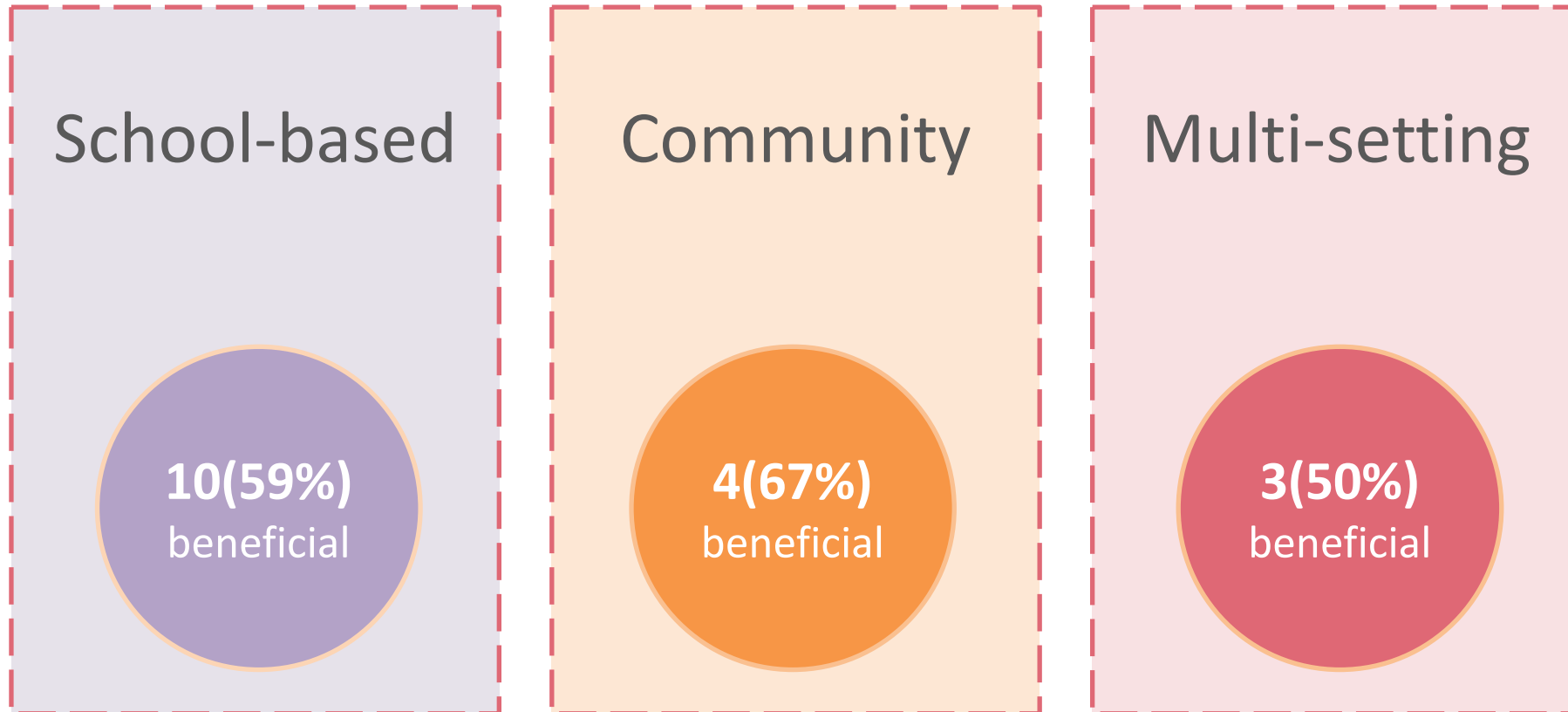
Anti-drug murals, health promotion posters



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# Setting for effective drug prevention for Indigenous youth?










# Elements of programs that are effective

Beneficial programs included a combination of:

-  Skill development (n=11)
-  Cultural knowledge enhancement (n=9)
-  Community involvement in program development (n=9)
-  AOD education (n=8)

-  Trained facilitators (n=6)
-  Indigenous facilitators (n=5)
-  Health promotion strategies (n=4)
-  Booster sessions (n=3)
-  Recreational activities (n=3)












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## What appears to work...



-  Culturally-adapted programs
-  Community involvement in program development
-  Cultural knowledge enhancement
-  Skill development
-  AOD education
-  Indigenous facilitators / Trained facilitators
-  Health promotion
-  Recreational activities
-  Booster sessions



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## Where do we need more evidence?



Which setting?



Online programs



Effective harm prevention for  
Aboriginal and Torres Strait Islander  
people



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# Webinar Overview



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## 2. What can we do better?

