**Recommended program**

**Get Ready**

**Evidence ratings:**
This resource is supported by multiple published studies. See our Help/Q&A section for more details.

**Year:** Year 7–8, Year 9–10

**Targeted Drugs:** Alcohol, Cannabis, Cocaine, Drugs (General), "Ice" (Methamphetamine), "Party Drugs"/MDMA/Ecstasy, Tobacco

**Tags:**

**Time Allocated:** 7 lessons or more

**Links to National Curriculum:**
ACPPS072 (Yr 7–8), ACPPS073 (Yr 7–8), ACPPS074 (Yr 7–8), ACPPS075 (Yr 7–8), ACPPS089 (Yr 9–10), ACPPS091 (Yr 9–10), ACPPS092 (Yr 9–10)

**Origin:** Australian

**Cost:** Free

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**Available**

Get Ready is managed by the Victorian Department of Education and Training. Click below to be directed to the Victorian Department of Education and Training website to access the Get Ready programs.

Access Get Ready

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**Developers**

Department of Education and Early Childhood Development, Edith Cowan University, University of Melbourne Youth Research Centre.

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**Format**

The program is designed to be administered by teachers and includes curriculum-based materials for Year 7–9 students:

- Year 7: 10 x 60 minute lessons
- Year 8: 10 x 60 minute lessons
- Year 9: 10 x 60 minute lessons

Teacher and Student handbooks are available, as well as "trigger" videos that provide a starting point for discussion (available for Years 8 and 9 only).
Summary

The Get Ready evidence-based drug and alcohol education program for Years 7-9 has been trialled in 21 schools, involving 1750 students. The program received the Excellence in Prevention and Community Education Award, one of nine National Drug and Alcohol Excellence awards in 2012.

Each teacher manual provides contextual advice for teachers on the use of the material with students. It is recommended that the 10 lessons be delivered sequentially, as research supports this as the most effective delivery method. Opportunities for reinforcement of student knowledge are supported in the resource.

Topics covered at each year level are presented below.

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<tr>
<th>Lesson</th>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
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<td>1</td>
<td>Change, challenge &amp; opportunity</td>
<td>What is a drug? Introduction &amp; definitions</td>
<td>Priorities and Concerns</td>
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<td>2</td>
<td>Expectations &amp; dealing with pressures</td>
<td>Alcohol, effects &amp; standard drinks</td>
<td>Alcohol &amp; Cannabis guidelines</td>
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<td>3</td>
<td>Strengths &amp; solutions</td>
<td>Party Behaviours &amp; Alcohol</td>
<td>Standard drinks &amp; reducing alcohol-related harms</td>
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<td>4</td>
<td>Cigarettes - effects on the body</td>
<td>Prevalence &amp; Norms</td>
<td>Effects/risks of amphetamines, drug-free alternatives</td>
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<td>5</td>
<td>Cigarettes - image &amp; invitations</td>
<td>Tobacco</td>
<td>Drugs, disinhibition, sexual vulnerability &amp; violence</td>
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<tr>
<td>6</td>
<td>Alcohol effects &amp; pressures</td>
<td>Cannabis</td>
<td>Risks related to injecting drug use</td>
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<td>7</td>
<td>Alcohol - standard drinks</td>
<td>Risk Reduction</td>
<td>Positive self-talk, refusal skills and peer negotiation</td>
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<td>8</td>
<td>Alcohol &amp; harm minimisation</td>
<td>Social and media influences</td>
<td>Getting help and talking with adults</td>
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<td>9</td>
<td>Assertion and negotiation skills</td>
<td>Options &amp; Decisions: Strategies to reduce harms</td>
<td>Responsible Partying</td>
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<tr>
<td>10</td>
<td>Learning Quiz</td>
<td>Standing up for yourself</td>
<td>Looking ahead</td>
</tr>
</tbody>
</table>

Benefits

- Increases knowledge about alcohol and other drugs
- Increases communication between parents and students about alcohol
- Reduces alcohol consumption
- Decreases alcohol related harms
- Reduces tobacco smoking
- Reduces tobacco smoking related harms.

Evidence Base

The effectiveness of implementing the program without specialist training is not yet known, as all the studies listed below incorporated two days of professional teacher training. Benefits of the Get Ready program for Years 8 and 9 have been demonstrated in Australia as listed below under sources.

Sources


