SSMART ASSK

14 schools

SURVIVING SUBSTANCE MISUSE & ALCOHOL RISK

ALCOHOL AND SUBSTANCE SURVIVAL KNOWLEDGE

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PROGRAM RESEARCH

CONTEXT

SSMART ASSK targets year 9 students and aims to reduce young people's risk taking behaviour in a party-style environment. The program is delivered via a network of local health, welfare, government, justice and education organisations.

RESEARCH

In 2014/15, 9 Secondary Schools from Ballarat and the surrounding region participated in a longitudinal study. The aim was to determine the impact the program had on the knowledge, attitudes and behaviours of year 9 students in relation to alcohol and other drugs in a party situation.

FINDINGS

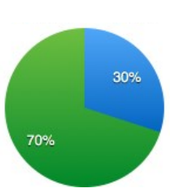
Students were aware of the harm of AOD use/misuse but there were also misconceptions. High prior knowledge about alcohol did not translate into changes in behaviour and attitudes. Students' sexual health and other drugs knowledge was limited, including understanding of the link between unwanted sex, pregnancy and STIs, with binge drinking.

RECOMMENDATIONS

1. **Develop student knowledge of the relationship between binge drinking and unwanted sex.**
2. Increase student awareness of other drugs.
3. More opportunities for role modelling and rehearsal of real life scenarios e.g. safety at parties.

KEY DATA

ATTITUDES & BEHAVIOURS



25-30% Reported drinking alcohol

11-13% Reported drinking to get drunk

16% (F) & **23%** (M) Reported they would take a drink from a stranger

KNOWLEDGE

14% Reported Cannabis improves memory

40% Reported not aware of correlation of binge drinking and unwanted sex, pregnancy or STIs

#YOLO LiveWell

You only live once, live well.

PROGRAM REDEVELOPMENT

NEW STRUCTURE

- Rebranding to #YOLO LiveWell
- 'House party' theme
- Sexual Health station introduced
- Drama performance to raise issues and reinforce learning in real-life scenarios
- Extended program time to allow for more questions and discussion
- Larger venue
- Text-in question and answer forum to minimise embarrassment and increase audience engagement

SKILL-BASED LEARNING STATIONS

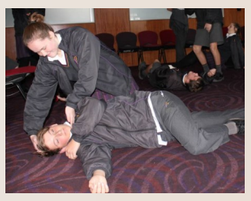
15 MINUTE STATION ROTATION

Alcohol and the Harmful Effects

Differences between alcohol types and what a standard drink looks like

First Aid

How to put your friend into the recovery position



What's the Risk?

Party plan and safety discussion of issues to reinforce learning in real-life scenarios

Other Drugs

Cannabis, Synthetic Cannabis and Ecstasy

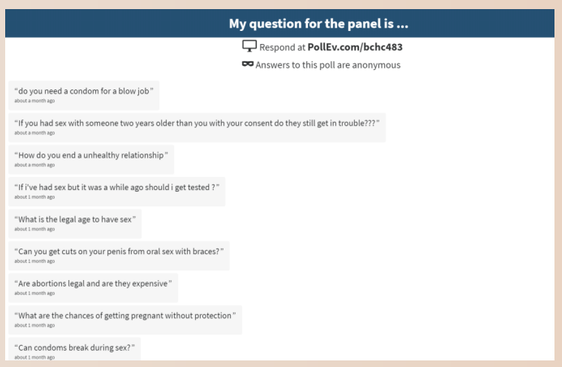
Sexual Health

Consent and how easily STI's can spread

STUDENT ENGAGEMENT AND EVALUATION

Use of online software to engage students via mobile phone or tablet

Students are able to ask questions anonymously:



Ballarat Community HEALTH

Reference: Townsend, R. & McDonald, K. (2016). *SSMART ASSK Longitudinal Survey, The AOD knowledge, beliefs and attitudes of Year 9 students in the Ballarat Region.* Federation University 2016