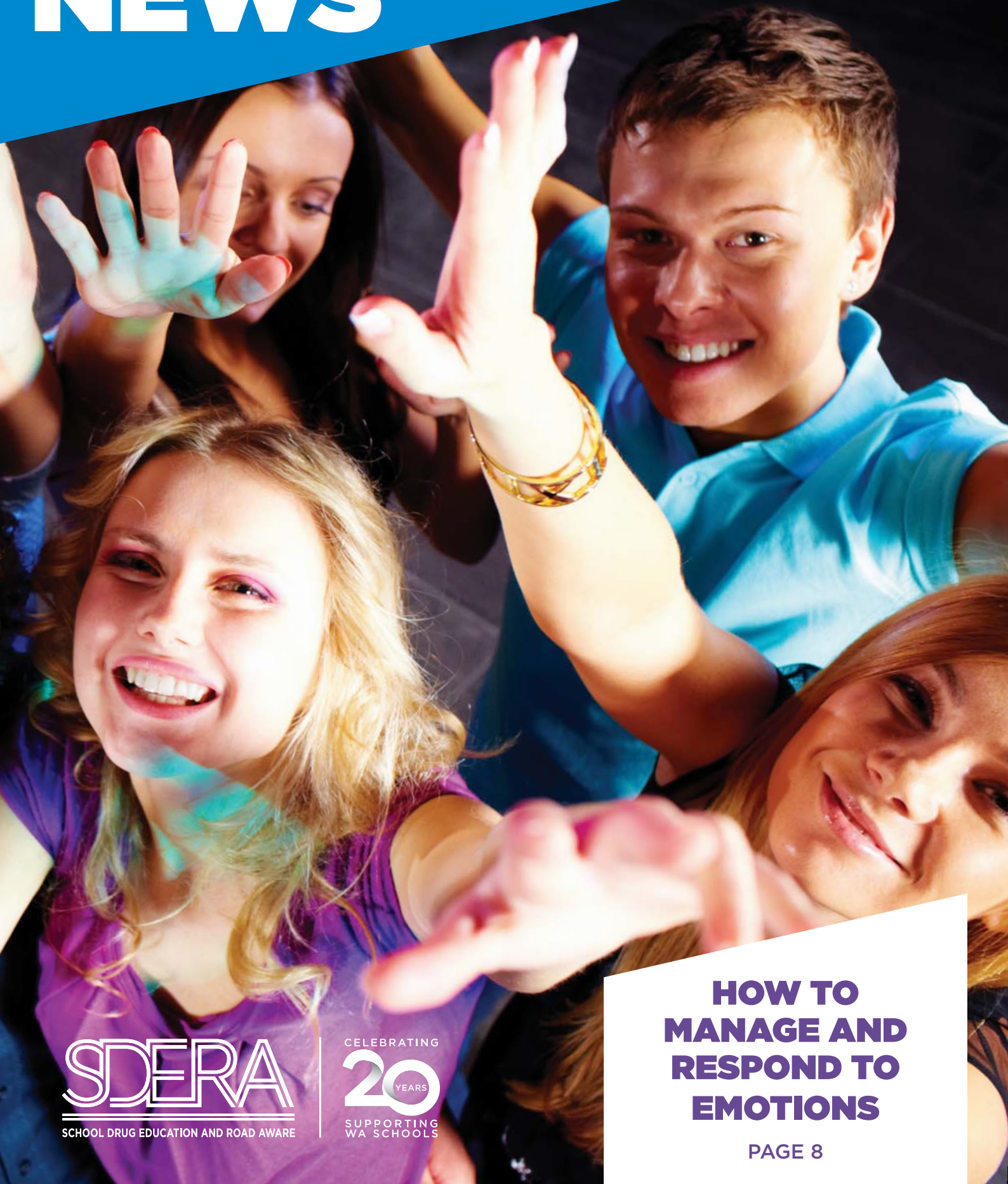


SDERA NEWS

Term 4
October 2018
Number 88



SDERA
SCHOOL DRUG EDUCATION AND ROAD AWARE

CELEBRATING
20 YEARS
SUPPORTING
WA SCHOOLS

**HOW TO
MANAGE AND
RESPOND TO
EMOTIONS**

PAGE 8



The year is coming to an end and with it comes the start of the celebration season. Schools will soon be waving goodbye to their Year 12 students, with some going on to attend Leavers events, and families will be making plans for the festive season.

