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), 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

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

Available
Access Get Ready Years 7–9

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).

- Get Ready Year 7 Teacher Manual
- Get Ready Year 8 Teacher Manual
- Get Ready Year 8 Student Workbook
- Get Ready Year 8 Trigger video
- Get Ready Year 9 Teacher Manual
- Get Ready Year 9 Student Workbook
- Get Ready Year 9 Trigger video
- Get Ready Drug Education Resource Year 7 - 9

Training:
Two days of professional training is recommended.
The effectiveness of implementing the program without specialist training is not yet known.

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.

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Change, challenge &amp; opportunity</td>
<td>What is a drug? Introduction &amp; definitions</td>
<td>Priorities and Concerns</td>
</tr>
<tr>
<td>2</td>
<td>Expectations &amp; dealing with pressures</td>
<td>Alcohol, effects &amp; standard drinks</td>
<td>Alcohol &amp; Cannabis guidelines</td>
</tr>
<tr>
<td>3</td>
<td>Strengths &amp; solutions</td>
<td>Party Behaviours &amp; Alcohol</td>
<td>Standard drinks &amp; reducing alcohol-related harms</td>
</tr>
<tr>
<td>4</td>
<td>Cigarettes - effects on the body</td>
<td>Prevalence &amp; Norms</td>
<td>Effects/risks of amphetamines, drug-free alternatives</td>
</tr>
</tbody>
</table>
Benefits

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

Evidence

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 in the following research studies:


