

# SDERA NEWS

**Term 4**  
**Number 80**  
**Nov 2016**

**SDERA'S  
HEALTH &  
WELLBEING  
YOUTH  
AWARD**

**NOMINATE NOW!**

**POSITIVE TRENDS  
IN NEW STUDENT  
ALCOHOL & OTHER  
DRUGS USE DATA**

**NEW METH FACT SHEETS  
AVAILABLE ONLINE**

**UPDATED *KEYS FOR LIFE*  
NOW AVAILABLE**

**FIND SDERA ON YOUTUBE**

**SDERA**  
EDUCATING FOR SMARTER CHOICES





The Australian School Students Alcohol and Drug Survey for 2014 indicated an increase in the number of young people making responsible decisions in relation to their health and wellbeing.

*"We aren't all reckless and irresponsible."*

This was the anonymous comment made by a school student at the conclusion of a recent SDERA Road Safety Forum held in the Wheatbelt and he/she is right!

The multitude of good news stories and positive achievements of many young people often go unreported while media often drive messages about the poor choices made by some young people. These include reckless driving, cyber bullying and risky use of alcohol or illegal drugs.

In this editorial, I would like to acknowledge all the young people in our communities who are working hard to improve health and safety outcomes for themselves and for others, and the Western Australian schools who are educating and equipping these young people using SDERA's road safety and alcohol and other drugs education programs.

Were you aware for example, that recent statistics from the *Australian School Students Alcohol and Drug Survey for 2014* indicated an increase in the number of young people making responsible decisions in relation to their health and wellbeing? This survey of young people aged 12 to 17 years shows:

- **80.5% had never smoked in their life**
- **drinking is the lowest in three decades with 31.5% reporting**

**that they had never consumed alcohol – a significant increase from 9.0% in the 1984 survey**

- **the proportion of students reporting drinking in the past year has approximately halved (79.7% in 1984 to 44.3% in 2014), in the past month (50.1% in 1984 to 23.9% in 2014) and past week (33.5% in 1984 to 13.9% in 2014)**
- **around one in five (19.2%) reporting ever trying cannabis, a significant decline from two in five (40.2%) in 1996.**

With the aim of further showing changes in young people's health behaviours, SDERA continues to train school staff so they feel informed and equipped to deliver alcohol and other drugs education and road safety education to students.

Schools across the state working with SDERA's alcohol and other drugs education programs are promoting the important message of delaying initiation to alcohol use. Educating students on the significant health benefits to the developing brain and in particular by delaying the uptake of alcohol and choosing not to drink until the legal age of 18 is a message that is clearly getting through.

Over 100 schools Statewide are now working with SDERA to implement whole school drug education plans and road safety strategies via our Changing Health Acting Together (CHAT) initiative which

broadens opportunities for healthy behaviours across the entire school community.

In other good news, 75% of secondary schools in WA are now implementing our *Keys for Life* pre-driver education program allowing Year 10-12 students to develop the necessary skills and attitudes to become safer drivers once obtaining their licences.

As I write this, thousands of Year 12 students are sitting in exam rooms hoping that all of their study will pay off. Some may be starting to think ahead to Leavers celebrations once the exams are finished.

For these students in particular, resilience-based education around road safety and alcohol and other drugs, starting in Kindergarten and continuing through to Year 12, is crucial to equip them to make responsible and safe decisions for themselves and for their friends.

For schools that are planning health education programs for 2017, SDERA look forward to supporting you through provision of free staff development and consultancy support for road safety and alcohol and other drugs education across the state.

For the many schools with whom we are already working with, I would like to thank you for your ongoing efforts to promote health and safety and contributing to keeping our young people safer.

We look forward to working with you all further in 2017.

**Anne Miller**  
Acting Manager, SDERA



We're looking for young individuals (29 or under) that have made a significant contribution towards creating a healthier and safer community.

“  
**HEALTH AND WELLBEING AWARD**  
SCHOOL, DRUG EDUCATION AND ROAD AWARE



Win a share in **\$18,000**

## SDERA Health and Wellbeing Young Achievers Award

SDERA is proud to be sponsoring the Health and Wellbeing Award for the Western Australia Young Achiever Awards 2016/2017.

