

Drugs & Alcohol

making positive choices



values for life

Values for Life is an educational program that provides student incursion seminars and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.

We aim to engage, impact and empower primary and secondary school students, 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.



Values for Life is associated with Concern Australia

Values for Life

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Learning Focus

Discusses drugs and alcohol in society- how it impacts the individual and the community. We also explore why people use drugs and discuss resilience factors for young people.

In addition to this student seminar, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

Rationale

Research, anecdotes, strategies and support resources relevant to drug and alcohol consumption are presented to students using a lively combination of information and interaction. The statistics on binge drinking and drug abuse in Australia are alarming: 10% of teenagers binge drink every week; 50% of 16 year-olds at harmful levels; and 60 young people are hospitalised each weekend due to alcohol abuse alone. Whilst these are alarming, there are significant resilient factors that are presented through the workshop including normative education, social skills and influences, perceived versus real harm, refusal skills and protective factors are evidence-based strategies that are very effective. Not just exploring the how and what of drugs, but also some of the WHY's behind the issues.

Key concepts covered in the session:

- Exploring the different reasons why people use and abuse drugs and alcohol
- The effects of drug use on the human body
- What is alcoholism and how does it differ from alcohol abuse?
- The different effects of different drugs and the myths about drugs
- The importance of making positive and healthy life choices which avoid drug abuse
- Promotion of resilient factors including healthy community and purpose, goals and direction

Essential Learning Standards

The Values for Life program presents a student learning program that intertwines elements of all three strands of VELs 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)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Focus	Major Focus	Teacher Manual
Physical, Personal and Social Learning	Health and Physical Education	Movement and physical activity Health knowledge and promotion	✓	✓	✓	✓
	Interpersonal Development	Building social relationships Working in teams	✓ ✓	✓		✓
	Personal Learning	The individual learner Managing personal learning	✓ ✓	✓		✓
	Civics and Citizenship	Civics knowledge and understanding Community engagement	✓		✓	✓
Discipline-based Learning	The Arts, English, Humanities, LOTE, Mathematics, Science	Knowledge, understanding and skills gained through the various domains	This seminar will relate to a number of these discipline-based VELs domains depending on the duration and focus.			
Interdisciplinary Learning	Communication	Listening, viewing and responding Presenting	✓ ✓			✓
	Thinking Processes	Reasoning, processing and inquiry Creativity Reflection, evaluation and metacognition	✓ ✓	✓ ✓		✓

secondary level