The holiday period always proves to be one of the busiest times on the road with people travelling long distances to visit family and friends. Unfortunately it's at these times that we hear of lives being tragically lost on our roads. These deaths are usually the result of an unfortunate error or moment of misjudgement by the driver, while in other cases they are often due to illegal behaviours such as drink driving or speeding.

You may have noticed an increase in road safety campaigns over the last few months. I recently attended a forum where Acting Road Safety Commissioner, Iain Cameron stressed that reducing death and serious injury on our roads is everyone's responsibility. The state government's Towards Zero Road Safety Strategy 2008-2020 carries the message that one death is too many, and whatever the number, trauma on WA roads is unacceptable.

So what can we do to ensure we make this holiday season one to remember for all the right reasons?

- Drive to the road conditions and within the speed limit.
- Buckle up and make sure children under seven years of age are seated in a restraint that has been fitted in the back seat.
- Avoid distractions such as mobile phones.
- Avoid driving under the influence of alcohol or other drugs.
- Take a break every couple of hours during long trips.
- If you're going to an event where alcohol will be served, leave your car at home so you're not tempted to get behind the wheel.

WA Police will be enforcing the road rules but we all need to play our part to ensure everyone arrives at their destination as intended during the holiday period. You and your school's contribution to the state's road safety and drug education strategies is to educate children and young people so that they have the skills and information to be able to make informed decisions now and into the future. The programs we offer schools can be delivered in the classroom, used to support whole-school plans and assist to engage parents and carers. The SDERA team can come to your school and introduce staff to these programs.

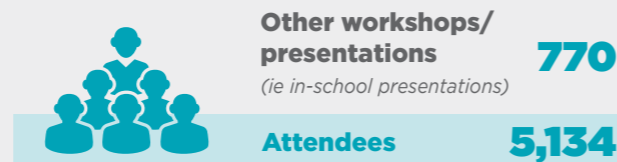
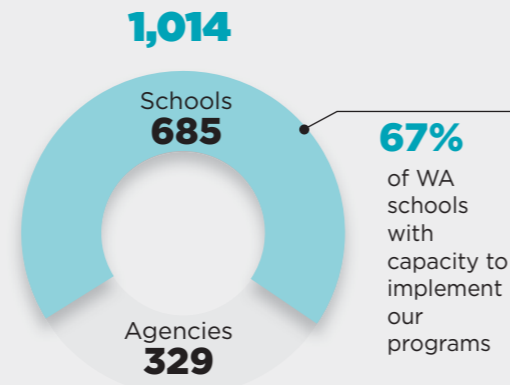
I would like to thank everyone who has engaged with SDERA over the last 12 months and wish everyone a safe and festive holiday season.

Anne Miller
Acting Manager, SDERA

The year in review

I'm pleased to report that the 2017-2018 financial year marked another year of achievement for SDERA. Over this time we provided 1,014 schools and community agencies and 8,444 staff with support to deliver resilience based drug and road safety education to children and young people across WA. Congratulations to the SDERA team for contributing to the success of our 20th year!

Total interactions



New and updated resources and support materials

Road safety	AOD	Both
17	62	11

Resources and support materials distributed or downloaded

256,244

MIDWEST

Trained 1,037 staff and supported 44 schools and 30 agencies
Member of 11 committees
Delivered 14 workshops (including 3 in partnership with Northam)
Conducted 26 events

METRO

Trained 2,612 staff and supported 354 schools and 82 agencies
Member of 3 committees
Delivered 114 workshops
Conducted 7 events

PEEL

Trained 752 staff and supported 59 schools and 44 agencies
Member of 13 committees
Delivered 21 workshops
Conducted 7 events

SOUTHWEST

Albany
Trained 202 staff and supported 17 schools and 11 agencies
Member of 4 committees
Delivered 13 workshops
Conducted 3 events

Bunbury
Trained 162 staff and supported 31 schools and 9 agencies
Member of 3 committees
Delivered 7 workshops (including 4 in partnership with Dunsborough)

Dunsborough
Trained 239 staff and supported 26 schools and 10 agencies
Member of 6 committees
Delivered 12 workshops (including 4 in partnership with Bunbury)
Conducted 1 event

