

# SDERA NEWS

Term 1  
Number 81  
March 2017

**YEAR 7-9  
CHALLENGES  
AND CHOICES  
RESOURCES  
LAUNCHED**



**NEW RESOURCES  
MAPPED TO  
THE WA HPE  
SYLLABUS**

**PROFESSIONAL  
LEARNING 2017  
WITH BONUS TEAR OUT  
CALENDAR**

**SDERA**  
EDUCATING FOR SMARTER CHOICES





At times the world may seem an unfriendly and sinister place but believe that there is much more good in it than bad. All you have to do is look hard enough and what might seem to be a series of unfortunate events may in fact be the first steps of a journey.

Lemony Snicket



*might say in a pleasant and hopeful voice, 'Well this isn't too bad, I don't have a left arm anymore but at least nobody will ever ask me if I'm left-handed or right-handed,' but most of us would say something more along the lines of, "Aaaaa! My arm! My arm!"*

In his children's books, *A Series of Unfortunate Events*, Lemony Snicket illustrates the value of persistence, free thought, and independence in navigating safe passage through the challenges we face in life. Regardless of the unpredictability life presents, and just as characters Violet, Klaus and Sunny discover, we can have an influence on the world around us. Some of us though need good guidance and strong support to understand how to do this effectively.

As educators and parents we play a key role in giving young people the skills they need to be able to express and manage their emotions, maintain a positive outlook and cope when things might not go to plan. We are integral to building their resilience and personal and social competence.

Teaching children skills such as gratitude, optimistic thinking, reflection, thankfulness and help-seeking will build their capacity to persist and thrive. Some children just seem to have these skills or to know them - perhaps they've observed those around them who practise and demonstrate these skills in their daily life. Many young people though, need to be taught these skills explicitly through classroom resilience and wellbeing programs.

For these programs to have the impact and outcomes young people need, they should be offered from the beginning of a child's schooling years and

continue through adolescence to Year 12. Equally, they should be embedded in the teaching practices of educators, so that we model resilient behaviours and incorporate messages of hope and gratitude into our daily conversations.

Some key messages for children and parents that come from our *Challenges and Choices* teaching and learning resources include:

- **You are you, and there is no-one else like you.** Encourage their uniqueness and strengths, and teach them to celebrate diversity in others.
- **You can do it.** Don't do everything for them. Think of children as apprentices and teach them everything you know how to do.
- **Everyone experiences bad times at some time but bad times don't last forever.** Teach them how to react well to disappointments or failure. This is hard for everyone, regardless of age, and takes a lot of practice. Ask the question - "What mistake did you make today?" It reminds us that no one is perfect and helps us practice admitting our faults.
- **Show gratitude and be thankful.**
- **Be optimistic.** Look at what's right in a situation, not what's wrong. Look at what you can change in a situation not what you can't change. To use an extreme analogy from *Horseradish: Bitter Truths You Can't Avoid* by Lemony Snicket: *"If an optimist had his left arm chewed off by an alligator, he*

- **When you know you need help, there will always be someone to talk to.**
- **The value of downtime and reflection.** Mindfulness matters and we should increase awareness of this with the children we teach. Include downtime and reflection time in the classroom program.

SDERA takes a resilience approach to all of our road safety and alcohol and other drugs education programs. The skills included in these programs are mapped to the WA Health and Physical Education Syllabus and general capabilities, in particular, Personal and Social Capabilities.

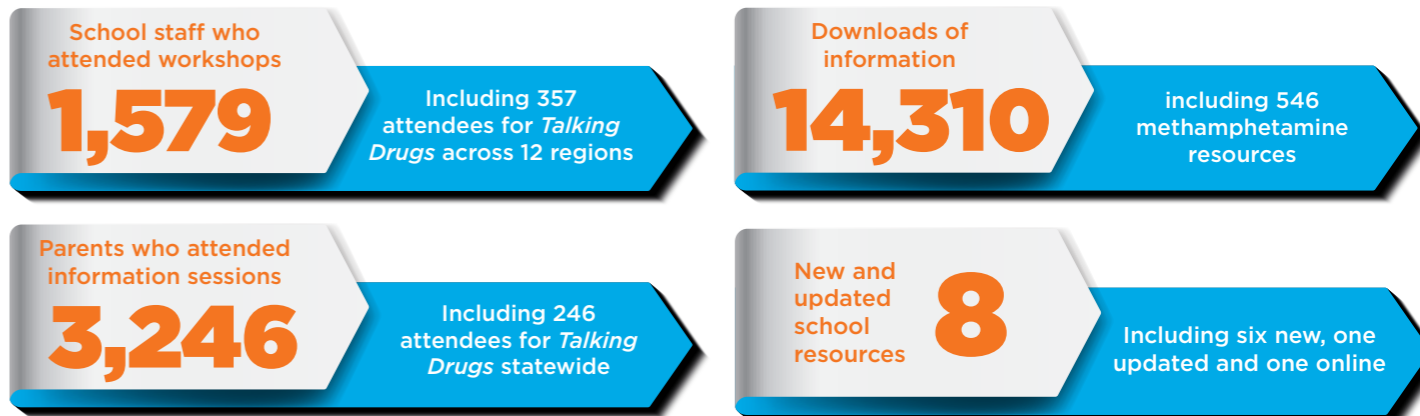
I encourage all schools to consider our teaching and learning resources, our whole school approach initiatives and to utilise our professional development to equip staff to contribute to building resilience in students through effective and ongoing programs.

