EMPOWER EDUCATION

Specialist *Alcohol & Other Drug* Education for Secondary Schools

Curriculum Links

Australian Curriculum (V 9.0)
Keeping Safe Child Protection Curriculum (2023)

ENCOUNTER YOUTH

SUPPORTING PARTNERS

Government of South Australia
Department for Education

variety
the children's charity

Australian Curriculum V 9.0 | Year 7 & 8

What's the Deal? (Year 7) | Seminar Learning Objectives

Students will increase their knowledge and awareness of alcohol and other drugs, prescription medications and safety practices. They will identify the difference between legal and illegal substances, and explore health risks associated with alcohol and other drug use, including the health impacts on the body and developing brain. Students will critically engage with perceptions of young people and their choices, how these are represented in the media compared to current research data, and will discuss the impact and influence these perceptions can have on personal choices. Students will explore help-seeking strategies and their benefits, resilience, and assertive and respectful communication of their personal choices.

Regard the Risks (Year 8) | Seminar Learning Objectives

Students will explore brain development and its impact on decision-making and risk-taking. They will increase their knowledge about personal identity based choices and the factors that motivate, influence and impact our ability to make positive, healthy choices. Building on their knowledge of alcohol, other drugs and medications, students will discuss vulnerability, trust, navigating increased independence and strategies on how to look after themselves and their friends. Students will increase their knowledge and awareness of resilience and healthy ways to cope with life stress and pressures, including pressure from peers. Students will explore how to both communicate their choices and support their friend's choices in an assertive and respectful way.

This is an interactive PDF. For elaborations, hover the cursor on the relevant code.

General Capabilities

Critical and Creative Thinking | Ethical Understanding | Personal and Social Capability | Literacy | Intercultural Understanding

Health and Physical Education | Year 7 & 8

Focus Areas

Alcohol and other drugs | Mental health and wellbeing | Relationships and sexuality | Safety

Personal, social and community health

Identities and Change

AC9HP8P01 Analyse and reflect on the influence of values and beliefs on the development of identities.

AC9HP8P02 Analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes.

AC9HP8P03 Examine how roles, decision-making, and levels of power, coercion and control within relationships can be influenced by gender stereotypes.

Interacting with others

AC9HP8P04 Examine the roles of respect, empathy, power and coercion in developing respectful relationships.

AC9HP8P06 Analyse factors that influence emotional responses and devise strategies to self-manage emotions.

AC9HP8P07 Explain and apply skills and strategies to communicate assertively and respectfully when seeking, giving or denying consent.

Making healthy and safe choices

AC9HP8P08 Analyse and reflect on the influence of values and beliefs on the development of identities.

AC9HP8P09 Analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes.

AC9HP8P10 Examine how roles, decision-making, and levels of power, coercion and control within relationships can be influenced by gender stereotypes.

Australian Curriculum V 9.0 | Year 9 & 10

EMPOWER EDUCATION

Know your Limits (Year 9) | Seminar Learning Objectives

Students are introduced to the concept of celebration culture and explore the ways our pre-existing knowledge and beliefs can influence choices around alcohol, other drugs and parties. Students increase their knowledge and understanding of brain development and risk-taking, exploring the developmental and social factors that contribute to risk taking among young people. Students discuss resilience and the importance of effective communication of choices and personal boundaries. Protective strategies to reduce risks and harms caused by alcohol and other drugs are introduced. Students are equipped with practical strategies to reduce risk and respond to emergency situations including those that involve alcohol and/or other drugs.

Who's Calling your Shots? (Year 10) | Seminar Learning Objectives

Students expand their understanding of celebration culture and are encouraged to challenge their own and others' pre-existing attitudes, beliefs and behaviours, including those of the media. The current rates of alcohol use amongst Australian young people and trends in illicit drug use are introduced. The health risks and impact of underage alcohol use on brain development are discussed. Students increase their understanding and awareness of how alcohol and other drugs can impact personal safety and vulnerability in a party environment. Students will be able to identify risky drinking, common myths surrounding sobering up, and practical strategies to respond to emergency situations including those that involve alcohol and/or other drugs.

This is an interactive PDF. For elaborations, hover the cursor on the relevant code.

