

About this resource

This resource provides research, information, ideas and strategies to support teachers in assisting students to explore issues relating to alcohol and to develop skills which enable them to be advocates for their own and others' health. This resource provides a range of strategies and lesson ideas that can be selected when developing drug education lessons.

The resource aims to provide students with opportunities to:

- identify and evaluate the harms associated with alcohol use for the individual and the community and propose strategies for preventing or minimising harm
- develop strategies and skills for responding effectively to situations involving challenges and risks
- promote the health, safety and wellbeing of self and others.

The resource is intended to demonstrate the use of adolescents' literature for teaching drug education and provide opportunities for students to work towards achieving outcomes from the NSW Board of Studies Personal Development, Health and Physical Education (PDHPE) years 7-10 Syllabus. It is an integrated model for literacy strategies and drug education, enabling teachers to support students in using logical, critical, creative and reflective thinking skills.

This resource contains the following sections:

The **Resource toolkit** introduces the narrative, *It Couldn't Happen To Me*. Teachers can access the interactive version of the narrative, along with teaching and learning ideas and activities that focus on alcohol education.

'It couldn't happen to me' – a narrative that investigates the real consequences of alcohol use and its impact on others as reflected by the different perspectives within the storyline. It depicts the importance of careful decision making – the difference could be life or death.

Drug education – provides information about effective drug education, the many approaches to drug education as well as showing what is taught about alcohol and at what Stage. It shows the continuum of drug education learning for early, middle and senior years

Alcohol facts and current research – informs teachers about research findings relating to alcohol education and provides accurate and up-to-date information to better answer students' questions.

The normative education (Social Norms approach)v – provides information about the Social Norms approach to alcohol education and how it addresses any misconceptions that learners might have about the prevalence of drug use and misuse amongst their age group or within their community. There are teaching and learning ideas to get schools started with this approach.



Media and marketing – alcohol advertising and promotion are increasingly sophisticated, and are aimed at attracting, influencing, and recruiting new generations of potential drinkers. Teenagers and young people can be targets of alcohol advertising and so students need to be able to identify the techniques used to position readers, viewers and listeners, identify opinions, bias, and points of view used in all types of media. This section provides modules of current research into this area along with associated teaching and learning activities as well as an array of posters displaying various techniques of alcohol advertising.

Alcohol and the law – contains information regarding the laws around alcohol especially those in relation to young people. Alcohol laws in relation to the manufacture, use, influence and sale of alcoholic beverages.

There are a number of laws in NSW designed to protect young people (under 18's) from alcohol being sold, given or consumed. These laws apply to those that supply alcohol to under 18's, and the under 18's themselves.

http://www.police.nsw.gov.au/community_issues/alcohol

Strategy tool and ICT links – provides a teaching strategy glossary that will provide the definition for a particular technique, and include the reasoning behind the strategy. Included are links to possible organiser template that would be best suited to particular strategies for classroom use. There is also a link to a teachers digital toolbox.

Parent information – provides a guide to conducting a parent meeting to help raise parents' awareness of drug education and alcohol issues. This information includes the brain science behind delaying your child's drinking with the help of Dr Ian Hickie, Executive Director of the Brain & Mind Research Institute, and offers practical strategies for parents talking to their children about alcohol.

Syllabus and Resources

Syllabus:

The Stage 4 and Stage 5 strands and outcomes used in this package are some of the aspects of the syllabus that could be addressed when teaching about alcohol. Alcohol education can fit into various sections of the syllabus including the following:

- Self and Relationships – Students learn about sense of self, adolescence and change, sources of personal support and the nature of positive, caring relationships
- Individual and Community Health – Students learn about the specific health issues of mental health, healthy food habits, sexual health, drug use and road safety. They examine risk, personal safety and how to access health information, products and services.