KIMBERLEY

Trained 130 staff and supported 13 schools and 8 agencies
Member of 9 committees
Delivered 8 workshops

PILBARA

Trained 585 staff and supported 30 schools and 53 agencies
Member of 8 committees
Delivered 23 workshops
Conducted 9 events

GOLDFIELDS

Kalgoorlie
Trained 410 staff and supported 24 schools and 47 agencies
Member of 5 committees
Delivered 4 workshops
Conducted 12 events

Esperance
Trained 189 staff and supported 14 schools and 3 agencies
Member of 2 committees
Delivered 11 workshops

WHEATBELT

Northam
Trained 1,763 staff and supported 46 schools and 30 agencies
Member of 8 committees
Delivered 27 workshops (including 3 in partnership with the Mid West)
Conducted 18 events

Narrogin
Trained 262 staff and supported 27 schools and 1 agency
Member of 2 committees
Delivered 13 workshops
Conducted 4 events

In addition to this we trained 101 staff and supported one agency from undisclosed locations.

SDERA is proudly funded by the Department of Education WA, Mental Health Commission, and the Road Safety Commission via the Road Trauma Trust Account

Supported by:



DRUG EDUCATION

SDERA 2017-18

Drug education workshops

157

Workshop attendees

2,412



Reducing risk through prevention education and intervention support

Educating to promote student health is familiar territory for school staff. Regardless of our role, we each have a part to play in increasing students' knowledge, awareness and skills to overcome challenges, and to provide support around anxiety and stress.

With the added pressure on school staff to meet competing priorities, it can help if health education, including alcohol and other drugs (AOD) education, is guided by a whole school plan. Schools with whole school plans for AOD education (including procedures for incident management and intervention support) have a clear approach that supports student wellbeing. This also provides staff with clarity on their contribution to prevention education and consistent and inclusive responses to student AOD use.



What is effective prevention education?

Best practice AOD education explores and develops student's drug related knowledge, skills, attitudes and values through the use of inclusive and interactive teaching strategies. It fosters resilience by nurturing protective factors such as a sense of belonging and connectedness both to the school and the broader community.

Best practice principles also highlight that classroom teachers are best placed to provide school AOD education. Drug education should be age appropriate, provided from early childhood and continue throughout a students' schooling.

National and State strategies support a harm minimisation approach. In school drug education, this means offering interactive, classroom based education that promotes non use and delayed use of AOD, and working inclusively to support students engaging or experimenting with AOD. It also means providing a safe environment where staff understand their role and the actions required to intervene supportively.

Having a whole school plan ensures your school has a clear approach to student wellbeing

School staff are best placed to provide students with prevention education and early intervention



External agencies and guest speakers can be used to complement existing initiatives

External agencies and guest speakers

Using external agencies and guest speakers to provide students with AOD education can appear as an attractive option for schools however best practice emphasises the need for gradual and consistent education over a student's years of schooling. One-off approaches are insufficient in developing student's knowledge, awareness and skills.

External agencies are best used to support schools where concerns exist around student AOD use and when staff require assistance to address these issues through appropriate engagement and/or referral. Guest speakers are best used to complement and enhance existing AOD education initiatives.

Programs and resources

We have a range of helpful programs and resources to assist school staff to engage students in AOD education and to provide appropriate support to increase staff confidence. These include:

- Challenges and Choices for educators of students in Kindergarten to Year 9
- Drug Talk for students in Years 10 to 12
- Wraparound (early intervention program).

Using our resources will allow your school to develop a best practice approach to AOD education

Parent/carer involvement

Involving parents/carers in prevention education initiatives is important. This offers parents/carers reassurance on what is being provided by the school and highlights the value in continuing AOD conversations with their children. We can also assist by delivering information sessions to help parents/cares understand their role in the broad approach to school drug education.

Visit our website to read more about how we can help your school develop a best practice approach to prevention education and intervention support.



ALL STAFF HAVE A ROLE IN EARLY INTERVENTION

Wraparound is our new early intervention program for school staff. Intervening early to address student alcohol and other drug (AOD) use can prevent escalation of problems and enhance student wellbeing.

