

# Drugs & Alcohol

making positive choices

for secondary school



### Values for Life Incursions

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



### Incursion Details

- \* Sessions are interactive and involve a variety of games, stories, discussion and multi-media
- \* Offering a range of options – from a single session to several sessions for the same or different groups
- \* Recommended duration is between 45 and 90 minutes – flexible to your timetable
- \* Follow-up lesson plans and resources for teachers are included
- \* Parent sessions are also offered on several topics including resilience & cyber-safety
- \* Costs are calculated on the number of sessions and location. Contact us for a quick quote.

### Learning Focus

The **Drugs & Alcohol** workshop discusses the effects that drugs and alcohol have on society - how it impacts us (the individual & community) and how to make healthy choices when it comes to this issue. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop explores why people use drugs, the effects on the human body and brain, peer pressure, the addictive nature of some drugs and resilient factors for young people (including community, delaying gratification and having goals in life).

The incursion can be tailored to meet the needs of students from year 7 to 12. In addition to the student incursion, 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

Whilst the statistics on binge drinking and drug abuse in Australia are alarming, there are significant resilient factors that are presented through the workshop that are proven to be very effective. These evidence-based strategies include normative education, social skills and influences, perceived versus real harm, refusal skills and protective factors.

### Key concepts covered in the session:

- Why people use (and abuse) drugs and alcohol
- The science of how drugs effect the human body
- The impact of alcohol on the teenage brain
- The addiction cycle – how it begins and the long-term effects
- The difference between legal and illegal drugs
- The importance of making positive and healthy life choices
- The impact of peer influence – how the need for belonging drives us
- How choices have short-term and long-term consequences
- Promotion of resilient factors including healthy community and the need for purpose, goals and direction

### Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

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

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity * Health knowledge & promotion	X	X	X
	Interpersonal Development	* Building social relationships * Working in teams	X	X	X
	Personal Learning	* The individual learner * Managing Personal learning		X	X
	Civics & Citizenship	* Civics knowledge and understanding * Community engagement	X	X	X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding * Presenting	X X		X X
	Thinking Processes	* Reasoning, processing & inquiry * Creativity, reflection & metacognition		X X	X X