If you know a young person up to the age of 29, who is making a real contribution towards creating a healthier and safer community, encourage them to nominate for this award.

Initiatives could include addressing mental health issues, helping to prevent road related injuries or harms from drug use, or it could simply be empowering others to lead healthier and safer lives.

Further information is available at <http://www.awardsaustralia.com/young-achiever-awards/wa>

Nominations close Friday 13 January 2017.



**WESTERN AUSTRALIAN  
YOUNG ACHIEVER  
AWARDS**

We're looking for passionate people who have demonstrated empowerment or educational activities that seek to ensure that others lead healthier and safer lives. It may also include addressing mental health issues or preventing road related injuries or harms from drug use.

Whatever the initiative, the Health and Wellbeing Award acknowledges young individuals that have made a significant contribution towards creating a healthier and safer community via education to make smarter, healthier choices.

Guidelines when applying:

- Outline the contribution towards a healthier and/or safer community
- Describe who and how people have benefited and for how long
- Demonstrate dedication and

improvement of health and wellbeing via resilience or education

- List any obstacles encountered and how they have been overcome (if relevant)
- List the numbers of hours contributed with the business/program/project/activity and clarify if they were paid or unpaid (i.e. voluntary)
- Describe the outcomes and results achieved
- 100 word summary of achievements (to utilise for media, judging and promotional material including use at the WAYAA Awards ceremony).

Nominate now: <http://www.awardsaustralia.com/young-achiever-awards/wa/award-entry-criteria/>

SDERA is proudly funded by the Mental Health Commission and the Road Safety Commission via the Road Trauma Trust Account



Government of Western Australia  
Mental Health Commission



ROAD SAFETY  
COMMISSION  
Saving Lives Together



Association of Independent Schools  
of Western Australia



CATHOLIC EDUCATION  
FOR THE FUTURE



Department of  
Education



# OUT IN THE FIELD

## Manjimup Messy Play Day

The inaugural Messy Play Day in Manjimup was twice the success organisers expected, with about 200 children attending.

The free event for 0-6 year olds and their parents/guardians gave Izzy a great opportunity to present road safety messages. Early childhood educators can find Izzy resources on the SDERA website including colouring in sheets, story books and online games. There are also ideas on how parents can help young children develop skills, behaviours and attitudes to become safer whilst travelling as passengers, pedestrians and users of bikes and other wheeled toys.



## SDERA a finalist

SDERA was honoured to be selected as one of four finalists for the 2016 Western Australia Regional Safety Award. The awards are designed to recognise community led safe practice activities in regional communities.

We're so thankful and appreciative of our amazing team of regional consultants whose tireless efforts made it possible for us to be selected in the first place. If you'd like to know more about the awards or school road safety and alcohol and other drugs education programs, to keep young people and children safer, visit our website and follow us on Facebook.



SDERA metropolitan staff being presented with a WA Regional Safety Finalist Award.

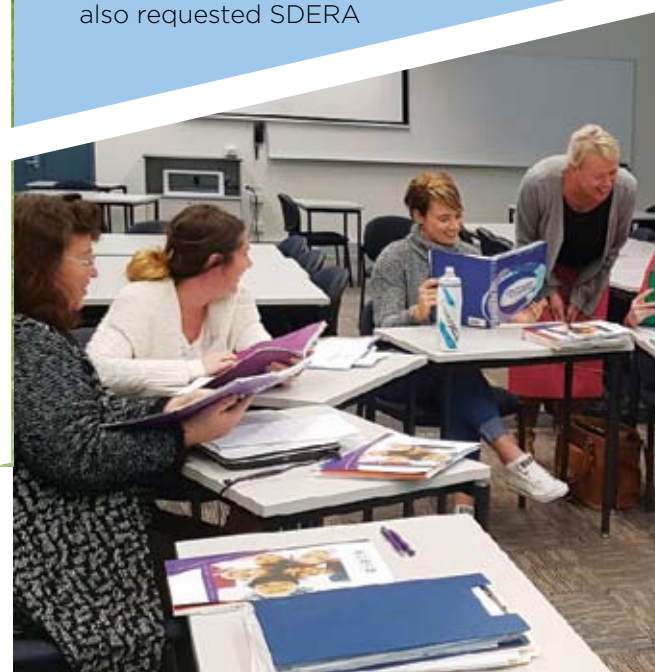
## SDERA gives ECU pre-service teachers a jump start on safety

Once again pre-service teachers from Edith Cowan University's South West Campus in Bunbury enthusiastically embraced participating in a *Challenges and Choices* professional learning workshop with SDERA Regional Consultant Libby Winchcombe.

