



Australian Lions
Drug Awareness
Foundation Inc

Helping young people lead

HAPPY & HEALTHY lives

PROJECT PROFILES

ALDAF runs a number of youth focused health and wellbeing projects. Today we introduce you to:

www.tuneinnotout.com

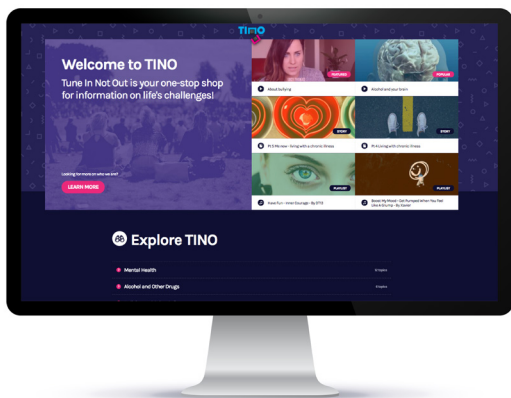


Overview

Tune In Not Out (TINO) is an award winning portal style health and wellbeing website full of information to help young people navigate life's challenges, from mental health, relationships, alcohol and other drugs, self esteem, body image, to work and school life and much more.

What does TINO Deliver?

- A simple and easy website to navigate from a mobile, tablet or desktop computer
- Content from across Australia delivered in one central location (we've done the searching for you!)
- Content on over 50 health and wellbeing related topics aimed at 14-25 year olds
- Information in a range of mediums; videos, factsheets, stories & even music!
- Options for young people to leave their own stories or music playlist
- A teachers and youth educators section with worksheets full of activities across a range of topic areas



Case Study

The TINO music section was started in conjunction with Music Therapist Dr Carmen Cheong-Clinch as part of Tune Your Mood - an initiative to promote young people's understanding of how music can affect their wellbeing, both positively and negatively.

Dr Cheong-Clinch uses the TINO website to explore related topics and promote help-seeking with young people who are inpatients at a number of QLD hospitals. They then create music playlists which positively help them manage their situation and consider their intentional music listening.



This project has grown so much it now has its own section on TINO featuring a number of playlists as well as music submitted by other young people visiting TINO.

Be sure to check out this innovative way of bringing information and coping tools to young people.

How can Lions get involved?

- Visit the website and take a look around, the About Us page has a short video tour that is great to watch
- Contact us for some promotional postcards and drop these at your local school and youth services
- Request a copy of our PowerPoint presentation and script to present TINO at your Lions meeting

tuneinnotout.com
crew@tuneinnotout.com
03 6265 8732

Find out more about this project and others at aldaf.org.au