We can only make a difference by taking the first steps on the journey.

**Anne Miller**  
Acting Manager, SDERA

## A YEAR IN NUMBERS

2016 was quite a year! In partnership with the Mental Health Commission, SDERA launched the methamphetamine project to address community concerns about 'ice'. The organisation experienced a number of feats as the demand for resilience, drug and road safety information grew.



### MOST POPULAR WORKSHOPS

- Talking Drugs
- Keys for Life
- Resilient Kids
- CHAT



33,670 SDERA website visits



10 New online videos  
391 Videos watched online including 162 methamphetamine videos



from participants who attended our professional learning workshops



118 CHAT schools



12,101 students completed *Keys for Life*

### WHAT'S NEXT?

This year SDERA will continue to build resilience in young people and provide education about road safety and alcohol and other drugs through the help of school staff, parents, students and the wider community.

### HOW YOU CAN HELP!

You can help SDERA achieve its mission by encouraging those around you to utilise SDERA's free resources, workshops and consultancy service.



# New Year 7-9 Challenges and Choices resources available!

SDERA has launched the new Year 7-9 *Challenges and Choices* alcohol and other drugs education resources. The content endeavours to support and expand students' knowledge, understandings, skills and attitudes in relation to their health, safety and wellbeing. The content will help students develop important life skills, such as decision-making and help-seeking, to assist them in managing drug-related situations.

These resources:

- Are mapped to the WA Health and Physical Education Syllabus and the Personal and Social Capabilities.
- Include the latest drug use statistics and facts about drugs.
- Contain family information sheets on a range of drug related topics.
- Use engaging and practical, age appropriate teaching and learning activities for students.

**If you would like to know more about these resources or how we can assist you to unpack them, please contact SDERA or attend one of our professional learning workshops.**

Keep an eye out for news about the release of our Year 10 online alcohol and other drugs education resource in 2017!



**MAPPING CHALLENGES AND CHOICES TO THE WESTERN AUSTRALIAN HEALTH AND PHYSICAL EDUCATION SYLLABUS**

**YEAR 4**

The Health and Physical Education syllabus contains two strands: "Personal and physical activity" and "Health and wellbeing".

Challenges and Choices resources have been mapped to the syllabus to ensure that they align with the learning objectives and outcomes of the syllabus. The resources are designed to be used in conjunction with the syllabus to provide a comprehensive and integrated approach to health and physical education.

The following table shows the mapping of the Challenges and Choices resources to the syllabus. The resources are mapped to the syllabus in a way that ensures they cover all the learning objectives and outcomes of the syllabus.

Resource	Strand	Learning Objective	Outcome
Challenges & Choices Year 4	Personal and physical activity	1.1	1.1.1
		1.1	1.1.2
		1.1	1.1.3
		1.1	1.1.4
Challenges & Choices Year 4	Health and wellbeing	2.1	2.1.1
		2.1	2.1.2
		2.1	2.1.3
		2.1	2.1.4

## Mapping to the WA Health and Physical Education Syllabus

To further support teachers in their delivery of resilience, road safety and alcohol and other drugs education, mapping documents for K/PP to Year 6 *Challenges and Choices* resources are now available to download from the SDERA website.

If you would like to purchase any of the *Challenges and Choices* resources please complete the order form on SDERA's website.

## Accessing and ordering resources

**NEW** Year 7-9 *Challenges and Choices*

SDERA has launched the new Year 7-9 *Challenges and Choices* education resources. You can access these resources by downloading them from SDERA's website or attending one of the following professional development workshops: *Safer Teens*, *Resilient Teens* or *Talking Drugs*.

## K/PP-Year 6 *Challenges and Choices*

Copies of these resources were distributed free of charge to early childhood centres and WA schools and should be available in your school's library. These resources can also be downloaded from SDERA's website.



Do you believe the health of students affects their ability and willingness to learn and participate in school life?



Would you like to develop a comprehensive, whole-school approach to promote health and wellbeing in your school?

If the answer is 'yes' then SDERA can help! Through the CHAT initiative, SDERA can support your school to develop an effective whole-school approach to health through resilience, alcohol and other drugs, and road safety education.

CHAT aims to support schools to structure and implement sustainable, whole-school health initiatives that focus on building resilience through innovative approaches to alcohol and other drugs, and road safety education that relate directly to their specific school context.