Senior Lecturer Joan Strikwerda-Brown has been a great supporter of SDERA for many years and actively encourages students to use the *Challenges and Choices* resources in their practicums and when working as graduate teachers and beyond.

Whilst some of the students had previously seen and used SDERA resources, this workshop was an introduction for others.

And as much as the students enjoyed the session, SDERA also thoroughly enjoyed working with students from Edith Cowan University. Their energy and enthusiasm is infectious and with new graduates of their calibre entering the teaching profession, students and families of tomorrow are in great hands!



## Australasian Road Safety Conference

SDERA was selected to present three papers at the Australasian Road Safety Conference held in Canberra this year.

The conference brought together over 500 delegates from Australia and overseas - researchers, parliamentarians, senior executives, policy makers and program managers.

The aim of the conference was to educate, discuss and combine efforts to drive down road deaths and critical injuries.

The conference committee also requested SDERA

to organise and host the Road Safety Education Workshop which was part of the opening day of the conference,

Titled *Changing Gears Throughout the Years*, focused on taking a resilience approach to road safety education from the early years through to Year 12.

Deb Zines, SDERA's Road Safety Education Coordinator, presented at the conference



## Tyson - surprise 'Click to Save' winner

SDERA *Keys for Life* program partnered with St John Ambulance WA to run a school promotion for the online course Click to Save. The competition was open to all *Keys for Life* students and gave them the chance of winning an Apple MacBook laptop.

Tyson Donovan, a Year 10 student from Albany Senior High School, was the lucky winner of one of the three prizes. Tyson was presented his MacBook by

Albany Regional Consultant Annmaree Lynch and Graeme Jones from St John Ambulance.

Tyson had no idea that he had won. His Mum Stacey kept the secret until the morning of the presentation, so it was a wonderful surprise for him.

Congratulations Tyson and thank you to St John Ambulance WA for partnering with SDERA to encourage young people to learn first aid.



**This session gave me actual activities that I could see myself using in my class. I now feel more confident in teaching drug and road safety ... I love the SDERA resources. They are so easy to follow, use and implement into the classroom!**

ECU student participant



# DRUG EDUCATION UPDATE

## Talking Drugs parent info nights

As part of the national and state strategy to address methamphetamine and other drug use behaviour, SDERA has been hosting a series of free *Talking Drugs* school staff workshops and parent education sessions across the state.

The 1.5 hour (parent) sessions focus on patterns and prevalence of methamphetamine use, how school drug education works and how parents can talk to young people about drugs and drug use.

The parent session is offered by SDERA, often in partnership with local schools and councils eager to provide more evidence-based information to the community.

The initiative is available for public and private schools and the wider community, in the provision of best practice resilience, alcohol and other drugs, and road safety education.

**Contact SDERA to book a school or community parents education session (alcohol and other drugs) in 2017**

## Talking Drugs for Schools - 2017 professional learning

If you're a teacher looking to increase your knowledge and play an important role in preventing and reducing children's risk of harm from alcohol and other drugs use, you should come along to SDERA's *Talking Drugs* professional learning workshops throughout 2017. The workshops are free to attend.

Register at:  
<http://www.sdera.com.au/registration/>

## New student alcohol and other drugs data released

Western Australian trends from the Australian School Students Alcohol and Drugs (ASSAD) survey (2014) have recently been released by the Mental Health Commission.

This survey, which is run every three years, has been conducted since 1984, with additional drug-related questions added since 1996.

School students (12-17 years) throughout Australia are asked questions about their alcohol and other drugs use and their attitudes towards these substances, with the most recent survey including 3,305 young people from 46 randomly selected Government, Catholic and Independent schools across Western Australia.

■ SDERA's new secondary school resources *Challenges and Choices* for resilience, alcohol and other drugs education can assist schools to continue this positive trend.



Contact SDERA to find out how your school can obtain a free set of these resources to contribute further to student wellbeing and reducing the harms from alcohol and other drugs use.



