

Our Goals

- To provide the highest quality advice, guidance and service to the Lions family and their communities on education in respect of drug and alcohol abuse prevention.
- To develop the role and involvement of the foundation in education and drug abuse prevention.
- To promote the work of the foundation within the community, similar organisations, and all levels of government and their services.
- To provide ongoing support, training and development for district drug awareness chairmen.
- To monitor developments in education and drug abuse prevention and government initiatives.
- To promote material developed by the foundation.



Number 77 - August 2017

ORDER FORM

Please make cheques payable to **The Australian Lions Drug Awareness Foundation**, and send to Po Box 530, Springwood, Queensland 4127.

Enclosed is a cheque/money order for \$ _____ for the following items.

Please send me extra newsletters (nominate quantity required):
(Prices include GST, postage and handling)

- | | |
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<i>A brochure to assist parents who wish to stop their children from smoking.</i> |
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<i>A brochure with 10 steps to help your child say no to drugs</i> |
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<i>A brochure helping parents ensure their teenagers have safe parties</i> |
| <input type="checkbox"/> Drugs & Depression DVD \$19.95
<i>A 10 minute DVD detailing the link between drugs and depression and other facts</i> | (* These brochures may be mixed to a minimum order of 100) |
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<i>A ten page guide to parents with young people</i> | <input type="checkbox"/> Alcohol Posters \$6.00 per set
<i>A set of 6 colourful posters on alcohol awareness</i> |
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| | (# These posters may be mixed to a minimum order of 5) |

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Name: _____

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The AUSTRALIAN LIONS DRUG AWARENESS FOUNDATION

YOUNG PEOPLE RECEIVE A NEW LOOK WEBSITE AIMED TO HELP THEM NAVIGATE LIFE'S CHALLENGES

This year the foundation committed to undertaking a redevelopment of our popular youth health website, www.tuneinnotout.com, to ensure the wealth of information TINO contains was being delivered in the most effective way both on desktop and mobile devices. The new look website launched in May 2017 and our Project Officer Lynsey McLeod gives us an overview of the new layout.

The Simple Yet Powerful Mantra

We are so pleased with the new look website, our mantra during the redevelopment was **simple yet powerful**. With over 600 instances of information across 48 topics, we knew a simple, easy to navigate and explore format was the key to success.

This has been achieved by letting content be the key aspect of the website, and by creating a page layout that is repeated across each topic. With gestures familiar to young people such as right swiping to explore content and pop up modules which allow the user to remain on the key topic page whilst exploring the individuals items of content, has allowed us to achieve our goal.

Youth Health Focus

TINO covers 48 topics across mental health, relationships, alcohol and other drugs, sexual health, identity, school life, bullying and cybersafety, health and wellbeing and finding help. On each topic page young people can explore a wide variety of content in a number of different mediums; videos, factsheets, stories and music.

Videos

Tune In Not Out has sourced videos specific to each topic, which are aimed at young Australians, bringing them helpful and appropriate video based information.

Factsheets

The factsheets on each topic page deliver information on different aspects of each topic. For example, on the depression page a young person would find a factsheet for;

what is depression? how to manage depression, finding help, helping a friend with depression, mental health checklist and more.

Stories

Young people can also read stories submitted by other young people about positively managing the issue the young person is seeking information on. Young people are also invited to submit their own story.

Music

Each topic on TINO also has a music section that invites young people to consider the impact music has on their mental health and invites them to explore a range of youth created playlists. Young people can also submit their own music list which helps them at certain times for example when they need to boost their mood, have time out or relax.

Signposts

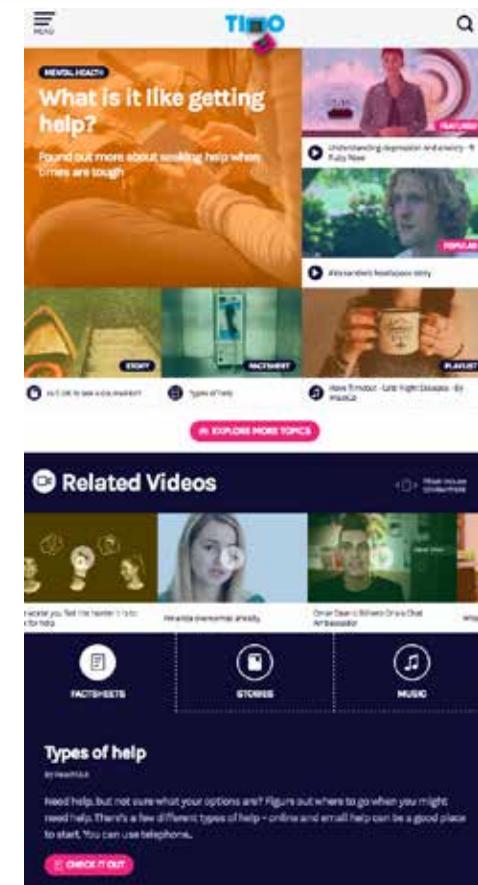
Central to all this information is the syndication approach of TINO, with all content sourced from youth services Australia wide, TINO also aims to bring young people signposts to services which can assist them to manage the topic they are seeking information on.

