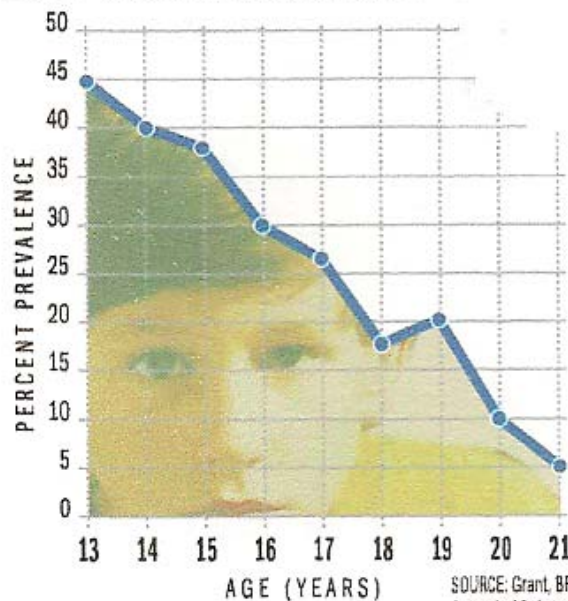


*The Why and How
of
WCTU Drug-Free Lifestyles
Drug Ed Programs*

Why do Drug Education in Schools?

Alcohol dependence
BASED ON AGE DRINKING STARTS



SOURCE: Grant, BF and Dawson, DA.
Journal of Substance Abuse 9:103-110.1997

The area of the brain that encourages impulsivity and risk-taking develop early in a teenager, while the areas that improve self-control and good judgement don't develop until the very late teens or early twenties.

Young people who begin drinking before the age of 15 are five times more likely to develop alcohol problems than those who start after the age of 21.

When is the most appropriate time to do Drug Education?

We start In **Primary School**, especially with **Grades 5 and 6 students**.

Roy Morgan research in November 2009 suggested that 2 million Australians were under the age of 10 when they first tried alcohol. This means that Grades 5 and 6 are a crucial stage for developing life-time attitudes.

Secondary School is a more tempting scene so it is important that the message is reinforced in **Years 7 and 8**.

The 2009 National Survey of Young Australians, involving 48,000 people aged 11-24, found drugs, body image and suicide were the top concerns. **Only about 5% of 11 - 14 year-olds use drugs but they are worried about the impact of drugs on friends, families and their communities.**

How should Drug Education be done?

Children learn through receiving information in a variety of ways. We therefore use methods that impact on many of their senses.

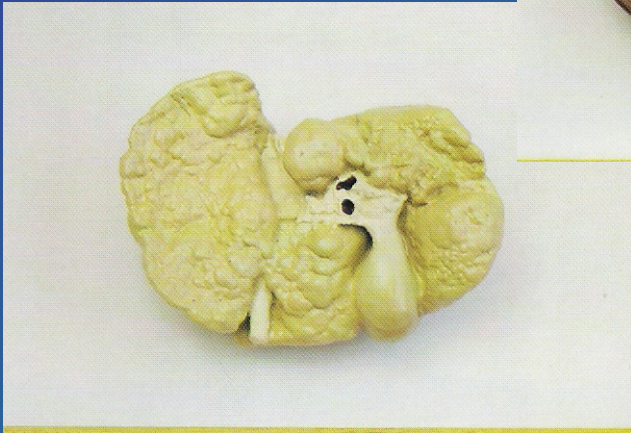
Sight and sound

Medical
Models



Colourful
power-point
presentation

Confronting
video about
smoking



WOW
Cigarette



Standard Drinks
glass

Touch/interaction



Beer Goggles

Experiments

With alcohol and water

Bread and sugar

- Discussion/questioning
 - Real stories
 - Role plays
 - Relationships

Our emphasis is on giving students up-to-date information so that they can make their own wise choices regarding the use of drugs.

Long-term effectiveness of our programs

- We leave follow-up materials for students and teachers
- We try to get 2 chances with students at Grades 5/6 and Years 7/8
- We get teacher responses which are always positive
- We offer a Parent Information session