Support is provided through provision of funding, one-to-one consultative support from SDERA staff and the CHAT Guide which, alongside SDERA's *Getting it Together* resources, outline the practical steps a school can take to build on the key drug and road safety initiatives they identify as priority for their school.

SDERA looks forward to assisting more schools across WA to achieve their goals around whole-school health initiatives with a resilience, drug or road safety focus.

**Further information on how to become involved with CHAT can be obtained from SDERA's website or by contacting Michael Jackson-Pierce on 9402 6265.**



Without doubt, one of the most comprehensive drug education resources I have ever seen. Amazing!

Paul Dillon  
Founder, Drug and Alcohol Research and Training Australia





# PROFESSIONAL LEARNING 2017

FREE WORKSHOPS  
TEACHER RELIEF

Welcome to the start of a new school year! This is an important time for students as they begin school for the first time or start a new chapter in their education. To help students develop resilience and be informed about road safety and alcohol and other drugs, we encourage you to attend SDERA's free professional development workshops. SDERA contribute up to \$350 towards teacher relief for each participant attending our workshops.



## Talking Drugs

Teachers and school staff have an important role to play in the prevention of young people's risk of harm from alcohol and other drug use. This workshop allows all school staff to extend their knowledge on a range of drugs including methamphetamine and Emerging Psychoactive Substances (synthetic drugs).

By attending you will learn about the impacts and possible consequences of drug use, and gain a better understanding about the value of prevention education and empathetic intervention in the school context.

Staff who are unable to attend or would like a preview of the content can complete the learning modules on SDERA's website.

**Next Talking Drugs workshop at Statewide Services, Padbury: Tuesday 4th April**



## Safer Kids

This workshop explores drug and road safety issues relevant to children. Kindergarten to Year 2 school staff will be able to inform their students about the potential harms associated with energy drinks and passive smoking, as well as the importance of wearing a seatbelt in the car and a helmet when cycling or riding a scooter.

In addition to this, Year 3-6 school staff will also be able to educate their students about the consequences of alcohol and cannabis use. You will observe a range of teaching and learning strategies and plan a program using the *Challenges and Choices* resources which have been mapped to the WA Health and Physical Education Syllabus.

**Next Safer Kids workshop at Statewide Services, Padbury: Monday 20th March**

## Safer Teens

This workshop provides Year 7-12 school staff with a greater understanding of the effects and impacts of alcohol, cannabis and other drugs so that they can help students make safer choices.

You will observe teaching and learning strategies that can be transferred into the classroom to promote student wellbeing. The workshop will help you unpack the new *Challenges and Choices* resources that have been mapped to the WA Health and Physical Education Syllabus.

**Next Safer Teens workshop at Statewide Services, Padbury: Tuesday 21st March**

## Resilient Kids

Children who learn to develop resilience in a safe and caring environment often go on to achieve success in life. Kindergarten to Year 6 school staff will learn how to foster resilience in their students by providing the ideal, positive learning environment.

You will explore personal and social capability skills and unpack resilience and wellbeing learning activities in the *Challenges and Choices* resources that have been mapped to the WA Health and Physical Education Syllabus.

**Next Resilient Kids workshop at Statewide Services, Padbury: Tuesday 14th March**

## Resilient Teens

Developing resilience in teenagers is integral to the success of their after school years. Year 7-12 school staff will learn how to develop students' knowledge, understandings, skills, attitudes and values in ways that foster resilience. You will explore personal and social capability skills and unpack resilience and wellbeing learning activities in the *Challenges and Choices* resources.

**Next Resilient Teens workshop at Statewide Services, Padbury: Tuesday 28th March**



## Smart Steps

Early childhood education provides childcare workers and Kindergarten and Pre-primary staff with the opportunity to teach children how to take care of themselves and others from an early age. In this workshop you will learn how to guide children to become safer road users and engage parents and carers in road safety education. You will unpack the *Smart Steps* resource that focuses on passenger safety, pedestrian safety and play safety.

**Next Smart Steps workshop at Statewide Services, Padbury: Tuesday 9th May**



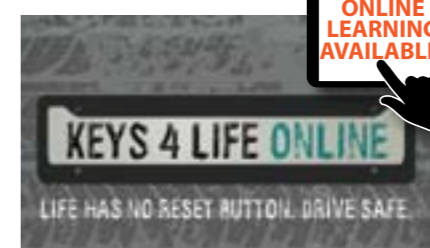
## Keys for Life

This workshop provides school staff working with Year 10 to 12 students with the skills and information they need to run the *Keys for Life* pre-driver education program. You will learn the process to gain a WA driver's licence and the requirements to administer the Learner's Permit Test at your school site. During the workshop you will explore issues relevant to young drivers and unpack the *Keys for Life* resources.

**Next Keys for Life workshop at Statewide Services, Padbury: Thursday 16th March**

## Keys4Life Online

An online workshop is available for those not within a school setting who work with people 15 years and older. You will learn about the process to gain a WA driver's licence and the requirements to administer the Learner's Permit Test. During the workshop you will explore issues relevant to young drivers and unpack the *Keys4Life Online* resource that is mapped to units in the Certificate 1 General Education for Adults.