Personal Development, Health and Physical Education

Syllabus 7-10

The resource also provides an insight to the Personal Development, Health and Physical Education K-6 Syllabus and the scope and sequence of drug education, in particular alcohol education
<http://k6.boardofstudies.nsw.edu.au/go/personal-development-health-and-physical-education-pdhpe>

Resources:

Department of Education and Training resources

- Message in a bottle - a Stage 2 and Stage 3 alcohol resource
- Drug education in culturally diverse classrooms: alcohol and tobacco
- Set to Celebrate
- Alcohol: Celebrations and supply. Information for parents pamphlet
- Drink Spiking pamphlet
- Frequently asked questions, Alcohol, Cannabis, Amphetamines and Ecstasy booklet

Research:

- Professor Sandra Jones, Director, Centre for Health initiatives, Faculty of Health and Behavioural Sciences, University of Wollongong
<http://www.itcouldnthappentome.com.au/assets/Uploads/3.MediaMarketing/Alcohol%20Research%20Papers.zip>
- Hughes, Clarissa Ph.D. Senior Research Fellow, Consultancy Report - Alcohol Education for Secondary Students, University of Tasmania
- Strategies for Media Advocacy. Linkenbach, Jeff, et al. 2002. The Main Frame: Strategies for Generating Social Norms News Social Norms National Research & Resources –Perkins, H. Wesley, Ph.D.; Craig, David W., Ph.D., Hobart and William Smith Colleges, Geneva, NY 14456 Social Norms Primer – Alcohol Education Project - Hobart and William Smith Colleges, Geneva, NY 14456
- Alcohol and the brain – Dr Francis Kay- Lambkin, National Drug and Alcohol research centre, University of New South Wales
- Hickie, I.B., Whitwell B.G. (2009) Alcohol and The Teenage Brain: Safest to keep them apart, BMRI Monograph 2009-2, Sydney: Brain & Mind, The University Of Sydney
- White, V. and Smith, G. (2011) Australian secondary school students' use of tobacco, alcohol and over the counter and illicit substances in 2011 report, The Cancer Council of Victoria
- AM Roche, P Bywood, J Borlagdan, B Lunnay, T Freeman, L Lawton, A Tovell and R Nicholas 2007, Young people & alcohol: the role of cultural influences, report, National Centre for Education and Training on Addiction, Adelaide, p.32
- Australian Institute of Health and Welfare (AIHW) 2011. 2010 National Drug Strategy Household Survey report. Drug statistics series no. 25. Cat. no. PHE 145. Canberra.
- Roche. Ann M.; Bywood, Petra.; Hughes, Clarissa.; Freeman, Toby.; Duraisingam, Vinita.; Trifonoff, Allan.; Tovell, Amanda.; Steenson, Tania. The Role of Schools in. Alcohol Education. FINAL REPORT. National Centre for Education and Training on Addiction. (NCETA). Ann M Roche. Petra Bywood

Related websites

- DrinkWise Australia
- Australian Government, Department of Veterans' Affairs – The Right Mix.
- L.E.A.D: Leading Education About Drugs – Australian Government Department of Education , Science and Training
- Flexible Learning Toolboxes, National VET E – Learning Strategy
- Tuneinnotout.com Australian Lions Drug Awareness Foundation
- <http://www.education.tas.gov.au/curriculum/standards/english/english/teachers/critlit> - department of Education , Tasmania.
- A Guide to Marketing Social Norms for Health Promotion in Schools and Communities. Michael P. Haines, M.S.. H. Wesley Perkins, Ph.D. Richard M. Rice, M.A.,Gregory barker,Ph.D
- <http://sydney.edu.au/bmri/news/2009/drinkwise.pdf> - Brain & Mind Research Institute,The University of Sydney
- www.usi.edu/distance/bdt.htm - Blooms Digital Taxonomy, Samantha Penny
- Alcohol Use and Harms in Australia (2009) - Information Paper. Health Effects of Alcohol found at <http://ama.com.au/node/4762>, Australian Medical Association Barton ACT.
- <http://www.writingfun.com>, Spellodrome, 3P Learning Pty Ltd
- <http://www.deewr.gov.au/schooling/programs/redi/ecstasydrugs/infodrugs/consequencesuse/pages/use.aspx> REDI, A drug information resource for Australian school communities.

Department of Education, Employment and Workplace Relations.

Site map of resource

Links to web sites

Throughout the resource there are links to web sites with more information on alcohol. Your computer needs to be connected to the Internet to link to these sites.

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Dr Francis Kay- Lambkin, National Drug and Alcohol research centre, University of New South Wales
All related websites and research already listed.