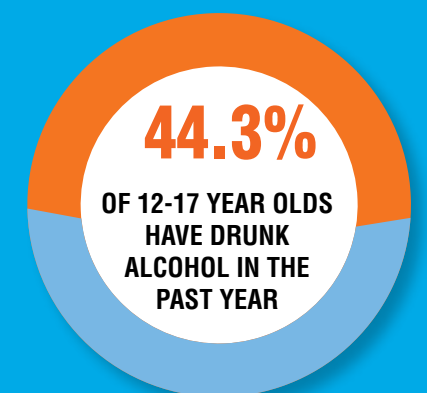
## Trends you need to know

The latest survey results have shown some encouraging trends:

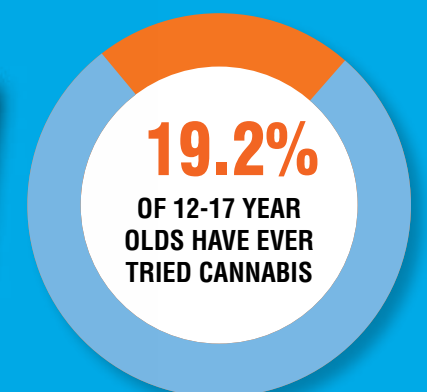
- the lowest youth drinking in three decades. The proportion of students who reported never having drunk has more than tripled from 9% in 1984 to 31.5% in 2014
- there has also been a significant decrease in the number of students reporting that they had ever used any illicit drug, this has more than halved from 41.4% in 1996 to 19.5% in 2014
- downwards trends were also highlighted in the use of both cannabis and amphetamine use amongst school-aged students.



Up from 9% in 1984



Down from 79.7% in 1984



Down from 40.2% in 1984





# Newly launched Meth Helpline provides support

A new dedicated, free Meth Helpline to expand the fight against methamphetamine use in Western Australia was launched in September this year.

Mental Health Minister Andrea Mitchell said the important service was another initiative of the \$14.9 million Western Australian Meth Strategy announced in this year's State Budget.

"I urge people with meth-related issues to call the Meth Helpline and talk with the professional counsellors about the treatment and support services available to them," Ms Mitchell said.

"The Mental Health Commission has allocated \$300,000 over two years for this dedicated helpline to provide telephone counselling, information and referral services for anyone concerned about their own, or another person's, meth use."

The Minister said she had been listening to desperate stories of parents and others at public

forums across the State in recent months, asking where to get help and information.

"Now I can simply say 'call the helpline' and know that the start of something potentially life-changing is just one phone call away for people," she said.

"It's important to remember that it helps to get help.

"No matter what the circumstances, helpline counsellors will be there to listen and provide help and support."

Parents, families and friends are encouraged to get support through the helpline.

Helpline counsellors can also link parents and other family members to a network of trained parent volunteers who have experienced their own child's alcohol or drug use.

The Meth Helpline also provides support via email and the live chat online messaging service.

The Western Australian Meth Strategy also includes funding for expanded school drug education. Contact SDERA to find out more.



**Increased support for users, family and friends impacted by meth use**

**Professional counsellors to refer people for treatment and support**

**For meth help call 1800 874 878 or visit [www.drugaware.com.au](http://www.drugaware.com.au)**



**SDERA has consulted with educators and community members to identify content that can provide support and assistance to schools with regards to relevant Methamphetamine education for schools, parents and students.**

**These fact sheets, funded by and developed in partnership with the Department of Education, are available to download for free.**

**Visit [www.sdera.wa.edu.au/methamphetamine/fact-sheets](http://www.sdera.wa.edu.au/methamphetamine/fact-sheets)**

**New Meth online fact sheets**



## Drug Aware Garden Project Esperance Senior High School

Growing young people in a positive way through inspirational school activities can be highly rewarding.

Allira Henderson, Student Support Worker at Esperance Senior High School had the pleasure of working with Regional Consultant, Jill Fitzpatrick to facilitate the growth of nine young students in a 'Songline Garden Project', funded by a Drug Aware Youth Culture regional grant.

The students received intensive drug education via SDERA to aid in their story telling project.

This includes plans to construct a garden, create a cultural mural, create a social space for students as part of an initiative to create more community support for young people during adolescence.