## Changing Health Acting Together

Developing a whole-school approach to resilience, alcohol and other drugs, and road safety education can help schools to achieve better health and wellbeing outcomes for students, staff, parents and the wider community. SDERA is the only organisation in the State that can provide schools with drug use incident management guidelines and can assist schools to tailor prevention education packages to suit their specific context.

Schools have the opportunity to join our Changing Health Acting Together (CHAT) initiative that provides access to an abundance of resources, tailored professional learning, consultancy support and financial assistance. Schools looking to implement a whole-school approach can find more information on SDERA's website.



More information about SDERA's upcoming workshops, including regional workshops, can be found on the back page.



# REGIONAL HIGHLIGHTS



Dreams and goals shared by Kalgoorlie's youth

## Youth dreams and goals

Each year Kalgoorlie Boulder holds a Youth Fest in Centennial Park for 12-25 year olds. It is a very popular event with youth agencies and offers free entertainment and activities for young people.

SDERA teamed with the Kalgoorlie Boulder Local Drug Action Group to create a 'chill out tent' where young people could take some time out. To obtain entry to the tent, they had to spin the quiz wheel and answer a question on a drug or alcohol fact that was taken from the Year 7 and 8

*Challenges and Choices* resources.

We teamed up with a very talented artist and youth officers from headspace to chat about dreams and goals for the future. Young people were invited to write their dream or goal on a coloured disc and add it to a board which is now proudly displayed in the Kalgoorlie headspace office.

Over 100 young people shared their dreams and goals and how they could build their resilience to say no to drugs and alcohol.

## Community alcohol survey

Between July and September last year, members of the Albany community were invited to participate in an online survey about alcohol.

The survey was distributed through community groups, networks and events by members of the Lower Great Southern Alcohol and Other Drug Management Group.

The survey received great support from the community with 361 responses along with many valuable insights that will assist in the development and measurement of alcohol-related harm prevention strategies.

Many community groups were involved in the collaboration and support of this initiative including WA Country Health, Aboriginal Health, WALGA RoadWise, Department of Sport and Recreation and City of Albany.

SDERA would like to acknowledge Linda Warren and Deb Slade from Palmerston Albany who were responsible for the majority of development and correlation of the survey.

## Positive partnerships contribute to fruitful year

Working in partnership with school staff who function as a whole school to benefit students, staff and their community made 2016 extremely rewarding.

The number of schools engaged with CHAT in the Esperance area increased to four with Castletown Primary School embracing the initiative towards the end of the year.

There were many opportunities to enhance schools' resilience, alcohol and other drugs education and road safety education programs by initiating strategies such as:

- Working with teachers to map the WA Health and Physical Education Syllabus with Challenges and Choices.
- Launching the Clontarf Girls Academy health pit stop help seeking station.
- Providing specialist drug education support to the Esperance Senior High School Songline Project and Clontarf Girls Academy.
- Providing professional learning opportunities for school staff and parents.

Working in partnership with community groups like Esperance WALGA RoadWise enabled schools to access the services of professionals such as the Department of Transport and driving instructors in the I-scoot (moped safety) presentation.

The synergy continued with the outlying Level 3 schools invited to participate in the highly successful WALGA RoadWise 'Slow Down Enjoy the Ride' initiative.



Students show their creative seatbelt designs

## Schools seatbelt project gears up for 2017

The Kimberley Schools *Design Your Own Seatbelt* project is based on the Road Safety Commission's popular 'Sashes' campaign and adapted from the highly successful Esperance seatbelt project. The project is a proven hit with teachers, students and community members, with almost 500 students participating last year.

The *Design Your Own Seatbelt* project aims to generate awareness about the importance of wearing a seatbelt and encourages students and community members to wear a seatbelt

while also ensuring other passengers do the same. Based on teacher and community feedback, it was really pleasing to find that last year's project had a positive impact on students' knowledge and behaviour.

■ **Expressions of interest are now being sought for this year's project which will take place in Semester 2. Kimberley teachers interested in participating should contact Paul Searle on 9192 0806 or at [paul.searle@education.wa.edu.au](mailto:paul.searle@education.wa.edu.au)**



**The project was very engaging with students and they have commented that they are now wearing their seatbelt in the car. The community enjoyed seeing the art display at the local shopping centre and Izzy's visit.**

Jane Carter, teacher at Fitzroy Valley District High School

## New Drug Education Guidelines for schools

2016 was a great year for the Bunbury region with many schools developing or updating their Drug Education Guidelines to support the Department of Education's new Student Behaviour Policy.

Positive Behaviour Support (PBS) is well established in the Bunbury region and schools are keen to ensure their guidelines align with plans for a whole-school approach to PBS.

