



WELCOME TO THE Positive Choices WEBINAR SERIES

positivechoices.org.au



@pos_choices



@positivechoices1



Australian Government
Department of Health



THE UNIVERSITY OF
SYDNEY
—
Matilda Centre



Acknowledgement of Country

Before we begin today's webinar, I would like to acknowledge the Traditional Owners of Australia and recognise their continuing connection to land, water, and culture. I am currently on the land of the Gadigal people of the Eora Nation and pay my respects to their Elders, past, present and emerging. I further acknowledge the Traditional Owners of the country you are on, and pay my respects to their Elders, past, present and emerging.



positivechoices.org.au

Using Positive Choices to plan and deliver effective drug education

Tara Guckel & Dr Smriti Nepal
Scarlett Smout & Dr Lauren Gardner

17/2/2021



Australian Government
Department of Health



THE UNIVERSITY OF
SYDNEY
—
Matilda Centre



Housekeeping

1 Listen only mode.

2 This webinar is being recorded and will be made available on the Positive Choices portal.

3 We will have a question and answer session towards the end of the webinar. Please type your questions using the Q&A box available.



Outline

1. Drug and alcohol use among young Australians
2. What drug education approaches are effective?
3. Accessing evidence-based drug education and information: the Positive Choices portal
4. Case Study: An evidenced-based program that works!
5. Q&A



Drug and alcohol use among young Australians

In 2017 among secondary school students aged 12-17.

Alcohol

- 46% consumed alcohol
- 5% binge drink on a weekly basis



Cannabis

- 15% used cannabis



Smoking

- 13% smoked cigarettes
- 13% had used an e-cigarette at least once

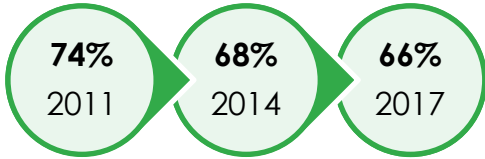




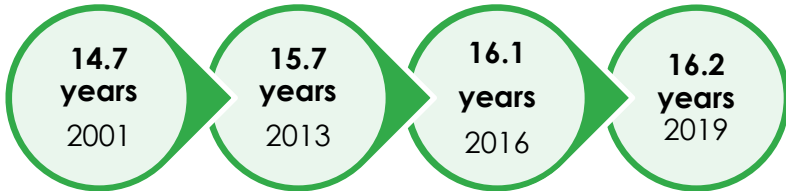
Some good news.....



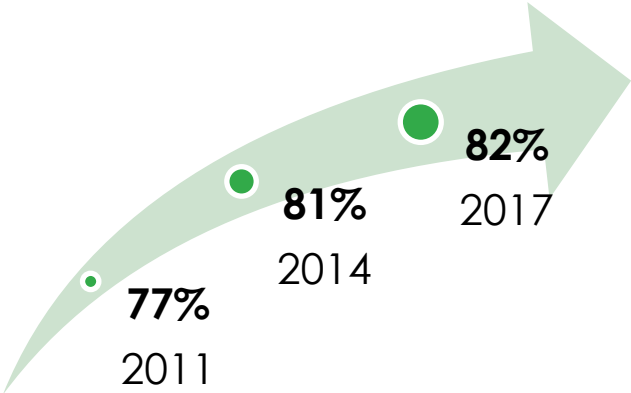
Youth 12-17 years who have ever drank alcohol



Average age of first drink for 14-24 year olds



Youth 12-17 years who don't smoke





Risk factors for alcohol and drug use among teenagers

- Peer use, and lack of confidence to assert own choices (Trucco et al. 2011).
- The myth that “everyone is doing it.” (normative perception)
- Parental attitudes, monitoring, and rule setting (Ryan et al. 2010; Handley & Chassin 2013).





Outline

1. Drug and alcohol use among young Australians
2. What drug education approaches are effective?
3. Accessing evidence-based drug education and information: the Positive Choices portal
4. Case Study: An evidenced-based program that works!
5. Q&A



Why invest in drug education?