- 🌸 Consultations with stakeholders, teachers and students
- 🌸 Implications for development of a culturally appropriate school-based AOD prevention program

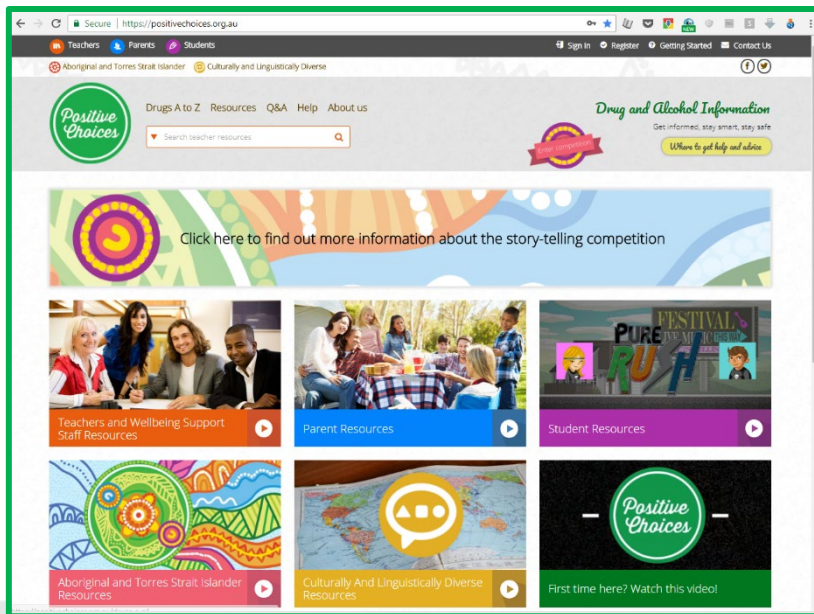




**What can we do better?**

# Current work

🌸 Developing a **culturally appropriate drug information and education portal**



🌸 Developing and focus testing a **culturally appropriate school-based drug prevention program**, based on *Climate Schools* format



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# Stakeholders and teachers

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## Current resources used:

- ⊗ **Guest speakers:** local nurse or Aboriginal Medical Service
- ⊗ **PDHPE Syllabus:** teachers creating own work plans
- ⊗ **Family Wellbeing program:** empowerment messages
- ⊗ **Climate Schools:** engaging cartoons and interactive classroom activities

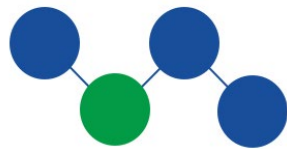
It does not work to just provide information about alcohol and other drug use and consequences of use.  
There is a preference for resources that are evidence-based



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# Stakeholders and teachers

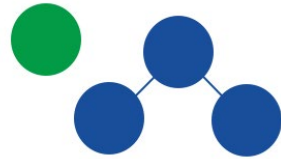
Should it be an integrated or separate program?



## Integrated

Support for integrated AOD prevention resources.

vs



## Separate

Indigenous students to discuss certain topics separately. Provide Indigenous-specific factsheets.

Messages to include in prevention program:



Unique elements for Aboriginal and/or Torres Strait Islander students:

- ⊗ Importance of **family** and **community** connections.
- ⊗ ↑ Likelihood of being confronted with **drug and alcohol use at home**





# The Optimal Prevention Approach

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- ⊗ Allow teachers time to establish **good relationships** with students
- ⊗ Using an **interactive approach** with hands on classroom activities for students
- ⊗ Using **confronting storylines and well-rounded characters**
- ⊗ Creating a **cross-curricular program** that aligns with the syllabus of multiple subject areas
- ⊗ Delivery should use **technology**
- ⊗ Using **empowering and positive messages**
- ⊗ Focus on **peer influence and pressure**



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# Students: key messages

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Strength of friendship



Resources must have engaging messages



Small group discussions allow shy students to share their thoughts



Smoking and passive smoking are big community issues



Don't avoid talking about issues in student's lives



Pets are important parts of student's lives



# Implications: Prevention for Indigenous youth



Psychological distress



Motivation and boredom



Social influences and normative education



Developed or adapted in collaboration with local community



Coping with others' use



Harm minimisation



The importance of education



Skill development



Cultural expectations and knowledge enhancement



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# Positive Choices resources

The screenshot shows the homepage of the Positive Choices website. At the top, there is a navigation bar with links for Teachers, Parents, and Students, along with options to Sign In, Register, Get Started, and Contact Us. Below this, there are links for Aboriginal and Torres Strait Islander and Culturally and Linguistically Diverse resources. The main header features the Positive Choices logo, a search bar for teacher resources, and a section for Drug and Alcohol Information with a 'Where to get help and advice' button. A large banner in the center invites users to click for more information about a story-telling competition. Below the banner are six video thumbnails: Teachers and Wellbeing Support Staff Resources, Parent Resources, Student Resources, Aboriginal and Torres Strait Islander Resources, Culturally And Linguistically Diverse Resources, and a video for first-time visitors.