Notable outcomes to date include the increased level of confidence the students have developed and their increased ability to manage their own behaviour.

Remarkably, the students have applied for a \$3,300 grant, developed a project budget, phoned community representatives to ask for their written support for the project, liaised with school administration for project approval, conducted structured meetings as well as worked together as a team to achieve their goal(s).

SDERA commends Esperance Senior High School on their efforts and wishes the young group of talented students all the best as they reach completion of their project.

**Seen an alcohol ad recently that didn't sit right with you?**

*Well, there's something you can do about it.*



The Alcohol Advertising Review Board accepts complaints from the Australian community about alcohol advertising. If you've seen an alcohol ad that concerns you, visit [www.alcoholadreview.com.au](http://www.alcoholadreview.com.au). It's easy to voice your concern!

It may have been an alcohol ad on a billboard you drove past, a bus shelter near a school, on TV at a time that children would be watching, in a newspaper or magazine, on the radio or at the cinema... or it may have been an ad that you believe would appeal to young people, encourages irresponsible drinking or associates alcohol with sexual or sporting success.

Alcohol advertising impacts on the drinking behaviours and attitudes of young people. The Alcohol Advertising Review Board aims to support the community to respond to inappropriate alcohol advertising.

To find out more about the Alcohol Advertising Review Board, or to make a complaint, visit [www.alcoholadreview.com.au](http://www.alcoholadreview.com.au) and follow @AlcoholAdReview on Twitter.



# ROAD SAFETY EDUCATION UPDATE

## Voice of the Youth: Wheatbelt road safety forums



SDERA was approached to deliver two youth road safety forums in the Wheatbelt region. The forums were organised in response to the finding that as of August 30, 2016, 22 persons had died this year as a result of a road crash in the Wheatbelt.

The forums were conducted by SDERA in Merredin (September 5th) and Katanning (October 24th) and brought together local Year 10 to 12 students from schools including Wagin District High School, Merredin College, Southern Cross, Bruce Rock, Narembeen District High School, Katanning Senior High School, Narrogin Senior High School and WA College of Agriculture-Narrogin.

Students were given the opportunity to discuss road safety and take part in interactive educational activities, as most would be starting the process of getting a driver's licence and learning how to drive.

Mr Kim Papalia, Road Safety Commissioner and members of his team were also present to speak to and engage with students. Mr Papalia said it was important for

young Western Australians to talk about the risks involved, with 29 young people under the age of 25 killed in WA crashes this year. Local dignitaries, school principals and local media were also invited to attend.

"The Wheatbelt region of WA has consistently recorded high rates of death and serious injury when compared to other regions of the state," Mr Papalia said.

Local speakers who had been affected by road trauma were invited to share their own personal experiences.

SDERA continues to provide age-appropriate education resources, consultancy and professional development opportunities for school communities. These are funded by the Road Safety Commission and contribute to the road safety strategy in Western Australia.

More information: <http://www.sdera.wa.edu.au/programs/road-safety/>

**The power of young school leaders coming together from across the region cannot be under-estimated. Collectively they take on the responsibility to make good choices around road safety and have the capacity to influence the decisions of their peers.**

Nicki Polding,  
Principal,  
Katanning  
Senior High  
School



**I found the forum very enlightening and helpful as it really highlighted the consequences of the choices we make. Our Student Leadership Group really appreciated the courage of Mr Steike in sharing his personal experience and the ongoing struggle to come to terms with his loss.**

Jayden Severin  
Head Boy for  
2017, Katanning  
Senior High  
School



## TravelSmart, reduce traffic

Last year 18,358 students across Western Australia were involved in TravelSmart to School.



These schools reported an 8% reduction in car trips to and from school, and a 21% increase in students walking, cycling and using public transport.

Schools that believe in active transport get involved with TravelSmart and value these incentives and resources:

- TravelSmart points earned by signing up at <http://tsts.com.au/signup>
- Receive awards <http://www.transport.wa.gov.au/activetransport/travelsmart-awards.asp>
- Activities and ideas shared at [www.tsts.com.au](http://www.tsts.com.au)
- Resources and professional development available at <http://tsts.com.au/start>

With secondary schools now engaged in the program, the TravelSmart to School team would like to hear from teachers about how to make the program relevant and engaging.