SDERA's *Getting It Together* resource helps schools ensure that relevant intervention support

is documented to support student behaviour at each stage of the PBS Plan. Schools in the region are also working to document appropriate incident management plans and intervention support services that are available.

■ **Please contact Lisa Gartrell 0427 424 986 if your school would like assistance to develop or update your Drug Education Guidelines and find out more about our alcohol and other drugs education programs.**



# REGIONAL HIGHLIGHTS

## Voice of Youth Road Safety Forum

Students from Narembeen, Bruce Rock and Southern Cross district high schools, and host school Merredin College, came together to discuss road safety in the Wheatbelt last year.

The SDERA initiative provided students with access to guest speakers who explained local and global road safety issues.

Road Safety Commissioner, Mr Kim Papalia, explained to students the initiatives currently being implemented to reduce road crashes around WA and in particular the Wheatbelt. Mr Papalia fielded questions from the students and staff. He was also very keen to hear the views of the students who are nearing the age where they can start learning to drive.

Presentations from local St John Ambulance Officers

Donna Crook and Meredith Thornton were followed by young Wheatbelt man, Cory Payne, who shared the journey he has faced since being a road crash survivor.

In a break out session, students discussed what strategies they have noticed happening in the Wheatbelt to reduce road crashes and also identified what they think is not working and explained why. The challenge then for students was to suggest solutions for the Road Safety Commissioner to consider to reduce the number of young people involved in road crashes. Solutions included developing vehicles that handle crashes better, establishing stricter rules on vehicle engine size to power ratio for novice drivers, and more rigorous testing for gaining a driver's licence.



Road Safety Commissioner, Mr Kim Papalia and road crash survivor, Cory Payne

## Being Seen, Being Safe road safety initiative

Mandurah WALGA RoadWise Advisory Group and Vicinity Shopping Centres Halls Head and Mandurah are working in partnership with SDERA to increase road safety awareness by spreading the message of 'Being Seen, Being Safe' and protecting our community's most valuable asset - our children.

The *Being Seen, Being Safe* road safety project aims to influence positive road safety behaviour through actions such as reducing speed around schools and staying alert near pedestrians. The purpose of the bright vests worn by the children is to make them more visible in the traffic environment and encourage drivers to use caution and slow down.

The project has been a focus in the Mandurah region for the past two years and now has five primary schools in the area participating.

The *Being Seen, Being Safe* float in the Mandurah Christmas pageant was a wonderful highlight for 2016. Contributions were made by all partners and with the addition of ALCOA and Mandurah SES.

The sparkle-themed float highlighted the use and visibility of vests worn by student and adult volunteers when interacting with the traffic environment. Helpers from the advisory group, shopping centres and SDERA walked alongside the float. Izzy the *Smart Steps* road safety mascot came along for the ride to promote safer road use for young and old.

## 2016 SDERA health and wellbeing awards

As 2016 drew to a close SDERA together with schools in the MidWest and Gascoyne celebrated the achievements of students who were identified as standing out in the area of health and wellbeing.

These schools had been providing resilience-focused alcohol and other drugs and road safety education using the *Challenges and Choices* resources with a focus on the Health Promoting Schools Framework.

To ensure information about alcohol and other drugs and road safety was available for parents and communities, the schools created events such as health expos and health and wellbeing forums.

The schools invited parents and community members to attend so they discovered more about what their children were learning in the Health and Physical Education learning area. Some schools also invited agencies and organisations to promote the health services they provided.



Morawa District High School award winners (L to R) Jacob Coaker, Iona Scott and Gabrielle Yewers

### Congratulations to the following award winners:

#### Mount Magnet

K-Year 1 Georgina Ashwin  
Year 2-4 Isobel Harfouche  
Year 5-6 Jayden Sturges-Noble  
Year 7-9 Emma Turvey  
Year 10-12 Bryan Syme

#### The WA College Of Agriculture - Morawa

Year 10 Caleb Oughton

#### Morawa District High School

K-Year 1 Gabrielle Yewers  
Year 2-4 Iona Scott  
Year 5-6 Jacob Coaker  
Year 7-9 Ellie Vanderschuit  
Year 10-12 Taylor King

#### St Johns Primary School

Daisy Whitehurst

#### Carnarvon Christian School

Junior recipient Chloe York  
Middle recipient Izobel Ferdinandus  
Upper recipient Lachlan Davies

#### Carnarvon Community College

##### Primary Recipients

Charlice Binney  
Edgar Milly Milly  
Isabelle McKennay  
Secondary Recipients  
Jahni Starr  
Marko Cook  
Leticia Ranger

#### Leeman Primary school

K/PP-Year 1 Emily Good  
Year 2-3 Ebonee Voss  
Year 4-6 Summer Curtis

## Getting excited about road safety in Kulin

In 2016 Kulin District High School set road safety as a Term 3 priority to achieve Silver level in our CHAT whole-school approach initiative. Throughout the term, students were involved with many road safety activities including learning how to cross the road by walking and taking bus journeys around town, meeting the local police, creating a giant metal sculpture to remind everyone about road safety, and making puppet shows and videos.