The Wraparound program aims to:

- provide a platform of information to consolidate or extend learning on AOD
- introduce and work with models and frameworks to increase awareness of AOD use and how this may impact young people
- deepen understanding of guiding structures that will support staff in taking appropriate action
- explore and work through support strategies and skills to strengthen staff confidence.

The program includes a 10 module resource, intervention toolkit and professional learning workshops. The resource offers the background, theories and concepts for early intervention while the toolkit and workshops illustrate and work through the practical application of these skills and strategies.

To learn more about Wraparound, visit SDERA.wa.edu.au.

ROAD SAFETY EDUCATION

SDERA 2017-18

Road safety education workshops

103

Workshop attendees

2,819



Izzy's road safety tips for children

Share these tips with your early years students to teach them how to be safer on the road and around traffic. For helpful resources and support materials including songs, storybooks and games, visit our website to learn about our Smart Steps road safety program.

Safety on wheels



Protect your head and wear your helmet when you ride on a wheeled toy (including bikes, scooters, skateboards, roller blades, rip sticks & hover boards). A loose helmet is just a hat! Ask an adult to check your helmet.

Ride on the footpath away from traffic and ask an adult to be with you. It is the law to get off your bike when crossing the road.



Passenger safety



Always buckle up! Sit in the back seat of the car until you are over seven years old.

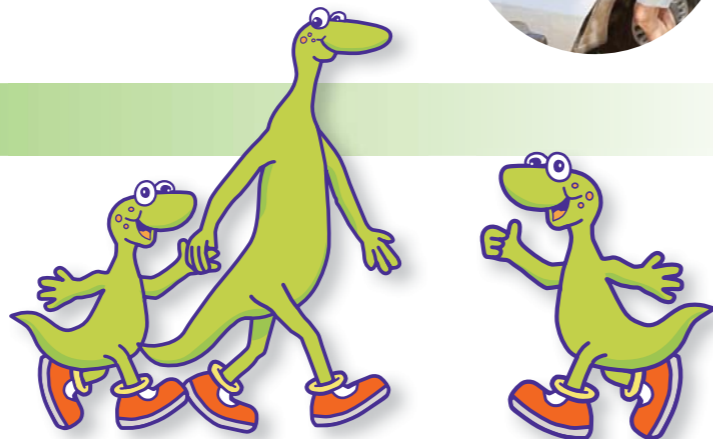
Get in and out of the car using the safety door. This is the door closest to the kerb.



Pedestrian safety



Before you cross the road STOP, LOOK, LISTEN, THINK, and hold an adult's hand.



New Buckle Up brochures

in 24 languages!

The new look Buckle Up brochures include updated information about the type and position of age-appropriate child car restraints. Brochures are available in 24 languages and can be downloaded or ordered free of charge from our website.

系好安全带
儿童每次乘车
让孩子使用儿童安全座椅是法律规定。

阶段 1
新生儿到满6个月

阶段 2
满6个月到4岁

阶段 3
满4岁到7岁

核查清单

儿童应该一直使用儿童座椅，直到身材超过座椅尺寸限制，然后再进入下一个阶段。请务必仔细阅读座椅的使用说明。



Phones, texting and automobiles

Over 700 Year 10 and 11 students from Manea Student College, Dalyellup College and Donnybrook District High School attended a youth road safety expo at the Bunbury Regional Entertainment Centre in August.

Students watched a road crash re-enactment by St John Ambulance paramedics, Police officers and Manea Senior College Health and Medical students. The re-enactment provided students and parents with a firsthand view of how a road crash resulting from driver distraction is managed, and the potential consequences to those involved.

The Bunbury RoadWise Committee promoted the M8 the call can W8 message and students took photos with selfie frames.

Teachers had the opportunity to browse SDERA's popular road safety resources on display. More information about these resources can be found on our website.



Always choose to indicate when exiting roundabouts.

Make the commitment to be a safer driver and role model for others.



Competition

Congratulations to Jason Tuberes from Parkwood Primary School for winning a full set of new road safety banners in our latest competition!

Look out for more competitions in future editions of SDERA News.

Keys for Life at Clontarf Aboriginal College

Clontarf Aboriginal College has conducted the Keys for Life pre-driver education program for almost 10 years.

The primary purpose of this program is to prepare and train our students, many of whom come from rural and remote areas, to become safe and responsible drivers.