Feedback can be emailed to [lisa.rooke@transport.wa.gov.au](mailto:lisa.rooke@transport.wa.gov.au) or phone (08) 6551 6250.

## Bike Week March 2017

Bike Week 2017 is an annual event in Western Australia encouraging people and children to cycle and organisations to host an event.

WestCycle is coordinating this annual cycling event which will be held from 17th to 26th March.

For more information about how your school or organisation can get involved, visit [www.bikeweek.com.au](http://www.bikeweek.com.au)

Grants are also now available.



## Kimberley Schools Seatbelt Project



As part of their involvement in the Kimberley Schools Seatbelt Project, students of Fitzroy Valley District High School held a community event to promote the "Belt Up" message. The project aims to educate and engage children in a road safety campaign and raise awareness in the wider community, with the goal of reducing seatbelt-related road trauma. It involves students undertaking a range of learning tasks made available to schools through SDERA's *Challenges and Choices* resources.

Their teacher Jane Carter commented, "The students were extremely engaged in the project, they could see the value of the part they can play in being responsible. They also benefited from the ICT integration in learning to be confident discussing safety messages; and they love the buckle up song."

As part of the project focused on engaging the local community, Izzy and local Police were on hand and students displayed their colourful artwork promoting the seatbelt message. Our Kimberley Consultant Paul Searle commented,

"It's great to see students of Fitzroy Valley District High School taking road safety to the local community. I am very impressed with their level of knowledge on passenger safety."

The project is a joint initiative between SDERA and Kimberley Roadwise Committees, and is funded through the Road Safety Commission Community Grants. Over 500 school students across the Kimberley region will participate in the project between now and the end of the 2016 school year.







## 5<sup>th</sup> edition Keys for Life

SDERA's iconic *Keys for Life* teacher resource is now in its fifth edition and available at SDERA professional learning workshops (print version) and the SDERA website (digital version).

Based on teacher feedback from the 2015 *Keys for Life* evaluation, this latest edition is in a 10-lesson format that is easier to navigate.

"SDERA has taken a 'less-is-more' approach," said Deb Zines SDERA's Road Safety Education Coordinator. "The 2015 evaluation of *Keys for Life* provided results which highlighted teachers want concise print and online resources, and to also continue the incentives and practical nature of this course."

The 5<sup>th</sup> edition can be downloaded at <http://www.sdera.wa.edu.au/programs/keys-for-life/> along with other online *Keys for Life* resources.

Teachers can only access a print copy of the new resource by attending a SDERA *Keys for Life* professional learning workshop.

Register for a metropolitan or regional workshop at <http://www.sdera.wa.edu.au/professional-learning/metropolitan-workshop-registrations/> or phone (08) 9402 6415.

## Parents get involved with *Keys for Life*

As involving and informing parents is an important part of an effective road safety program, SDERA offers *Keys for Life* Parent Workshops in regional and metropolitan areas.

Parents and their teenage children attend together and receive a free copy of *Let's Practise* and a set of L-P plates to take home and use during the learning to drive process.

The workshop also covers the licensing system, how to make driving lessons enjoyable and safe, and ideas on how to kick start

conversations about safe driving.

*Keys for Life* Parent Workshops are usually conducted after-hours.

- For venues and dates contact a SDERA Regional Consultant to book a workshop at your school or the RAC for a workshop in the metropolitan area.

*WA College of Agriculture - Denmark showcasing our Keys For Life resources at their Parent Open Day, which was followed by a Keys for Life Parent Workshop later that afternoon.*



## Kidsafe WA's new safety services

Two new services were recently launched by Kidsafe WA providing parents and carers with important safety information for their children.

The new Kidsafe WA Child Safety App is ideal for parents and carers with children aged between 0 and 5 years old and available at <http://www.kidsafewa.com.au/kidsafe-wa-child-safety-app-parent-1>. It offers personalised tips and information based on a child's stage of development and sends automatic updates about the



**I really appreciated the fact that the SDERA Consultant would travel to Collie, that was fantastic. Everyone found the *Keys for Life* session really interesting.**

Lori Hart, Collie South Metro Youth Link Community Services

## Educating new road users in Collie



Collie is a small rural mining town and as such having a driver's licence is very important for people who wish to gain employment in the mining sector or to find work out of town.

