

# Drug Proofing

your kids workshop

for parents & teachers



We aim to engage, impact and empower primary and secondary schools & their community, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that prevention programs are highly successful when part of a community effort.

## Learning Focus

This session provides key factors for parents and caregivers to help their young people be aware the pressures and dangers of drugs and alcohol in society. We explore how it impacts the community, why people use drugs and discuss resilience factors for young people.

## Rationale

The statistics on binge drinking and drug abuse in Australia can be alarming for parents of young people: For example, research suggests that 10% of teenagers binge drink every week; 30% of 16 year-olds at harmful levels; and 70 young people are hospitalised each weekend due to alcohol abuse alone. Whilst these are alarming there are significant resilient factors that can help and are presented through the workshop including:

- normative education (using positive peer pressure and perception to steer young people away from drug abuse)
- social skills and influences
- perceived versus real harm
- refusal skills
- protective factors

These are evidence-based strategies that are very effective in equipping young people to be resilient and make healthy, considered choices in terms of alcohol and drugs. The session does not just explore the how and what of drugs, but also some of the why's behind the issues.

## Key concepts covered in the session:

- The science of how drugs effect the human body
- The impact of alcohol on the teenage brain
- The perceived felt needs vs real needs that young people experience
- The factors that help parents / caregivers to help young people in terms of drug education
- The importance of making positive and healthy life choices
- The impact of peer influence – how the need for belonging drives young people
- Promotion of resilient factors including healthy community and the need for purpose, goals and direction

## Workshop Details

- Sessions are tailored to meet your specific requirements
- Parent / teacher sessions are quite often arranged for outside of school hours and we are happy to offer either afternoon or evening times
- We also offer student sessions on drug education as well as many other student wellbeing topics such as resilience, leadership, anti-bullying and more.
- Session duration is approximately 60 minutes
- We provide all AV equipment
- Costs are calculated on the number of sessions and location. Call or email us for a quick quote

## Essential Learning Standards

The “Drug Proofing” Parent Workshop is closely associated with the student programs which intertwine elements of all three strands of the curriculum, with the key focus on the following dimensions:

- **Building social relationships** (Interpersonal Development domain), plus
- **Reflection, evaluation and metacognition** (Thinking Processes domain, in the Interdisciplinary Learning strand)

A complimentary parent resource manual is also provided that can be accessed via our website.