The Year 3-4 class mapped out a pathway from the school to the local shop and painted footprints showing how Izzy, the *Smart Steps* mascot, walked there safely. The school was privileged to have a visit from the Honourable Darren Chester MP, Federal Minister for Infrastructure and Transport,

who also wandered along the painted pathway with students. He was very impressed with the work that had been done and the enthusiasm of the students.

The term-long focus culminated in a whole-school road safety day. This was an exciting day for all the students as they participated in lots of activities run by school staff, local emergency services and organisations from around WA. The day started with an assembly including a visit from Izzy who reminded students of the important road safety messages they

had been learning. Younger students then participated in art and crafts activity while older students explored the impact of distractions on drivers.

The day received great feedback from all areas of the community, especially members of the local volunteer ambulance and fire brigade. It was a fantastic community event. Without the help of the police, ambulance, fire brigade, KidSafe WA, RAC, SDERA and school staff, this day would not have been possible. We hope it inspires more schools to get involved with road safety.

“My favourite activity was the draw and text activity because it shows how dangerous it is to text while driving. The afternoon was very educational and I learnt a lot from it.”

Kulin District High School student



# REGIONAL HIGHLIGHTS

## CHAT schools achieve gold status

What a fantastic way to finish 2016 with five schools in the Warren Blackwood being the first cluster of schools to achieve CHAT GOLD status!

Congratulations to Cape Naturaliste College, Dunsborough Primary School, Geographe Primary School, Margaret River Primary School and Margaret River Senior High School. The CHAT Committees from each of these schools have worked diligently to drive and champion CHAT over the last 4-5 years and SDERA congratulates everyone involved.

Developing a whole-school approach to road safety and alcohol and other drugs education is no easy feat; it requires long-term commitment and a comprehensive level of engagement from schools.

To formally acknowledge these schools and provide them with the opportunity to showcase their tremendous achievements, a celebration event will be held in Busselton this month. The event will also be attended by Cowaramup Primary School who will complete their Gold assessment in February and Bridgetown High School who recently became involved with CHAT and will be awarded Bronze level.

SDERA looks forward to acknowledging each school's long-term commitment and dedication to the health and wellbeing of their school community.



## 2016 Critics' Choice winner - Christmas Island SHS

About 650 students from more than 34 schools across WA took part in the 2016 Critics' Choice competition, held on World No Tobacco Day on 31 May.

Conducted by the Australian Council on Smoking and Health (ACOSH) and Heart Foundation/Smarter than Smoking, the annual competition aims to reduce the prevalence of tobacco smoking among young people and de-normalise smoking behaviour.

Upper primary and lower secondary students are encouraged to watch, rate and discuss anti-smoking television advertisements from around the world and vote on the one most likely to prevent them from taking up smoking or encourage them to stop.

An advertisement called "Killers," produced by the Utah Department of Health, was voted the most popular.

The winning class was from Christmas Island Senior High School. Teacher Tim Sambell said, "We have used Critics' Choice as an engaging and impactful way to get the anti-smoking message across to our students for the last nine years. Showing Critics' Choice advertisements as part of

our Health program empowers our students to say no to smoking and has also had an influence on their parents and other community members to quit."

The class received a \$500 sports voucher.

The following students won a \$30 iTunes voucher: C West, Georgiana Molloy Anglican School; C Bero, Clontarf Aboriginal College; Cody D, Amaroo Primary School; E Lilley, Esperance Primary School; J Mohd Jahis, Christmas Island Senior High School; J Thomas, Sorrento Primary School; L Anderson, Clifton Park Primary School; S Abeyagunawardene, All Saints College; S Vander Heide, Albany John Calvin School; and Taylah P at St Anthony's School. The winning students and school were drawn at random.

ACOSH and the Heart Foundation/Smarter than Smoking project would like to thank all schools that participated in Critics' Choice 2016 and voted on their favourite advertisement.



The Smarter than Smoking project website ([www.smarterthansmoking.com.au](http://www.smarterthansmoking.com.au)) features print-friendly school and community resources to educate and support teachers, parents and young people about tobacco use and smoking related issues.

Critics' Choice 2017 will launch on World No Tobacco Day (31 May). For more information go to [www.smarterthansmoking.org.au](http://www.smarterthansmoking.org.au) or email [acosh@acosh.org](mailto:acosh@acosh.org)

## Alcohol can damage your fragile body

### Keeping alcohol on the health education agenda

The new Alcohol Think Again 'Glassbody' campaign aims to build on the successful 'What you can't see' campaign which has run since July 2014.

The campaign focuses on the damaging effects of alcohol and emphasises how the body is fragile and reducing alcohol consumption can reduce a person's risk of alcohol caused disease such as stroke, heart attack and cancer.

The campaign encourages adults aged 25-54 years to have no more than two standard drinks per day which is in accordance with the National Health and Medical Research Council's (NHMRC) guidelines for reducing the risk of alcohol-related harm over a lifetime.

