Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Factsheet

Not Our Way



Evidence ratings:

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

Year: Year 9–10, Year 11–12

Targeted Drugs: Drugs (General), Prescription Medication

Tags: analgesics

Time Allocated: Partial lesson (under 45mins)

Links to National Curriculum:
ACPPS092 (Yr 9–10), ACPPS093 (Yr 9–10), ACPPS096 (Yr 9–10)

Origin: Australian

Cost:
Free

Available

This resource is accessible as a downloadable PDF.

Access 'Not Our Way'

Developers

New South Wales Police Force.

Summary

The Not Our Way Storybook follows a group of teenagers through their experiences using prescription medicine and the impact this has on their family and community. The book focuses on harms associated with misusing prescription medicine and provides practical and useful information to support Aboriginal and Torres Strait Islander people in dealing with family members and friends who are experiencing problems associated with prescription medicine use.

Expected Benefits

- Increased knowledge about harms associated with the misuse of prescription medicine.

Evidence Base

Expert Review*:

This resource was developed through consultation with members of the Aboriginal and Torres Strait Islander community and agencies in metropolitan and rural locations across NSW. The factsheet provides practical information about the effects of misusing pharmaceutical drugs and how to identify early signs of pharmaceutical misuse with clear prevention messages for young people.

*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

© 2026 Positive Choices | Built by Netfront