Collie South Metro Youth Link Community Services aim to assist young road users in knowledge of safe driving practices, with a particular focus on safe rural driving.

In addition to recently attending the Australian

Trucking Association's Safe Truck tour, Collie Youth Link invited Regional Consultant Lisa Gartrell to run a *Keys for Life* Parent Workshop for parents and their teenager/children that focused on road safety and relevant information about how to gain a driver's licence.

*Keys for Life* Parent workshops are very popular among parents of Year 10 students. To organise a workshop at your school or community, contact SDERA.



## Post offices on board with *Keys for Life*

All Australia Post Offices can now process new (first time) Learner's Permit applications.

Participating Post Offices will accept valid *Keys for Life* Certificates as part of the application process. The Certificate is recognised as one of the five forms of identity required during the application process, and proof that the student has already passed the road rules theory test, resulting in an \$18.90 fee reduction.

To find locations for Driver and Vehicle Services centres, Regional Transport Offices and participating Australia Post Offices visit <http://www.transport.wa.gov.au/licensing/visit-a-licensing-centre-or-agent.asp>

"This additional service makes it more convenient for students with *Keys for Life* Certificates to apply for a Learner's Permit - simply because there are now more outlets where this can occur," said Deb Zines SDERA's Road Safety Education Coordinator. "It's also a sign of support from the State Government to all the schools and students participating in the *Keys for Life* program across Western Australia."

It's important to note that Post Offices do not offer testing facilities for the Computerised Theory Test or the Hazard Perception Test. If students and customers need to complete these tests they must attend a Transport Driver and Vehicle Services centre.

For more information about SDERA's *Keys for Life* program and how it connects students to the WA Licensing System, visit <http://www.sdera.wa.edu.au/programs/keys-for-life/>

child's next milestone and when new safety legislation enters the market.

Do Not Leave Children in Cars campaign is another important community service recently launched by Kidsafe WA with more information and resources to order at <http://bit.ly/2dovOYN>

For more information about Kidsafe WA and the Child Car Restraint fitting locations go to <http://www.kidsafewa.com.au/overview>

**DO NOT LEAVE  
CHILDREN  
IN CARS**





**Congratulations to the staff and students at St Patrick's on a successful CHAT event**

## Fluoro scenes at St Patrick's, Katanning

St Patrick's Catholic School in Katanning held its first Road Safety Day on the 21st July 2016.

The CHAT Co-ordinator, Nerida Campbell, invited organisations from within the community, to speak with the children about the importance of road safety. This included St John Ambulance, WALGA Roadwise, local Police and Trevor Carruthers from Cycle Safe WA.

The children rotated through different events such as talks with the police and ambulance and hands-on activities.

The CHAT Co-ordinator and Health and Physical Education teacher Emma Ackland, organised activities for the children to participate in such as Wheelie Gigs, so they would experience what it is like driving while distracted.

This idea was actually developed by a Year Two student, Chace Campbell, who over-heard a conversation that took place in the planning phase.

The students started the day with a ride safely to school from Great Southern Toyota to the school, a distance of nearly a kilometre.

This activity was run by a previous staff member, Harry Cavoli who is a dedicated cyclist, who led the ride to school. Harry's passion for road safety saw him stay to help Trevor throughout the day. A school poster competition to promote road safety was held and all students sang a road safety song at assembly.

The students wore something "fluoro" on the day to reinforce that we must be seen when cycling or walking on our roads.



## 'Being Seen, Being Safe' campaign

Last term, 400 students from Glencoe Primary School took part in a road safety workshop run by Halls Head Central (shopping centre).

WA Police Sergeant Paul Trimble and Tania Gigg from SDERA joined Halls Head Central Manager Nigel Haines and Marketing Manager Taryn Palermo in talking with the students about road safety.

"Halls Head Central is very proud to further extend our support of 'Being Seen, Being Safe' to now include five local schools," Mr Haines said.

"Over the last 18 months we have presented more than 1,000 vests to local students to wear to and from school. We are delighted to support students from Mandurah Primary School, Greenfields Primary School, North Mandurah Primary School, Living Water Lutheran College and Glencoe Primary School."