- Earlier initiation of drug and alcohol use is related to negative outcomes:
 - Poor school performance and early drop out
 - Increased risk of dependency/mental illness
- Schools are ideal for drug education:
 - Opportunity to have broad reach, tailor messages at various developmental levels
 - Can target known risk factors – e.g. the perception of drug use as normative
 - 25% of waking life in school



Why invest in drug education?

- Prevention is key
- Small reductions in use = significant benefits for society
- Odds of alcohol dependence ↓ by 10% for each year that use is delayed

(Conrod et al. 2008; Grant et al. 2001)



What makes a drug education program effective?

- ✓ Uses **interactive** methods
- ✓ Delivered by **trained facilitator**
- ✓ Delivered through series of **structured sessions**
- ✓ **Dispels misconceptions** about prevalence of substance use
- ✓ **Impacts perception** of risk of substance use
- ✓ Provides **opportunity to learn** personal and social skills
e.g. coping, resistance skills, decision making



Comprehensive social influence approach

Three key components of the Comprehensive Social Influence approach:

- Provision of accurate and relevant information
- Resistance training and life skills (assertiveness, decision-making)
- Challenges common misconceptions about peer drug use



What does not work?

- × Non-interactive (lecture style)
- × “Scare tactics”
- × Unstructured dialogue sessions
- × Focuses only on self-esteem and emotional education
- × Addresses only ethical/moral decision making
- × Former drug users as testimonials
- × Police officers delivering the programs



Summary so far....

- ✓ Early prevention and drug education is important!
- ✓ School-based approaches can be effective in reducing use and related harms



School-based drug and alcohol prevention: What works?

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

Audience:



Evidence Rating:



Factsheet



School based prevention- choosing resources

How to choose appropriate and effective drug and alcohol resources for you class.

Audience:



Evidence Rating:



Factsheet



Why is drug and alcohol prevention important?

This factsheet highlights the importance of drug and alcohol prevention and the best time to begin prevention programs.

Audience:



Evidence Rating:



Factsheet



Outline

1. Drug and alcohol use among young Australians
2. What drug education approaches are effective?
3. Accessing evidence-based drug education and information: the Positive Choices portal
4. Case Study: An evidenced-based program that works!
5. Q&A



The new and improved Positive Choices portal

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

- Online portal providing up-to-date and evidence-based information about alcohol and other drugs
- Information tailored for school staff, parents and students
- Free and easily accessible
- Recently been updated to reflect feedback from school staff, parents and students to improve user experience





Key new features



- Improved search functionality and filtering
- Simplified evidence rating
- *In the know* (blog section)
- Parent and student common questions
- Interactive quiz to test drug and alcohol knowledge



Platinum



Gold



Silver



Bronze



positivechoices.org.au/aboriginal-and-torres-strait-islander-peoples/

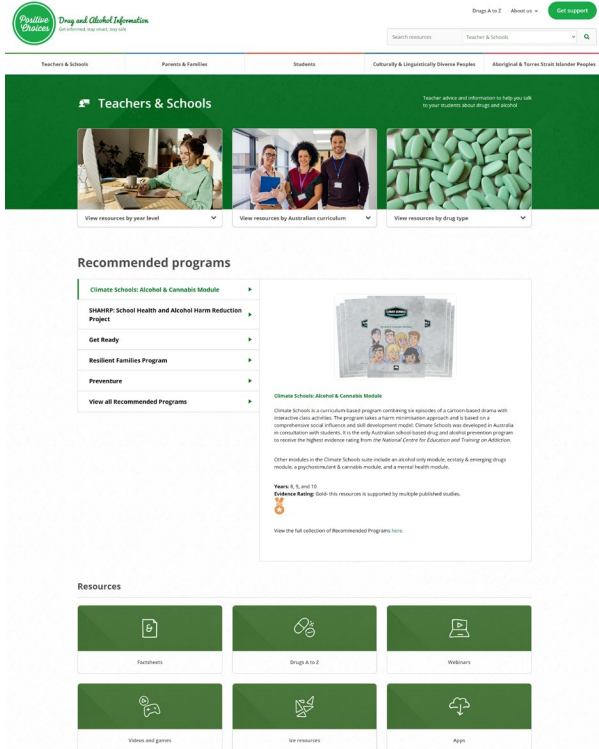


www.positivechoices.org.au

- Aboriginal and Torres Strait Islander portal.
- Developed in consultation with Aboriginal and Torres Strait Islander communities.
- Culturally inclusive resources, including stories from Aboriginal and Torres Strait Islander students.
- Resources translated into: Arernte, Torres Strait Islander Creole and Warlpiri.