General Capabilities

Critical and Creative Thinking | Ethical Understanding | Personal and Social Capability | Literacy | Intercultural Understanding

Health and Physical Education | Year 9 & 10

Focus Areas

Alcohol and other drugs | Mental health and wellbeing | Relationships and sexuality | Safety

Personal, social and community health

Identities and Change

AC9HP10P01 Analyse factors that shape identities and evaluate how individuals influence the identities of others

AC9HP10P02 Refine, evaluate and adapt strategies for managing changes and transitions

AC9HP10P03 Investigate how gender equality and challenging assumptions about gender can prevent violence and abuse in relationships.

Interacting with others

AC9HP10P04 Evaluate the influence of respect, empathy, power and coercion on establishing and maintaining respectful relationships.

AC9HP10P05 Propose strategies and actions individuals and groups can implement to challenge biases, stereotypes, prejudices and discrimination, and promote inclusion in their communities.

AC9HP10P06 Evaluate emotional responses in different situations to refine strategies for managing emotions.

AC9HP10P07 Examine how strategies, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs can support the development of respectful relationships, including sexual relationships.

Making healthy and safe choices

AC9HP10P08 Plan, rehearse and evaluate strategies for managing situations where their own or others' health, safety or wellbeing may be at risk.

AC9HP10P09 Critique health information, services and media messaging about relationships, lifestyle choices, health decisions and behaviours to evaluate their influence on individual attitudes and actions.

AC9HP10P10 Plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing.

Keeping Safe: Child Protection Curriculum Year 7 & 8

KS:CPC | Year 7 - What's the Deal?

FA1: The right to be safe

Topic 1: Warning signs
1.1 Explore the right to be safe (p42)
1.2 Understand warning signs in unsafe situations (p42)

Topic 2: Risk-taking and emergencies
2.1 Use stories to explore risk-taking (p45)

Topic 3: Psychological pressure and manipulation
3.2 Examine psychological pressure and manipulation and 'brainwashing' through media (p48)

FA2: Relationships

Topic 2: Identity and relationships
2.1 Explore relationships (p54)

Topic 4: Trust and networks
4.1 Trust activities (p64)
4.2 Develop a network of trusted people (p64)

FA4: Protective Strategies

Topic 1: Strategies for keeping safe
1.2 Examine risky situations and problem-solving (p90)
1.3 Discuss the importance of being assertive (p91)
1.4 Strategies for talking about difficult topics (p92)
1.6 Explore resilience (p93)

Topic 2: Network review and community support
2.3 Explore community support services (p98)

KS:CPC | Year 8 - Regard the Risks

FA1: The right to be safe

Topic 1: Warning signs
1.1 Explore the right to be safe (p42)

Topic 2: Risk-taking and emergencies
2.2 Use stories to explore emergencies (p47)
2.3 Plan for emergencies (p47)

Topic 3: Psychological pressure and manipulation
3.2 Examine psychological pressure and manipulation and 'brainwashing' through media (p48)

FA2: Relationships

Topic 2: Identity and relationships
2.1 Explore relationships (p54)

Topic 4: Trust and networks
4.1 Trust activities (p64)
4.2 Network of trusted people (p64)

FA3: Recognising and reporting abuse

Topic 2: Recognising abuse
2.3 Abuse scenarios including drugs and alcohol (p72)
2.4 Warning sign scenarios including alcohol (p73)

FA4: Protective Strategies

Topic 1: Strategies for keeping safe
1.2 Examine risky situations and problem-solving (p90)
1.3 Discuss the importance of being assertive (p91)
1.4 Strategies for talking about difficult topics (p92)
1.6 Explore resilience (p93)

Topic 2: Network review and community support
2.3 Explore community support services (p96)
2.4 Use stories to explore persistence (p96)

Keeping Safe: Child Protection Curriculum Year 9 & 10

EMPOWER EDUCATION

KSCPC | Year 9 - Know Your Limits

FA1: The right to be safe

Topic 1: Warning signs
1.1 Explore the right to be safe (p42)
1.2 Understand warning signs in unsafe situations (p42)
1.3 Examine why some people don't have warning signs (p43)