Mr Haines and Ms Palermo presented the Glencoe Primary School students with their own high-visibility vests.

The campaign aims to protect children travelling to and from school by wearing high visibility vests to make them more visible to drivers.

"Halls Head Central, WA Police and SDERA are working

together to spread an important community safety message and I encourage all motorists to slow down in school areas," Mr Haines said.

To find out more about the 'Being Seen, Being Safe' campaign visit [hallsheadcentral.com.au/being-seen-being-safe/being-seen-being-safe/](http://hallsheadcentral.com.au/being-seen-being-safe/being-seen-being-safe/)



### Keys2Drive

## Supporting novice drivers, supervisors & instructors

Keys2Drive is an informative website for learner drivers and their supervisors and a voluntary accreditation scheme for professional driving instructors.

Learner drivers can register for a free driving lesson via the Keys2Drive website, as long as there is an accredited Keys2Drive professional driving instructor within reasonable proximity.

During the free lesson, the supervising driver must also be in the car in order to gain tips about the learn-to-drive process.

Keys2Drive was established in 2008 with support from the Australian Government and Australian Automobile Association (AAA) in response to the youth fatality rate on



Australian roads. Statistics from the Bureau of Infrastructure, Transport and Regional Economics (BITRE) show a drop in the youth fatality (road crash) rate from 12.9 per 100,000 in 2009, to 8.0 per 100,000 in 2014. However, this figure is still above the national average for all drivers of 4.92 per 100,000.

■ For more information about Keys2Drive visit [www.keys2drive.com.au/](http://www.keys2drive.com.au/)

Schools can inform students and parents/carers about this service during Keys for Life lessons and through a Keys for Life Parent Workshop which are offered free of charge by SDERA.



## OUR FREE WORKSHOPS:

- Interactive
- Unpack teaching and learning resources mapped to the Western Australian Curriculum Health and Physical Education Syllabus
- Support implementation of whole school approaches
- Have TRBWA endorsement

SDERA offers professional learning workshops on a range of resilience, alcohol and other drugs education and road safety education for school staff working with K-12 students, early childhood services and community groups.

Workshops are conducted in metropolitan and regional areas and are free to attend. SDERA also contributes up to \$350 towards teacher relief for each teacher attending our workshops.

Visit our website for the contact details of your nearest consultant and to find out more about our 2017 workshops.

Term 4 2016	For staff working with:	Date
<i>Keys for Life</i>	Years 10-12	22 Nov 2016
<i>Keys4Life Online</i>	Young people 15 years or older	30 Nov 2016
<i>Keys for Life</i>	Years 10 to 12	06 Dec 2016

Term 1 2017		
<i>Keys for Life</i>	Years 10-12	27 Feb 2017
<i>Talking Drugs</i>	K - Year 12	03 Mar 2017
<i>Resilient Kids</i>	K- Year 6	14 Mar 2017
<i>Keys for Life</i>	Years 10-12	16 Mar 2017
<i>Safer Teens</i>	Years 7-12	21 Mar 2017
<i>Keys4Life Online</i>	Young people 15 years or older	23 Mar 2017
<i>Resilient Teens</i>	Years 7-12	28 Mar 2017
<i>Talking Drugs</i>	K - Year 12	04 Apr 2017
<i>Safer Teens</i>	Year 7 - 12	05 May 2017
<i>Smart Steps (Half-day, morning)</i>	Children up to 5 yrs	09 May 2017
<i>Talking Drugs</i>	K - Year 12	12 May 2017
<i>Safer Kids</i>	K - Year 6	17 May 2017



SDERA is now on YouTube! We have several new videos that cover everything from an overview of our services to our Ambassador program. Teachers will love sharing these videos with school communities that care about keeping young people safe. Just Google 'SDERA' and YouTube to find our new and exciting channel!



## DETAILS FOR SUBMITTING ARTICLES

SDERA is keen to receive articles submitted for this newsletter by school-based staff and other interested agencies. A free *Challenges and Choices* resource is on offer to teachers who have a submitted article published. The deadline for items for the Term 4 newsletter is **1 February 2017**.

**Email articles (of no more than 200 words) and any photographs (as a jpeg file) to [sdera.co@education.wa.edu.au](mailto:sdera.co@education.wa.edu.au)**

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