School staff



Up-to-date drug
and alcohol
teaching resources

Recommended
school-based
prevention programs

Regular newsletters,
social media
updates, training
opportunities

Wide range of
factsheets +
resources to use in
the classroom
including videos,
games, and hard
copy booklets



Factsheets and booklets

- Range of drug factsheets
 - Alcohol, benzodiazepines, cannabis, cocaine, ecstasy, emerging drugs, GHB, hallucinogens, heroin, inhalants, ketamine, methamphetamine, tobacco + more
- Drug related guidance & advice
 - How to talk to a young person, legal information, how to guide students against drug and alcohol related harms
- Booklets are condensed versions of factsheets





Drug and alcohol education booklets

CONTENTS

Introduction	3
Drug and alcohol prevention	5
Drug and alcohol use and the law	8
Why do young people use drugs and alcohol?	9
How teachers can guide their students against drug and alcohol-related harms	10
Talking to a young person about drugs and alcohol	11
Evidence-based drug and alcohol education programs: Australia	13
Evidence-based drug and alcohol education programs: International	17
Drugs A-Z	
Alcohol	19
Benzodiazepines	20
Cannabis	21
Cocaine	22
GHB	23
Hallucinogens	24
Heroin	25
Inhalants	26
Ketamine	27
MDMA/Ecstasy	28
Methamphetamine	29
New psychoactive substances	30
Synthetic cannabinoids	31
Performance and image-enhancing drugs	32
Tobacco & e-cigarettes	33
Polydrug use	34
Notes	35
Glossary	36
More information and sources of help	37

INTRODUCTION

This resource has been developed to inform teachers about drugs and alcohol to help prevent and reduce the harms associated with their use. The best way for young people to stay safe from drug and alcohol harms is to avoid or delay the onset of use. Young people may also be affected by an adult or a friend's drug use so it is important they know how to respond if they or others are affected by drug and alcohol use.

WHAT IS A DRUG?

Drugs (including alcohol) are substances that affect the way the body functions when they are used. If a drug is illegal it means that it is forbidden by law. Different drugs have different effects on people, and different factors can impact on the experience of drug use.

These include:

- the drug itself (e.g. the pharmacological properties of the substance being taken);
- the individual taking the drug (e.g. age, sex, physical and mental health of a person);
- the environment (the setting where the drug is being used).

Drinking two or three beers might be relatively low risk for a healthy adult but the risk of harm increases if they drink on an empty stomach, try to drive a car after drinking, or have a pre-existing health problem. The effects of drugs, including alcohol, are influenced by many factors which make them unpredictable and potentially dangerous, especially for young people.

On pages 19-34 you will find a list of common drugs and their effects.

HOW MANY YOUNG PEOPLE USE DRUGS AND ALCOHOL IN AUSTRALIA?

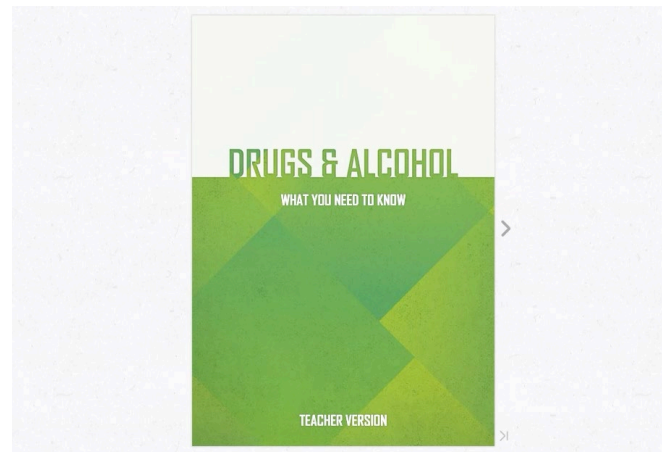
It may be shown differently by the media, but the truth is that most young people have never tried an illegal drug or had a full serve of alcohol. This is important because if young people think that most of their friends use drugs they might be more inclined to try drugs as well.