Students learn the WA road rules together with comprehensive education in the dangers of reckless behaviour such as drink and drug driving, speeding, fatigue, mobile phone use, not wearing a seatbelt, and the risks associated with country driving and driving on gravel roads.

All students from Years 10 to 12 are eligible to participate. Most achieve their certificate and many go on to obtain their learner's permit and provisional driver's licence.

To facilitate this program the College employs a driver

education theory tutor as well as a qualified driving instructor. We also provide students with access to two dual controlled automatic and manual vehicles.

The practical component of the program provides students with the opportunity to finish school with their driver's licence which consequently increases their independence and employability. This is especially advantageous for our students from rural and remote areas.

The College commends the highly professional structure and content the Keys for Life program provides and considers it an important component of its curriculum.

Nigel Carey, Driver Education Coordinator
Debbie Lisser, Driving Instructor
Clontarf Aboriginal College





We all know that life is a rollercoaster where we experience highs and lows. So what can help us to manage and respond to emotions in a healthy and positive way? How do we deal with the lows, those really difficult situations when you just feel like giving up?



How to manage and respond to emotions

Be a realistic optimist

Balance a positive outlook with an accurate view of the world. Focus on problems that you believe you can solve, and move on from those that you realise aren't through your own doing or appear unsolvable.

Face your fears

When we avoid our fears we become more fearful. When we face our fears they become less frightening. Say things like: "I'm scared but I can learn from this. This is going to make me stronger."

Have a moral compass

Resilient individuals possess a keen sense of right and wrong that tends to strengthen during periods of stress. A strong feeling of right and wrong tells us 'we must' when we feel we can't.

Be part of a group

Join a group that has strong beliefs that reflect your own – not only religious or spiritual but others such as sporting, community or volunteering groups.

Stay fit

Keep active to help reduce stress.

Be a lifelong learner and keep your brain strong

Find ways to keep growing your mind, consider new ways to learn and adapt to new information in the world.

Give and receive social support

Our brains need social support to function optimally. Connection with others releases oxytocin which calms your mind and reduces stress. This connection isn't just about receiving help from others but also giving help when it's needed.

Have resilient role models

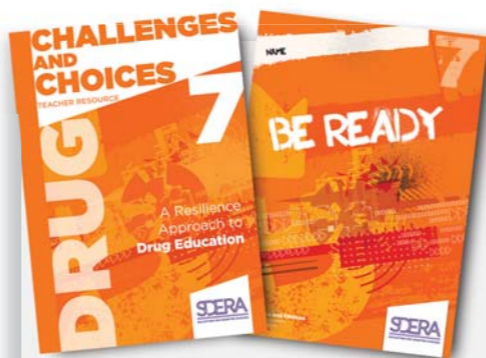
Do you have someone in your life who truly supports you and whose beliefs, attitudes and behaviours inspire you? If not, that's okay. Sometimes having a negative role model is helpful too because they provide an example of what you don't want to be.

Have meaning in your life

Have a mission and purpose in life that gives meaning to the things you do, so when times are hard, you feel a greater purpose and push forward.

Have a number of ways to cope

People who are resilient tend to be flexible in the way they react emotionally to stress. They use and shift between a number of coping strategies depending on the circumstances. What coping strategy can we all try to use? Humour! Evidence suggests humour to be an effective coping mechanism.



Our Challenges and Choices resources provide age-based teaching and learning strategies and classroom activities to help you develop resilience in your students. Visit our website to download these freely available resources today.

(Adapted from Resilience: The Science of Mastering Life's Greatest Challenges by Steven Southwick and Dennis Charney)

Working together to achieve success

Henry Ford once said: "Coming together is a beginning; keeping together is progress; working together is success."

According to this, four Manjimup schools who are working together to implement a whole-school approach to drug and road safety education through CHAT are destined for success!

East Manjimup Primary School, Manjimup Primary School, Manjimup Education Support Centre and Manjimup Senior High School are working collaboratively to achieve

targets outlined by the initiative.

Recently we ran Smart Steps and Safer Kids workshops at Manjimup Primary School to provide staff with professional learning that will assist them to implement CHAT.

Deputy Principal, Natasha Omodei, said holding the workshops at the school meant minimal disruption and provided staff with the opportunity to become familiar with helpful resources.

