Positive Choices
Drug and Alcohol Information
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# Wiskain ol Aboriginal ane Torres Strait Ailan pamle e ken luk apta ol teenaze piknini ane kipi dempla saip prom ol alcohol ane drugs - Creole



**Evidence ratings:**

This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Foundation Year, Year 1–2, Year 3–4, Year 5–6, Year 7–8, Year 9–10, Year 11–12

**Targeted Drugs:** Alcohol, Drugs (General)

**Tags:** Torres Strait Islander Creole Translation

**Origin:** Australian

**Cost:**
Free

## Attachments

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## Da key messazes inside dis fact sheet e:




## Wanem ol pamle ken mekem?

Mepla ol parents, guardian or pamle memba e plei big role wei laip blo ol piknini blo yumpla ane da choices dempla go mekem.  Yumpla e ken elpe reduce da sance po ol piknini blo yumpla uda yuze alcohol, tobacco o ol drugs. E gad ol wai's ya, po elpe, dat bin wark bepor.

## 1. Muss sapot dempla

- Yumpla muss sapot ol piknini blo yumi, e mina gud wei po elpe dempla.
- E go elpe ip yu sabe wanem ol mekem wair laip blo dempla, ane wanem dempla e wori abaut. Ol young piknini e ken wori abaut olkain sumtin laik sumwan go pick on em, mait em pil lonely, sick o pil laik em head e no right or wiswei po go. Da mo em stress aut en wori, e go push dempla po yuze alcohol, smok tobacco o yuze drugs.

## 2. Muss be gud role model



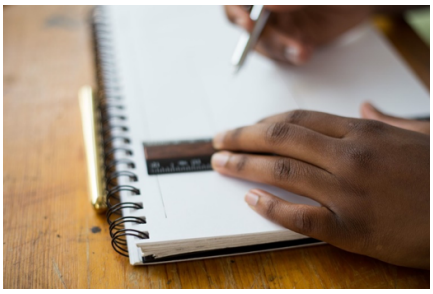
- Da attitude blo yu ane da wei yu act raun alcohol en ol drugs, e go effect mind en behaviour blo ol teenazers blo umi. So po elpe ane protect dempla e gud ip we no smok or drink pront wair ol pamle, caus ol drugs ane alcohol e ken hurtty dempla.
- Yu ken show dempla ol nuda wei po hab fun o wiskain po sort aut ol problems no gad alcohol o drugs. Encourage ol piknini blo yumpla po yan abaut ol problem dempla e gad, lan dempla ol culture, o plei sports or ol nada actibity.

## 3. Meke strong ane positive pamle connection



- Wen we gad strong pamle connection, e ken stap ol piknini blo yumpla prom drink alcohol, smok o uzey ol drugs, e gud ip yu sabe wanem ol e mekem wair laip blo dempla ane muss yan lo dempla ol da taim.

## 4. Muss elpe ane sapot ol piknini blo yumpla po lan



- Spik ol piknini education e da key, en tisi dempla abaut yumpla culture en elpe dempla po go school ane lan. Diswan go meke dempla gad gud sense po no drink alcohol, smok o uzey ol drugs, ol go sabe e go meke dempla sick. Show dempla yu care en yu belib ol ken reach ol goals blo dempla.

## 5. Mekem ard po gedi smok, alcohol ane drugs



- No gibi ol piknini smok, alcohol o drugs. E gud ip yu no gad smok, alcohol o drugs der lo ouse tu, e go elpe stap ol piknini prom usim.
- Spik po ol pamle ane pren blo yu tu po no gibi ol piknini blo yumpla smok, alcohol ane ol nada drugs.

## 6. Muss encourage dempla po zoin wair ol community activities

- E go be gud po dempla po zoin in wair ol komyunity activities, olsem plei sport, plei wan music instrument, ailan dance ane be part ob ol cultural events por build up confidence blo dempla so ol go pil healthy en ol no go pil bored.

- Tisi dempla cultural activities blo dempla so ol piknini go be proud ob cultural identity blo dempla en pil strong.  E ken be ailan dancing, kuk, kup-mari, gardening, pisin, carving o traditional hunting.

## 7. Yan po dempla abaut not smoking ane no yuze drugs

- E important yu ane pamle blo yu e sabe wanem danza e gad ip yumpla e drink alcohol, smoking o yuze drugs.  Ip ol piknini blo yu no sabe wanem danza e gad po elth blo dempla, ol e ken hurt demselp. E gud po yan ane meke ol rule abaut smoking o yuzem drugs ane explain po ol piknini wiskain yu e wori abaut alcohol, smok ane drugs (becoz e no part ob culture blo yumpla).

## 8. Sabe uda dem pren blo teenazer blo yu



**Positive Choices artwork by Jenna Lee (Larrakia artist, Gilimbaa).**

- Ol pren blo ol young piknini e gad big effect lo laip ane behaviour blo dempla. Ol young piknini e ken pil laik ol aptu meke ol sumting dempla pren e mekem, coz ol e nor wande pil left aut.
- E gor elpe ip yu sabe uda ol pren blo dempla ane uda ol hang aut wair.  Gor yan po ol pren ane pamle blo dempla, abaut ol woris blo yu po ol drug ane alcohol ane yan po dempla baut rules yu gad lo drugs ane alcohol en ip mepla e trai po pollo dem rules becoz e no gud po elth en e no part ob culture blo yumpla.
- Ip yu sabe eni prends blo yur piknini e mait teke drugs, e go elpe ip yu yan po dempla tu, so dempla sabe da danzer ane yu ken spik dempla wiskain ol e ken tok stret ane no pil pressure prom ol pren blo dempla po tekem.

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