HOW MANY YOUNG PEOPLE AGED 12-17 USED DRUGS AND ALCOHOL IN THE PAST MONTH?*

ALCOHOL (AT LEAST A FULL SERVE)	1 IN 4	27%
CANNABIS	1 IN 12	8%
COCAINE	1 IN 100	1%
ECSTASY	1 IN 50	2%
HALLUCINOGENS	1 IN 100	1%
HEROIN	1 IN 100	1%
METHAMPHETAMINE	1 IN 100	1%
TOBACCO	1 IN 14	7%

* Guerin, N. & White, V. (2018). ASSAD 2017 Statistics & Trends: Australian Secondary Students' Use of Tobacco, Alcohol, Over-the-counter Drugs, and Illicit Substances. Cancer Council Victoria.

Digital version



Or order your hard copies today!





Webinars

- 3 webinars every year
- **Live webinar sessions** with presentations by experts in the drug and alcohol field
- Sessions are recorded and are made available through *Positive Choices*



Webinar: Preventure; a brief, personality-targeted intervention to improve wellbeing and reduce behavioural problems in secondary school students

This webinar will provide an overview of the Preventure program and details on undertaking training in Preventure.

Year: Year 7–8, Year 9–10



Webinar: What do we know about adolescent cannabis use? Prevalence, harms and interventions

This webinar looks at the prevalence of cannabis use, trends in its use and associated harms and possible interventions.



Webinar: School based, culturally inclusive alcohol and other drug prevention for Aboriginal and Torres Strait Islander youth

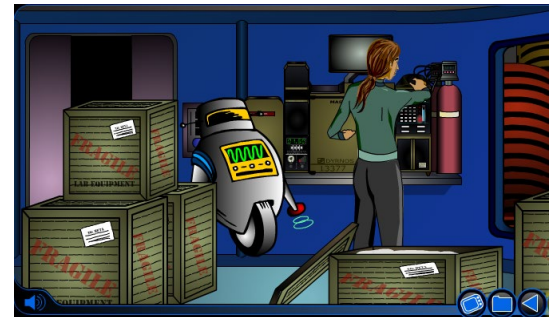
This webinar discusses Strong & Deadly Futures; an Aboriginal and Torres Strait substance use prevention program





Games

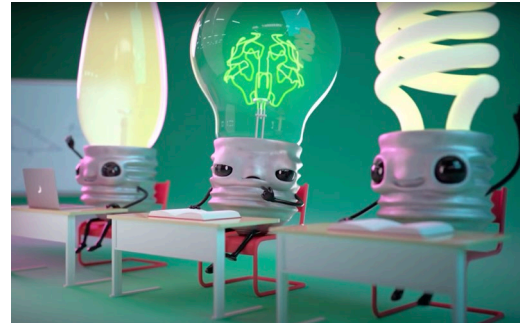
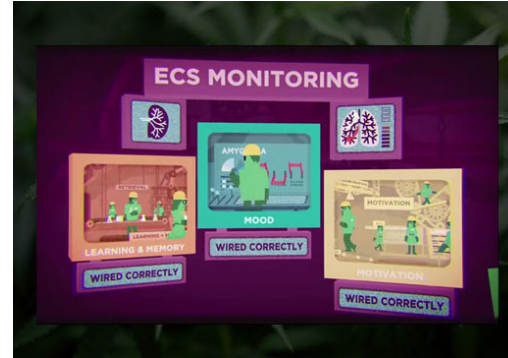
- Prevention benefits
- Increased motivation, engagement and knowledge acquisition





Videos

- How to seek help
- Effects of drugs and alcohol on the teenage brain
- How to communicate effectively