More information about CHAT can be found on our website.

Our early years teacher was so enthusiastic after the workshops she implemented road safety activities into the classroom straight away!

Manjimup Deputy Principal, Natasha Omodei

New CHAT assessment tool

An exciting new assessment tool will replace the CHAT Audit Tool this term.

The CHAT Self-Assessment Tool (CSAT) will continue to use the three key components of the Health Promoting Schools Framework. The new tool has been updated to align with the WA Curriculum and reflect changes to policies and resources.

No action is required from schools already engaged in CHAT as all information will be merged into the new tool. Schools will be contacted once the CSAT is live.

Important! The current version of the CHAT Audit Tool will be unavailable from Monday 29 October. Please save your information prior to this.



Seeking expressions of interest



TALK EARLY TALK OFTEN



Talk Early, Talk Often

We are looking for secondary schools who would like to get involved in an exciting new project about parent engagement.

Funded by Healthway, the Talk Early Talk Often Project is a collaboration between SDERA and Telethon Kids Institute.

This project aims to reduce the risk of harm associated with alcohol use and the online environment by enhancing communication between Year 7 children and their parents. Through the project schools will have the opportunity to set the scene for ongoing collaborations with families. CHAT schools will use the project as a way to reach their parent engagement targets.

Parents will gain insight into the alcohol-related educational content covered in classrooms as well as information about cybersafety.

Participating schools will be randomly assigned to one of two groups. Parents in group one will receive both alcohol and cybersafety information while parents in group two will receive cybersafety information only.

The project will start in early in 2019. Schools will receive support from SDERA and the research team throughout the project.

To find out more visit the Latest News section of the SDERA website.

Talking Leavers

On Sunday 12 August over 100 parents of school Leavers attended a free information session held by SDERA and WA Police.

The purpose of the session was to encourage parents to speak with their teenager about ways to stay safe while enjoying Leavers celebrations.

Parents were given strategies to use when speaking with teenagers about drug use and road safety. Parents learnt how coordinated events will run and the role Police and volunteers play at organised Leavers events.

The event took place at the AQWA Function Centre where parents enjoyed morning tea and free access to AQWA following the event.

Organised Leavers events will take place from 19 to 22 November in Dunsborough/Busselton and Rottneet.

We thank our special guests from WA Police, Hope Community Services and Red Frogs for attending the event.

Need a lift to Leavers?

Transwa are providing extra road coaches to transport school Leavers to and from Dunsborough.

Coaches feature on board entertainment with individual sound controls, air conditioning, USB ports and toilet facilities. Plus students are entitled to a 50% discount on fares!

Visit the Transwa website to learn more.

Tips for parents

1. Talk with your Leaver about their plans and help them get organised
2. Do not supply your Leaver with alcohol
3. Talk about the harms of alcohol and other drug use and unsafe driving
4. Help your Leaver develop ways of refusing or avoiding unsafe situations
5. Keep in contact with your Leaver while they are away

More information for parents of Leavers can be found on our website.



Updated Connect directory now online

Download the Connect directory from our website to find community based health education, drug and mental health support services located throughout WA. These services offer programs that complement a school's education initiatives and provide counselling, information and referral.



Farewell to staff

The SDERA team farewelled Road Safety Coordinator, Sharon Wilson and Drug Education Consultant, Melanie Every from the metropolitan office. We wish them both the very best.

Road safety advocates acknowledged

Two SDERA staff members have been acknowledged by the Road Safety Council for their contribution to road safety education.

Wheatbelt consultants, Rose Power and Ann Rintoul each received a Certificate of Recognition from the Hon. Michelle Roberts MLA Minister for Police and the Acting Road Safety Commissioner and Road Safety Council Chair, Iain Cameron.

Both consultants have worked tirelessly to reduce road trauma in their region by engaging schools to deliver effective road safety education to students.

Congratulations to Rose and Ann!

We also extend our congratulations to Comet Bay Primary School Principal, Graeme Watson, who received an award for creating a safe traffic environment for the school community through CHAT.



Top: (L-R) Karen Webster and Rose Power.

Right: (L-R) The Hon. Michelle Roberts MLA, Ann Rintoul and Iain Cameron.

Want to share a great story?