Topic 2: Risk-taking and emergencies
2.1 Use stories to explore risk-taking (p45)
2.2 Use stories to explore emergencies (p47)
2.3 Plan for emergencies (p47)

Psychological pressure & manipulation
3.2 Examine psychological pressure and manipulation and 'brainwashing' through media (p48)

FA2: Relationships

Topic 2: Identity and relationships
2.1 Explore relationships (p54)
2.2 Define healthy and unhealthy relationships (p54)

Topic 3: Power in relationships
3.8 The role of bystanders (p62)

Topic 4: Trust and networks
4.2 Network of trusted people (p64)

FA3: Recognising and reporting abuse

Topic 2: Recognising abuse
2.2 Define abuse (p71)
2.3 Abuse scenarios including drugs and alcohol (p72)
2.4 Warning sign scenarios including alcohol (p73)

FA4: Protective Strategies

Topic 1: Strategies for keeping safe
1.2 Examine risky situations and problem-solving (p90)
1.3 Explore the importance of being assertive (p91)
1.4 Strategies for talking about difficult topics (p92)
1.6 Explore resilience (p93)

Topic 2: Network review and community support
2.4 Use stories to explore persistence (p96)
2.3 Explore community support services (p96)

KSCPC | Year 10 - Who's Calling Your Shots

FA1: The right to be safe

Topic 1: Risk-taking and emergencies
1.1 Explore community services that support mental and emotional wellbeing (p40)
1.1 Review warning signs in risky situations (p40)
1.2 Assess risks and unsafe situations (p41)

Topic 2: Psychological pressure and manipulation
2.1 Discuss examples of psychological pressure and manipulation from a range of media sources (p44)

FA2: Relationships

Topic 1: Rights and responsibilities
1.4 Explore rights and responsibilities in intimate relationships (p51)

Topic 4: Trust and networks
4.1 Explore support services (p58)
4.2 Discuss ways to support others (p59)

FA3: Recognising and reporting abuse

Topic 1: Privacy and the body
1.1 Brainstorm important health considerations for different components of health (p62)
Understand the right to privacy (p63)

Topic 2: Recognising abuse
2.1 Examine types of abuse and external influences such as drugs and alcohol (p65)

FA4: Protective Strategies

Topic 1: Strategies for keeping safe
1.1 Identify situations for self-protection (p82)
1.2 Use problem-solving strategies (p83)
1.3 Practice effective communication (p84)

Topic 2: Network review and community support
2.1 Develop networks as a self-protection strategy (p85)
2.3 Review support services (p86)

Senior School Seminars | Year 11 & 12

Alert not Alarmed (Year 11) | Seminar Learning Objectives

Students will increase their knowledge and awareness about the health impacts of alcohol, other drugs and risky behaviours. They are equipped with protective strategies to respond appropriately in a variety of situations, empowering them to keep themselves and their friends safe. Students explore respectful relationships, vulnerability and consent, and the influence that alcohol and other drugs can have on people's choices and expectations, as well as legal considerations and the impact of alcohol and other drugs on driving. Students will critically examine the celebration environment, culture, social expectations and perceptions portrayed in the media, including the impact and influence this can have on a person's digital reputation. Consideration is given throughout the session to behaviours that make a person more vulnerable in a party environment and what responsibilities they take charge of to keep themselves and others safe.

#Adulting (Year 12) | Seminar Learning Objectives

Students increase their understanding and awareness of the new environments, legal responsibilities and social pressures that accompany their transition into adulthood, including those regarding alcohol and other drugs. Students will identify key warning signs of intoxication, drink spiking and the health impacts associated with other drug use and protective strategies to minimise these harms. Students will be able to identify warning signs associated with potential violence and steps that bystanders can take to reduce the incidence and impact of violence. Students will develop an understanding of social responsibility, support networks and strategies on how to respond to acute harms, including when and how to involve emergency services. Students are empowered to understand their personal boundaries and their right to make positive healthy choices, and will further develop their confidence to assertively communicate those boundaries and choices with others.

