



Quick activity 

## Finding Support: Class Activity



### Evidence ratings:



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

**Year:** Year 7–8, Year 9–10

**Targeted Drugs:** Drugs (General)

**Tags:**

**Time Allocated:** 1 lesson

**Links to National Curriculum:**

ACPPS053 (Yr 5–6), ACPPS072 (Yr 7–8), ACPPS091 (Yr 9–10)

**Origin:** Australian

**Cost:**

Free

## Attachments

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 Worksheet: Finding Support

## Developers

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**Climate Schools** was developed by researchers currently based at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney, Australia, formerly based at the National Drug and Alcohol Research Centre (NDARC), School of Psychiatry, and the NHMRC Centre of Research Excellence in Mental Health and Substance Use at UNSW Sydney. See the **Climate Schools** website.

## Format

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Class discussion followed by class individual activity.

## Preparation

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- Print the “Finding support” worksheet (attached)
- Familiarise yourself with some of the services students could contact for support (see below).

## Activity

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The aim of this activity is for students to learn about places and resources they can get help from if they feel they are having a problem with drugs or alcohol. Students are asked to design a front page of a website for young people looking for help with drug and alcohol problems. They can draw it or design it in a web-based program.

## Background Information

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There are many places that provide help for people who are having problems with drugs.

**Within the school, the people who can offer advice and support include:**

- School counsellor
- Year adviser
- Principal
- Community liaison officers
- Teachers.

It is important that young people realise that in the school system there may be limitations to confidentiality.

**Outside the school, further information can be gathered from:**

- Kids Help Line (24hr) – 1800 551 800
- Lifeline (24hr) – 13 11 14
- National Alcohol and Other Drug hotline (24hrs) – 1800 250 015
- ReachOut! website - <https://au.reachout.com/>
- In case of an emergency, ring '000'.

See "Where to get help" for more sources of support. Remember all these services are confidential, and the young person can remain anonymous.

## Benefits

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- Students investigate strategies to seek help for themselves or others.

## Evidence Base

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Secondary teachers reviewed this and other Climate School activities, with 92.3% rating these activities as good or very good. This particular activity was among the most popular activities selected for implementation by teachers.

The benefits of implementing individual activities from the Climate schools has not been examined. The benefits of implementing the entire 6 session Climate schools program has been supported by multiple research studies, see [Climate Schools: Alcohol and Cannabis Module](#).