Concerns about the risks of alcohol for young people, including the potential impact on brain development, led to NHMRC recommending the following guidelines for reducing risk to those under 18 years:

- Parents and carers should be advised that children under 15 years are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important.
- For young people aged 15-17 years; the safest option is to delay the initiation of drinking for as long as possible.

Reference: [alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)

Recent data from the Australian School Students Alcohol and Drug Survey (ASSAD) 2014 illustrates the downward trend in alcohol use for students aged 12-17 between 1984 and 2014 (see graph below).

Rates of alcohol consumption can be seen to have declined over the past three decades to a current figure of 44.3% for use in the past year. In the same time period, the proportion of students reporting they have never consumed alcohol has more than tripled, increasing from 9.0% to 31.5%.

While this is a good news story, ongoing alcohol and other drugs education in the early secondary years is needed to continue to promote negative attitudes towards regular intoxication, improve coping skills and social and emotional competence, and enhance skills to resist peer influences to engage in risky drinking.

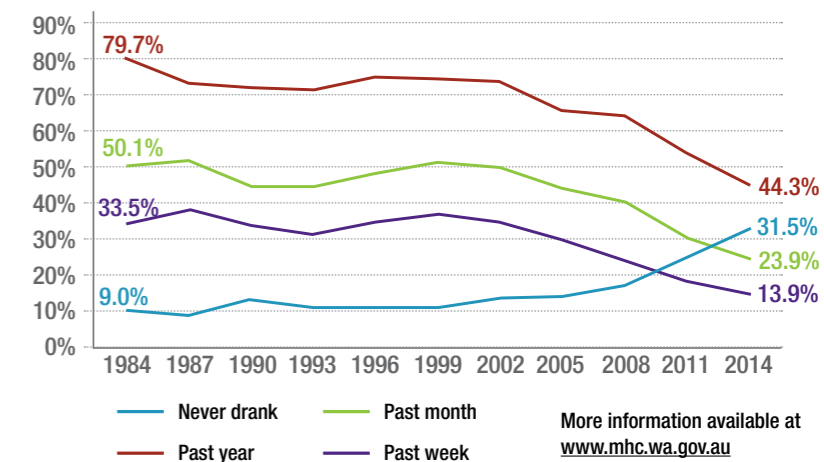
SDERA's *Challenges and Choices* alcohol and other

drugs education resources aim to extend young people's awareness of the ways in which alcohol and any other drug, can affect their health and wellbeing.

Working with these resources in the classroom allows students the opportunity to expand their knowledge, increase understanding, consider and challenge their views, and build skills. This can assist them in making safer choices and minimising their risk of harm through alcohol and other drug use.

The resources are mapped to the WA Health and Physical Education Syllabus ensuring schools can achieve required curriculum outcomes while promoting health and wellbeing in the context of alcohol and other drugs use.

For more on our new Year 7-9 *Challenges and Choices* resources visit SDERA's website.



Prevalence and recency of alcohol use for students aged 12 to 17 years, 1984 to 2014

More information available at [www.mhc.wa.gov.au](http://www.mhc.wa.gov.au)





Staff developing their whole-school drug education plans

## Farewell to Deb Zines

Keys for Life program coordinator, Deb Zines has been a valued member of the SDERA team since 2003.

Deb has brought a wealth of road safety knowledge, project management skills and education expertise to SDERA which has contributed to *Keys for Life* becoming the highly successful pre-driver education program for young people and their parents.

She has also been instrumental in coordinating the Road Safety Education Reference Group Australia and WA Road Safety Education Committee.

Deb's passion for improving young people's health and wellbeing through education, her positive 'can do' attitude to everything that she tackles and amazing morning teas will be very much missed.

On behalf of our team and all those who have met Deb during her 14 years with SDERA, I wish her all the best in her new position.

Anne Miller



Deb Zines

## Agricultural Colleges 'Getting It Together'

Thirty staff members from the WA College of Agriculture Narrogin, Morawa, Harvey and Cunderdin gathered at the Narrogin Agricultural College in early December to participate in *Safer Teens* and *Getting It Together* professional learning workshops.

The enthusiasm of all staff ensured a productive day with the colleges beginning to develop their whole-school drug education plan to relate to the Department of Education Student Behaviour Policy.

The *Safer Teens* workshop provided the participants with a greater understanding of the effects and broader impacts of alcohol, tobacco, cannabis, over-the-counter medicines and prescription drugs.

The aim of *Getting It Together* was for the colleges to begin developing whole-school drug education plans that are consistent in incident management and intervention support available to students.

Staff were pleased to see the progress made across the two day session. The journey has just begun for these colleges and SDERA will continue to support the development of their plans.

Thank you to Narrogin Agricultural College for providing SDERA with the opportunity to be part of this important process.