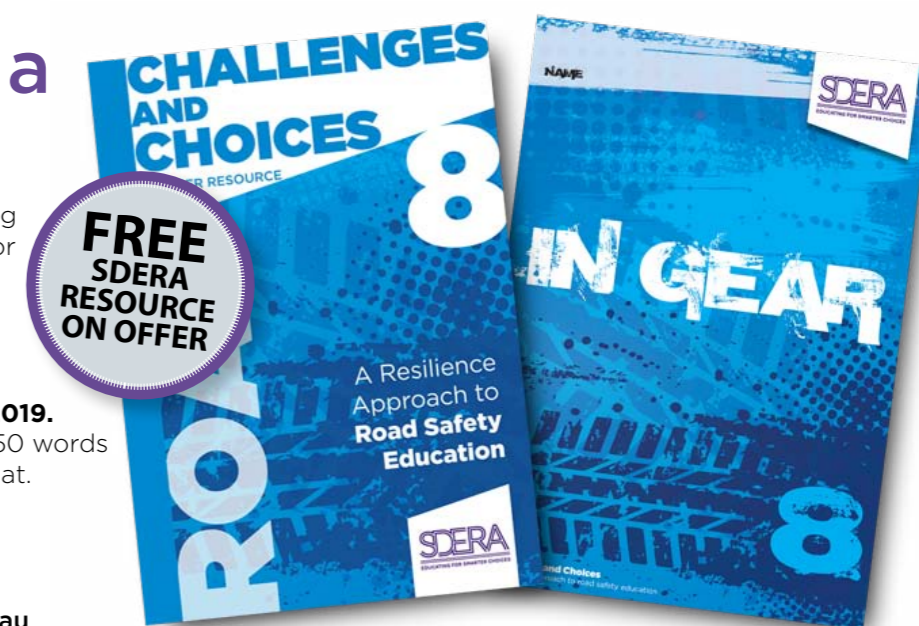
We want to hear about road safety and drug education at your school, childcare centre or community agency. A free Challenges and Choices resource is available to educators who submit an article that is published.

To submit a story for the next newsletter email it to our editor by **Friday 4 January 2019**. Please keep your article to a maximum of 150 words and provide photos (if possible) in jpg format.

Editor: Claudia Burgess

Phone: 9402 6254

Email: claudia.burgess@education.wa.edu.au



SDERA on social media

Our Facebook and Twitter pages are full of great information including research, statistics, education resources, competitions, current news and events. Follow us today!



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 provides the full cost of teacher relief for each person attending a whole day workshop.



UPCOMING WORKSHOPS

TERM 4 METRO

- Keys4Life Online**
Friday 26 October
 - Resilient Kids**
Tuesday 13 November
 - Talking Drugs: Teaching and assessing with purpose**
Wednesday 14 November
 - Keys for Life**
Tuesday 11 December
- All Metro workshops held at Statewide Services Centre, Padbury

TERM 4 REGIONAL

- Talking Drugs: Teaching and assessing with purpose**
Friday 2 November
Albany
- Talking Drugs: Teaching and assessing with purpose**
Wednesday 7 November
Kalgoorlie
- Resilient Kids**
Thursday 8 November
Kalgoorlie
- Resilient Kids**
Thursday 15 November
Mandurah
- Keys for Life**
Tuesday 11 December
Albany

TERM 1, 2019 METRO

- Resilient Kids**
Thursday 21 February
 - Keys for Life**
Wednesday 27 February
 - Safer Kids**
Wednesday 13 March
 - Smart Steps (Half day workshop)**
Wednesday 27 March
 - Keys for Life**
Thursday 28 March
 - Resilient Teens**
Friday 29 March
 - Wraparound**
Monday 1 April to Tuesday 2 April
 - Talking Drugs: Teaching and assessing with purpose**
Wednesday 10 April
- All Metro workshops held at Statewide Services Centre, Padbury

PARENT SESSIONS

- Talking Drugs**
Wednesday 7 November
Wattle Grove Primary School
- Talking Drugs**
Tuesday 20 November
Eastern Hills Senior High School
Mount Helena



TO REGISTER FOR WORKSHOPS OR TO VIEW THE MOST CURRENT WORKSHOP DATES VISIT

SDERA.wa.edu.au



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