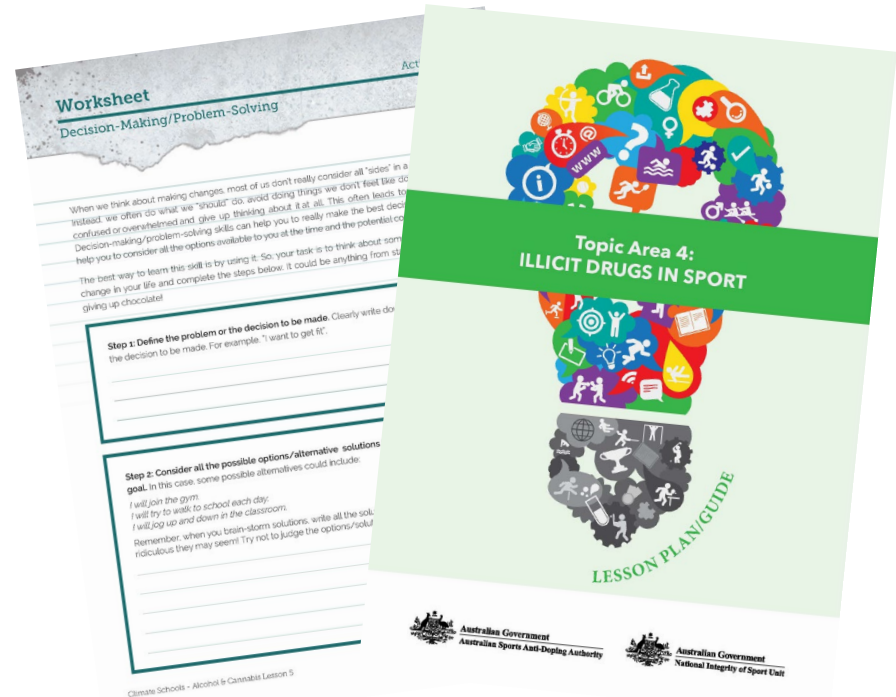




Quick activities

15 Quick Class Activities to choose from

- **Topics:** Assertiveness, decision making, influences/reasons for drug use, understanding risk, quizzes, myth busters, role play & more
- Great way to **guide, engage and spark class discussion**

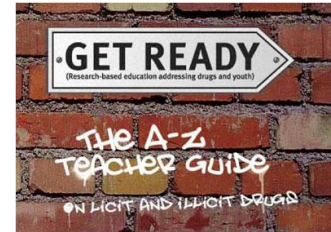




Recommended programs

Positive Choices only recommends programs that have proven benefits in at least **one published study**

16 different program are available on Positive Choices for a range of year levels





Outline

1. Drug and alcohol use among young Australians
2. What drug education approaches are effective?
3. Accessing evidence-based drug education and information: the Positive Choices portal
4. Case Study: An evidenced-based program that works!
5. Q&A

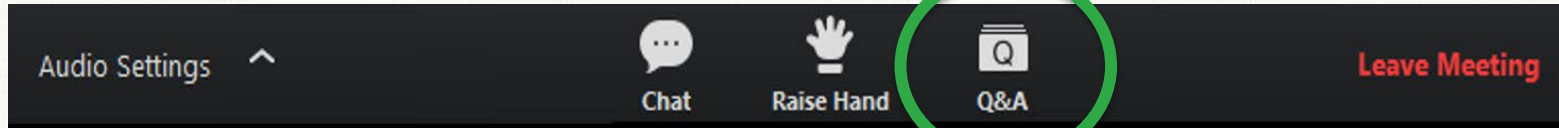


Take home messages

- Alcohol & drug use among young people is a concern.
- Vital to implement prevention education before use begins.
 - Need to get in early!
 - Schools are an ideal setting for this.
- *Positive Choices* provides a wide range of evidence-based resources and programs.
- Effective prevention should be structured and delivered over several sessions- as we've seen in the case study of *Climate Schools* (soon to be *OurFutures!*)

Q & A

Please add any questions to the Q&A box





Where to get help and advice

National Alcohol and Other Drug Hotline

Phone: 1800 250 015

Lifeline

Phone: 13 11 14

Family Drug Support

Phone: 1300 368 186

www.fds.org.au

Australian Drug information network

www.adin.com.au

More information and sources
of help available at

[positivechoices.org.au/
information/where-to-get-help](http://positivechoices.org.au/information/where-to-get-help)



THANK YOU

info@positivechoices.org.au

positivechoices.org.au



@pos_choices



@positivechoices1



Australian Government
Department of Health



THE UNIVERSITY OF
SYDNEY
Matilda Centre