■ **If your school requires support to develop a whole-school drug education plan, please contact SDERA.**

## Australian Road Safety Awards finalist

SDERA were thrilled to hear that our *Keys for Life* pre-driver education program has been selected as a finalist in three categories of the 2017 Australian Road Safety Awards!

These categories include school programs, community programs and indigenous road safety. Award winners will be announced at the Australian Road Safety Awards luncheon in Melbourne on Wednesday 22 March. Until then, we'll be keeping our fingers and toes crossed!

## WIN \$100 pre-paid Visa card up for grabs!

SDERA's Facebook page is full of great information including current news and research, events, resources and competitions.

For your chance to win a \$100 pre-paid Visa card all you need to do is like our page 'School Drug Education and Road Aware'.

Competition closes Sunday 23rd April 2017. Terms and conditions apply.

## Health and Wellbeing Young Achievers Award update

SDERA is proud to be sponsoring the Health and Wellbeing Award for the Western Australia Young Achievers Awards for 2016/2017. Nominations are now closed and 10 semi-finalists have been selected.

The nominees include Bella Martini, Cory Payne, James Fazio, Jennifer Edwards, Jeremy Diver, Licy Be, Pavitra Aran, Rachael Ralston, Teagen Smith and Thomas Klopccic.

We look forward to presenting the award to the lucky winner at the Gala Awards Presentation on Friday 12th May.

## SDERA staff changes

The SDERA team were sad to see Karratha consultant, Tania Neeson move on to a new opportunity at Dampier Primary School. The staff and students will be lucky to reap Tania's knowledge and skills in health education. We welcome Peter Manins who has commenced in this role.

SDERA congratulates Lizanne Sivapalan and her husband on the birth of their second son.

We also welcome Claudia Burgess who will be the Marketing and Communications Coordinator while Lizanne is on maternity leave.

## NEW Keys for Life webpages

The Keys for Life web pages have recently been updated on SDERA's website to make it easier for people to navigate and find relevant information. Information is now available under sections relevant to teachers, agencies, students and parents.



## WANT TO SHARE A GREAT STORY?

SDERA would love to share relevant news from school-based staff and other interested agencies. A free *Challenges and Choices* resource is available to those who submit an article that is published.



For the chance to have your story published in the Term 2 newsletter email it to [sdera.co@education.wa.edu.au](mailto:sdera.co@education.wa.edu.au) by **Monday 27th March**. Please keep your article to a maximum of 200 words and provide photos (if possible) in jpg format.



**Sign up to receive our newsletter by email!**

To find out about the latest research, statistics, teaching resources and other news, sign up to receive our newsletter by email. Email [sdera.co@education.wa.edu.au](mailto:sdera.co@education.wa.edu.au) or call 9402 6415 to be added to our mailing list.

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# PROFESSIONAL LEARNING 2017

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

Workshops are free to attend. SDERA also contributes up to \$350 towards teacher relief for each teacher attending.



## TERM 1 METRO

**Resilient Kids** Tuesday 14th March

**Safer Kids** Monday 20th March

**Safer Teens** Tuesday 21st March

**Keys 4 Life Online** Thursday 23rd March

**Resilient Teens** Tuesday 28th March

**Talking Drugs** Tuesday 4th April

All metro workshops are held at Statewide Services Centre, 33 Giles Avenue, Padbury

## TERM 1 REGIONAL

**Talking Drugs** Thursday 16th March  
Halls Head Community College

**Keys for Life** Tuesday 21st March  
Mesa by Casellas, Bunbury

**Keys for Life** Tuesday 21st March  
McIver House, Northam

**Resilient Kids** Monday 27th March  
Wyalkatchem District High School

**Keys for Life** Thursday 30th March  
Catholic Education Office, Geraldton

**Safer Kids** Tuesday 4th April  
Catholic Education Office, Geraldton

**Resilient Teens** Wednesday 5th April  
Catholic Education Office, Geraldton

## TERM 2 METRO

TERM 2 REGISTRATIONS NOW AVAILABLE THROUGH PLIS!

**Keys for Life** Tuesday 2nd May

**Safer Teens** Friday 5th May

**Smart Steps** Tuesday 9th May

**Talking Drugs** Friday 12th May

**Safer Kids** Wednesday 17th May

**Resilient Teens** Tuesday 30th May

**Resilient Kids** Wednesday 7th June

**Safer Teens** Wednesday 14th June

All metro workshops are held at Statewide Services Centre, 33 Giles Avenue, Padbury

## TERM 2 REGIONAL

**Getting it Together** Tuesday 2nd May  
McIver House, Northam

**Talking Drugs** Thursday 18th May  
Margaret River Senior High School

**Talking Drugs** Thursday 25th May  
Albany Local Education Office

## PARENT SESSIONS

**Talking Drugs** Thursday 23rd March  
St Stephen's School, Duncraig

**Talking Drugs** Wednesday 17th May  
Margaret River Senior High School

VISIT SDERA'S WEBSITE FOR THE MOST CURRENT INFORMATION

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