

# Drug Proofing Your Kids

## parent workshop



### 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

This session provides key factors for parents and caregivers to help their young people be aware of 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; 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 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:

- 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
- Better decisions are based on reasoned values, not just emotions or peer influence
- The promotion of empathy, community and teamwork

#### Essential Learning Standards

The "Drug Proofing Your Kids" Parent Workshop is closely associated with the V4L student "Drug & Alcohol" program which 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)

A complimentary parent resource manual is also provided to the school that can be photocopied and handed out to parents that attend the workshop.

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