Secure | <https://positivechoices.org.au>

Teachers Parents Students Sign In Register Getting Started Contact Us

Aboriginal and Torres Strait Islander Culturally and Linguistically Diverse

**Positive Choices** Drugs A to Z Resources Q&A Help About us

Search teacher resources

*Drug and Alcohol Information*  
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Where to get help and advice

Click here to find out more information about the story-telling competition

Teachers and Wellbeing Support Staff Resources

Parent Resources

Student Resources

Aboriginal and Torres Strait Islander Resources

Culturally And Linguistically Diverse Resources

First time here? Watch this video!



Drugs A to Z Resources Q&A Help About us

Search indigenous resources

### Drug and Alcohol Information

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Where to get help and advice



Jenna Lee, Gilimbaa  
Positive Choices

School staff resources

Family resources

Student resources

Watch this video to find out more about the artwork and artist

Factsheets

Webinars

Drugs A to Z

Videos and Games

Ice Resources

Recommended Programs



Drugs A to Z Resources Q&A Help About us

Search teacher resources

### Drug and Alcohol Information

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Where to get help and advice



## Aboriginal And Torres Strait Islander

Home » Resources » Aboriginal And Torres Strait Islander

### Filter my Search:

+ Drug Type

+ Year Level

+ Links to Australian Curriculum

- Resource Type: Recommended Programs Factsheets

- Recommended Programs
- Drugs A to Z
- Factsheets
- Videos
- Games
- Webinars
- Apps
- Quick Activities

Update

+ Evidence Rating

+ Content Especially Suited For Aboriginal & Torres Strait Islanders

+ Developed in Australia

+ Time allocated

+ Resource Cost

### Aboriginal And Torres Strait Islander

Switch to: Parent | Student

Below you will find a list of useful drug education resources. You can filter these according to your needs using the filters on the left hand side. See Getting Started for more information about how to use this site.

By default results that have the highest evidence base rating, and are Australia-based, are displayed first.

#### Featured Resources



#### Webinar - Effective drug prevention for Aboriginal and Torres Strait Islander youth

This webinar provides information about substance use prevention for Aboriginal and Torres Strait Islander youth.

Year: Year 5-6, Year 7-8, Year 9-10, Year 11-12

Tags: prevention, evidence, Aboriginal and Torres Strait Islander, culture



Showing 20 results of 9



#### Making The Link

A school-based program to promote help-seeking for cannabis use and mental health problems.

Year: Year 9-10

Tags: help-seeking



#### No Smokes Study Guide

The No Smokes Study Guide provides resources for teachers to prevent tobacco use among Indigenous students.

Year: Year 7-8, Year 9-10, Year 11-12

Tags: harm reduction, Walpiri, Pitjantjatjara, Arrernte, hip hop, community



#### Cannabis Yarns Booklet

Stories and information about the impact of cannabis on Aboriginal communities and culture.

Tags: Aboriginal and Torres Trait Islanders



#### Drug prevention for Aboriginal and Torres Strait Islander youth

An overview of what works, what's uncertain, and doesn't work, in terms of drug & alcohol prevention in the classroom.

Year: Year 7-8, Year 9-10, Year 11-12

Tags: review, evidence, Aboriginal and Torres Strait Islander





Drugs A to Z Resources Q&A Help About us

Search teacher resources

### Drug and Alcohol Information

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Where to get help and advice



## Recommended Programs

Home » Teachers » No Smokes Study Guide

### Quick Links

- Print this Resource
- Share this Resource
- Recommend 0
- Tweet



This resource is supported by one published study.

### Resource Overview

#### Time Allocated

1-5 lessons

#### Links to National Curriculum

- ACPPS077 (Yr 7-8)
- ACPPS091 (Yr 9-10)

#### Origin

Australian

#### Cost

Free

#### Content Especially Suited For

Aboriginal & Torres Strait Islanders

#### Related Resources

- Cannabis Yarns Booklet
- Think Smart
- Grog Brain Story
- No Smokes
- Aspire: Smoking Prevention Program

## No Smokes Study Guide



### Available

Access No Smokes Resources

Access No Smokes Study Guides

Year: Year 7-8, Year 9-10, Year 11-12

Targeted Drugs: Tobacco

Tags: harm reduction, Walpiri, Pitjantjatjara, Arrernte, hip hop, community

### Developers

Menzies School of Health Research.

### Format

This curriculum-based program is designed to be administered by teachers within classrooms. The program involves 5 modules. No specialist teacher training is required.

