

ALCOHOL EDUCATION IN-SCHOOL PRESENTATIONS

Engaging students & delivering:

- Binge drinking realities
- Social, physical and emotional costs
- Alcohol induced behaviours
- Alcohol & the adolescent brain
- Recognising medical emergencies
- Real life scenarios
- Practical abstaining strategies
- Tips for keeping safe

1 in 2 Australians aged 15-17 who get drunk will do something they regret

Educating those in need

This disturbing statistic is an unfortunate reality that faces many young people, their parents/carers and educationalists alike. The consequences of underage binge drinking can be emotionally, socially and physically scarring. And often irreversible. **In Victoria one young person dies each week directly attributed to alcohol.**

Experimentation with alcohol can be common among young teens but it's not safe ... or legal. We need to equip them with the understanding, knowledge and strategies to help guide them in making informed decisions and taking sensible actions so they can have a good time without negative consequences.

Why an outsider makes a difference



Xavier Diaz
Degree in Social Science
majoring in Psychology and
Marketing

Our highly experienced presenter Xavier Diaz has been providing preventative education to students for years and is highly knowledgeable and engaging.

Energetic and humorous, he is an active youth group leader and is passionate about his mentoring role.

A trained actor, his presentation style is entertaining and humorous and he quickly commands the attention of his audience. He is skilled at tailoring the content to resonate with young people, using creative techniques like acting, real life story telling and scenarios to effectively get through to a sometimes 'invincible' mindset.

"It was perfect – a very interactive approach. It is good for them to hear it from someone else"

**Gail Koehler, Hampton Park
Secondary College**

"The presenter was open and talked about stuff that teachers would not"

Year 9 student

"The realities context made an enormous difference, the presenter could speak their language"

Grace Kinch, Korowa Anglican Girls School



Voted 10/10 by teachers

"I couldn't rate it highly enough. He was engaging and had a fantastic sense of humour. The students thought it was the best presentation they had seen."

Fiona Morse, Sacre Coeur

About Alcohol Education student presentations

Our first rule about communicating to young people about alcohol... make sure they're listening

For messages to be absorbed, retained and acted upon you must first capture and keep the audience's attention, engage and involve them, be relevant, relate in an age appropriate way and use examples and scenarios that resonate with young people. Research and experience tells us that young people don't want to be lectured about alcohol. They want relevant information and strategies.

Key alcohol education messages

✓ Beyond the hype

- Why teens equate drinking with fun
- Peer influence
- The facts about the growing teen abstinence trend

✓ How alcohol affects the teen brain

- How the body processes alcohol
- Potential for long term brain damage
- There is no safe amount – why it's good to delay or abstain

✓ Regrets, regrets

- Social, physical and emotional consequences
- Real life scenarios
- Impaired decision-making
- Poor choices leading to regrets

✓ Taking care of yourself

- How to say 'no' and take control
- Tips for avoiding drinking too much
- T.A.P. - Think (what, where, how much, who with)
- Anticipate (what could go wrong?)
- Plan (support, staying safe, getting home)

✓ The facts and the myths

- Alcohol content in beer, wine, alcopop and spirits
- What is a 'standard' drink
- Sobering up

✓ Taking care of your friends

- Recognising medical emergencies
- When to call 000
- Alcohol poisoning
- Black outs
- Where to get help

"I was expecting to be lectured but got some really useful information"

Year 10 student

"It showed what could happen and made me realise it can happen to anyone"

Year 8 student



Voted 10/10 by teachers

"Students said that because the presentation was fun they listened and took notice."

Faye Harding, Kew High School

Frequently Asked Questions

Who is it for?

Year 8, 9 and/or 10. Aimed at age of experimentation and inexperience.

How long do the presentations go for?

60 minutes

How many students can attend?

We recommend an audience size of up to 70 students to effectively maintain engagement and interaction of students; however this is at the discretion of the school.

What is required?

The presentation can be made in any suitable interior space and requires a whiteboard and markers, equipment to run a PowerPoint presentation and show a DVD. For larger audience sizes or auditorium style venues, a microphone and AV / IT support to assist set up is required.

Pencils should be supplied at the end to fill out feedback forms.

Are reinforcement materials provided?

Age appropriate materials for use in follow up discussions or reinforcement lessons are emailed in advance.

How do we book?

Contact our School Liaison Co-ordinators - Odette and Lisa.

We can provide further information and take your booking.

03 9975 7375 | info@warneryoutheducation.com.au



Voted 10/10 by teachers

"Very informative and entertaining presentation. Xavier is passionate about his work and does a terrific job."

Michelle Davey, Wesley College