



## Empowering children and young people to be **SAFER, RESILIENT & MENTALLY HEALTHY**

### **School Drug Education and Road Aware**

SDERA is the State Government's primary alcohol and other drugs and road safety education strategy for children and young people. Our education programs use a resilience approach that builds the social and emotional competence of children and young people to enable them to make smarter choices.

We provide a service based on best practice that gives school staff and early childhood educators access to professional development, statewide consultancy support and highly relevant teaching and learning resources that are classroom ready and mapped to the Western Australian Curriculum.

## **CHECK OUT OUR WEBSITE**

[www.SDERA.wa.edu.au](http://www.SDERA.wa.edu.au)



### **How can SDERA help you and your school community?**

#### **ALCOHOL AND OTHER DRUGS**

Engaging students in age-appropriate alcohol and other drugs education assists them to make smarter choices and decisions. Students learn strategies to use if faced with drug-related situations throughout their life. Our resources and professional development supports whole-school drug education plans.

#### **ROAD SAFETY**

Road safety education needs to start early in a child's life to lay the foundations for safe road use in the future. We have an extensive range of resources, professional development for school staff and education seminars for parents to support road safety education programs.

#### **RESILIENCE & WHOLE-SCHOOL APPROACH**

Changing Health Acting Together supports a whole school approach in resilience, road safety and alcohol and other drugs education. Over 100 Western Australian schools are using CHAT resources and SDERA's statewide consultancy service to achieve better health and wellbeing outcomes for students and parents.

#### **KEYS FOR LIFE**

Our pre-driver education program builds respect, responsibility and safety awareness in young people before they get their driver's licence. School staff working with Year 10 to 12 students, and agencies working with young people not enrolled in schools, can attend a professional development workshop and use Keys for Life resources to run a 10-lesson course.

#### **SMART STEPS**

Our highly effective early childhood road safety education program is for educators, and carers of young children. Resources and professional development supports the delivery of appropriate road safety messages for children and their parents.



## We offer

### Professional development

All of our professional development workshops are offered free of charge to WA schools and community-based staff to support the delivery of effective resilience, alcohol and other drugs, and road safety education programs. SDERA's professional development is offered in the Perth metro area and 11 regions. Visit our website for workshop registration details.

### Statewide consultancy

We support metropolitan and regional and remote schools across Western Australia. Our consultants travel to schools, early childhood centres and agencies providing support, advice and professional development in resilience, alcohol and other drugs, and road safety education.

### Classroom ready resources

SDERA's range of evidence-based alcohol and other drugs and road safety education resources for schools and early childhood services can be used to deliver age-appropriate content and key resilience, health and safety messages in the classroom.

## Beyond the classroom

**SDERA consultants support school staff, early childhood educators and community agencies beyond the classroom with professional development, resources and specialised support in resilience, alcohol and other drugs, and road safety education. We also:**

- Present at parent information nights
- Coordinate and support resilience, alcohol and other drugs, and road safety initiatives and activities within school communities such as health expos, parent forums and events
- Create links and partnerships for early childhood services and schools with local and state agencies such as Community Alcohol and Drug Services, Local Drug Action Groups, WALGA RoadWise, Public Health Units, RAC, Local Councils and WA Police
- Develop whole school drug education plans and road safety education guidelines
- Assist schools to apply for funding submissions
- Promote achievements of early childhood services and schools with local and state media.



## Promoting and maintaining positive student behaviour

Positive health and safety outcomes for staff, students and other members of the school community can be achieved when a whole-school approach is adopted. CHAT is a whole school engagement approach that is being implemented by primary and secondary schools in WA with support and funding from SDERA.

SDERA can guide you through an easy process that results in the development of a whole school drug education plan. The plan includes procedures for managing alcohol and other drug use incidents and provision of intervention support for students facing drug use issues, and also the implementation of our evidence-based alcohol and other drugs education programs for the classroom.

## Implementing HPE in 2017

All WA schools are required to teach, assess and report on Health and Physical Education (HPE) by the end of Semester 1, 2017.

Are your school staff ready? SDERA can assist by providing staff professional development and exploring our new teaching and learning resources that are mapped to the Western Australian Curriculum HPE Syllabus P-10.

**Our resources are endorsed by the Department of Education, Catholic Education Western Australia and the Association of Independent Schools of Western Australia.**

SDERA is proudly funded by the Department of Education WA, the Mental Health Commission, and the Road Safety Commission.

## Contact SDERA

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EDUCATING FOR SMARTER CHOICES