### Summary

The No Smokes program targets young Aboriginal and Torres Strait Islander people and promotes an anti-smoking and healthy choices message. The No Smokes Study Guides are a suite of resources for teachers preventing tobacco use among Aboriginal and Torres Strait Islander students. The guide includes:

- Introduction
- The facts
- The health effects of smoking
- Tobacco dependence and helping others quit smoking
- Personal messages from non-smokers and successful quitters
- Smoking calculator illustrating the financial and health costs of cigarettes

This initiative uses engaging videos including Facts About Smoking, Tobacco Addiction Story (available in English, Walpiri, Pitjantjatjara and Arrernte) and Health Effects Mashup.

Filipcharts are also available, presenting the facts about smoking and your health. Students can also play an engaging game which illustrates positive tobacco prevention messages through a hip-hop dance-off.

### Benefits

- Increases knowledge about the harmful effects of smoking.
- Increases concern about the negative effects of smoking on friends, family and self.

### Evidence

One study has evaluated the benefits of The Facts, Tobacco Addiction Story and Health Effects MashUp using an Aboriginal and Torres Strait Islander convenience sample. This method is not as rigorous as a randomised controlled trial, which is the gold standard for evaluating the benefits of an intervention. However these preliminary results are promising.

Bell, J. (2012). No Smokes Project summative evaluation report: Findings from qualitative focus groups. Menzies School of Health Research Report.



Quick Links

Print this Resource

Share this Resource

Recommend

Tweet

This resource has undergone expert review.

Resource Overview

Origin

Australian

Cost

Free

Content Especially Suited For

Aboriginal & Torres Strait Islanders

Related Resources

- How can I tell if someone is using drugs?
- Starting the conversation when you are concerned about drug use
- Talking to a young person about illegal drugs
- Helping someone who has taken an illegal drug

How parents can protect Aboriginal and Torres Strait Islander teenagers against drug related harms



Year: Year 7-8, Year 9-10, Year 11-12

Targeted Drugs: Alcohol, Drugs (General), Tobacco

Tags: Aboriginal and Torres Strait Islander

Key Messages

- Parents/guardians can have a big impact on a teenager's alcohol and drug use
- You can take positive actions to protect your child against alcohol and drug use
- Create a strong family relationship, be a good role model and set rules around drug use

What can parents do?

As a parent or guardian, you have a big impact on your teenager's life and the decisions they make. There are many ways in which you can help reduce the chance that your teenager uses alcohol, tobacco or other drugs. The tips below are based on what we know works for parents of Aboriginal and/or Torres Strait Islander youth.

1. Be supportive

- Provide a supportive environment at home by being aware of pressures and strains in your teenager's life. It is important to be aware of things that are causing them stress or worry. The more stresses and worries your teenager has in their lives, the more likely they are to use alcohol, tobacco and other drugs. The things that could be worrying or stressing your teenager may include:





## Positive Choices Story-Telling Competition

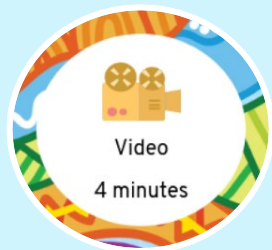
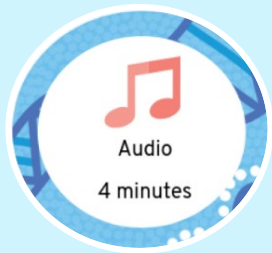
Aboriginal and/or Torres Strait Islander people aged 12-14 years are invited to share their positive story

Winner will receive MacBook Air & runner-up will receive a \$500 JB Hi-Fi Voucher!\*

The competition closes 30 April 2018, 11.59PM AEST.

\*Terms and Conditions apply.

Students can personalise the story format & tell us about positive life experiences



Positive aspects about your community

How you say no to peer pressure to use alcohol, cigarettes or drugs

Your positive role models & why they inspire you

Reasons why you choose not to use alcohol, cigarettes or drugs

[WWW.POSITIVECHOICES.ORG.AU](http://WWW.POSITIVECHOICES.ORG.AU)

# Thank you!

## Positive Choices Story-Telling Competition

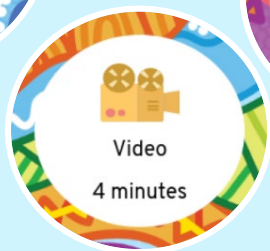
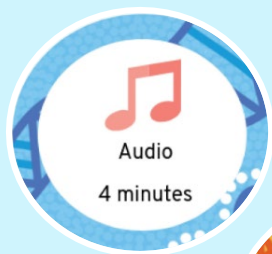
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[WWW.POSITIVECHOICES.ORG.AU](http://WWW.POSITIVECHOICES.ORG.AU)

Thank-you  
Questions or Comments?

To find out more, visit:

[www.positivechoices.org.au](http://www.positivechoices.org.au)



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# Thanks for being part of the *Positive Choices* Webinar Series

## More webinars on demand...

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

### Coming up in 2018...

- Parent's guide to teenage parties
- Teacher's guide to optimising drug education

Suggest a topic:  
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