Safety at Schoolies (Year 12 | Seminar Learning Objectives

The Safety at Schoolies seminar is the ultimate guide to end-of-year celebrations for Year 12 students, regardless of how they choose to celebrate. Students critically examine celebration culture and are encouraged to challenge pre-existing attitudes, beliefs and behaviours about young people, alcohol, other drugs and celebrations. Students will develop an in-depth understanding around the rates of alcohol and other drug use in young adults, the effects of alcohol, the stages of intoxication and will be empowered to dispel common myths around sobering up. Students will develop an understanding of social responsibility, support networks and strategies on how to respond to acute harms, including when and how to involve emergency services. Students are empowered to understand their personal boundaries and their right to make positive healthy choices, and will further develop their confidence to assertively communicate those boundaries and choices with others. Drawing from 25 years of experience managing the response to 'schoolies' celebrations, we provide Year 12's with the key information and services available throughout the Schoolies Festival weekend and beyond, to help them plan ahead to have a positive and safe end-of-year celebration.

Keeping Safe: Child Protection Curriculum Year 11 & 12

KS:CPC | Year 11 - Alert not Alarmed

FA1: The right to be safe

Topic 1: Risk-taking and emergencies

1.1 Review warning signs in risky situations (p40)
Assess risks (p41)
1.2 Explore community services that support positive psychology and wellbeing (p43)

Topic 2: Psychological pressure and manipulation

2.1 Use a range of media to discuss examples of psychological pressure and manipulation and subliminal advertising (p44)

FA2: Relationships

Topic 4: Trust and networks

4.1 Explore support services and trusted networks (p58)
4.2 Discuss ways to support others (p59)

Topic 1: Rights and responsibilities

1.3 Understand the meaning of sexual consent (p50)
1.4 Explore rights and responsibilities in intimate relationships (p51)

FA3: Recognising and reporting abuse

Topic 1: Privacy and the body

1.1 Identify health considerations relevant for young people (p62)
1.3 Discuss alcohol and drugs in relation to health and safety and decision-making (p63)

Topic 2: Recognising abuse

2.1 Examine types of abuse and external influences such as drugs and alcohol (p65)
2.3 Examine sexual abuse and research sexual abuse statistics (p67)

Topic 3: Cyber safety

3.2 Explore risks associated with sexting (p72)
3.3 Explore issues associated with digital reputations (p73)

FA4: Protective Strategies

Topic 1: Strategies for keeping safe

1.2 Explore problem-solving strategies (p83)
1.3 Explore effective and assertive communication (p84)

Topic 2: Network review and community support

2.1 Develop networks as a self-protection strategy (p85)
2.1 Use networks as a self-protection strategy (p85)
2.3 Review support services (p86)

KS:CPC | Year 12 - #Adulting and Safety at Schoolies

FA1: The right to be safe

Topic 1: Risk-taking and emergencies

1.1 Review warning signs in risky situations (p40)
1.2 Assess risks (p41)
1.3 Explore community services that support positive psychology and wellbeing (p43)

Topic 2: Psychological pressure and manipulation

2.1 Use a range of media to review examples of psychological pressure and manipulation and subliminal advertising (p44)

FA2: Relationships

Topic 2: Identity and relationships

2.1 Review and report on examples of healthy and unhealthy relationships as depicted in the media (p52)
2.1 Explore healthy and unhealthy relationships (p52)

Topic 4: Trust and networks

4.1 Develop trusted networks (p58)
4.2 Discuss ways to support others (p59)

FA3: Recognising and reporting abuse

Topic 1: Privacy and the body

1.1 Identify health considerations relevant for young people (p62)

Topic 3: Cyber safety

3.3 Explore issues associated with digital reputations (p73)

FA4: Protective Strategies

Topic 1: Strategies for keeping safe

1.1 Identify strategies for self-protection (p82)
1.2 Explore problem-solving strategies (p83)
1.3 Explore effective and assertive communication (p84)

Topic 2: Network review and community support

2.1 Research community support services (p85)
2.3 Review support services (p86)

Teacher Resource Room

ENCOUNTER YOUTH

Encounter Youth's Teacher Resource Room provides teachers and communities with effective tools, evidence-based information and resources to support young people to make positive choices around alcohol and other drugs.

The membership area has over three hours of professional development and additional classroom resources.

Membership can be accessed as part of a **school program booking** or purchased individually on our website.

Teacher RESOURCE ROOM

Book Today!

www.encounteryouth.com.au