Teachers Area

The new look website also features a teachers resource area, with a range of worksheets to assist youth educators to use TINO and the content within to explore a range of health issues in class.

So if you haven't visited www.tuneinnotout.com for a while, we'd love for you to go and check it out and consider letting colleagues who work with young people know about this **simple, yet power health health and wellbeing website**.

The Foundation would like to thank the team at Handbuilt Creative, Tasmania, who went above and beyond in undertaking this redevelopment.



Our Mission

To develop, promote and educate the community through the Lions Drug Awareness Initiatives and to encourage clubs and individual Lions to promote these initiatives within their community.

“Creating a happier, healthier and safer community”

For details on Foundation projects or to make a donation, contact:

David McKenzie - Secretary
Australian Lions Drug Awareness Foundation Inc.
PO Box 530 Springwood QLD 4127

Phone: (07) 3341 3900 ABN 39 392 805 774
e-mail: aldaf@bigpond.net.au Home Page: <http://www.aldaf.org.au>



Lion David Daniels - Chairman



Hi All

As mentioned in our last newsletter, 2017 was ramping up to be one of the most exciting years in the history of "The Foundation" with the presentation of our Major Projects at our AGM, held as part of our National Convention in Hobart in May 2017.

The first presentation was an upgraded version of our Website that had served us well over the last decade. Our thanks to Lynsey, our TINO Project Officer, and Dave Shearing from Handbuilt Creative for this excellent finished product which was given the green light at the meeting by our Directors and Consultants. (Well done Team). Please ensure you all read the article in this edition.

On Friday 5th May 2017 at Convention our Lions Quest Consultant Donna Munro was a speaker presenting the re-launch of the Quest Program that had been remodelled to suit our Australian needs. A great presentation Donna, very enlightening.

Our Consultant, Brenda Hosking has been very active with our Community Initiative Project, GRANTS, with the latest grant of \$1,000 for the Leighland Christian School (Tasmania) for an Inter-Generational Music Program with Umina Park Aged Care.

Our networking with our Communities is working very well.

In the early days of The Foundation, many years ago (early 1980's), the Reverend Ted Knoffs from the Wayside Chapel in Sydney addressed a Community Meeting organised by Lions. His focus had a **strong view on prevention**.

Our friends from **the Foundation for Alcohol Research and Education** have featured this article 6th June 2017.

Here is an extract from that Article

Be at the forefront of change and invest in prevention

Alcohol contributes to the three leading causes of death among young people – unintentional injuries, homicide and suicide. And alcohol is responsible for the majority of drug-related hospitalisations and deaths for people aged 15 – 34 years.

Yet, every day, young Australians are indoctrinated into an unhealthy and dangerous culture by a sneaky and underhanded alcohol industry – and our governments are letting it happen.

We know that drinking can adversely affect a young person's developing brain, particularly the frontal region responsible for self-regulation and impulse control, not to mention the long-term harm that alcohol causes. It is vital to ensure that advertising does not promote alcohol to young people at such a vulnerable age.

Also, our friends from the **Local Drug Action Team Program** are encouraging to help form a **Local Drug Action Team** in your Community.

May I take the opportunity to thank our Foundation Team.

Please continue your support to the Foundation as we work towards

"Creating a happier, healthier and safer community"

David Daniels OAM
Chairperson.

MEDICAL CANNABIS Should its' use be legalised?

Thoughts from our ALDAF Drug Education Consultant,
Brenda Hosking and Ambassador, Andrew Fuller

Currently there is a growing community and political debate whether support should be given to developing trials for growing and prescribing medical cannabis. Proponents of medical cannabis argue that it can be a safe and effective treatment for the symptoms of cancer, AIDS, multiple sclerosis, pain, glaucoma, epilepsy, rheumatoid arthritis, inflammatory bowel diseases and other conditions. Opponents argue that it is too dangerous to use, has limited TGA-approval, and that various legal (synthetic) drugs make cannabis use unnecessary. (ProCon.org, 2016)

Phytocannabinoids are the naturally produced chemicals within the cannabis plant. Importantly, some cannabinoids, such as THC, have a psychoactive effect. Others, such as CBD, do not have this effect, and have been linked with anti-anxiety, anti-epileptic and antipsychotic effects and other potential uses. (Copeland, 2017)

The door has been opened for Australian farmers (David Claughton, 2017) and speculative medical cannabis companies (AustralianStockReport, 2017) to grow cannabis plants for use in drug trials and for a limited number of Schedule 4, 8 and 9 medical uses. (TherapeuticGoodsAdministration, 2017)

The potential benefits of administering medicinal cannabis is particularly encouraging for children with severe epilepsy or patients with chronic pain or wasting diseases who are susceptible to multiple seizures, spasms, nausea or a lack of appetite. Overall the evidence would suggest it has the capacity, when used appropriately, to alleviate suffering and distress.

At this stage, it would be dangerous to consider any use of medical cannabis as a 'cure' but there is potential for monitored use to help ease the severity of symptoms.

Medical cannabis is approved for use in other countries including Austria, Canada, the Czech Republic, Denmark, Germany, Israel, Italy, New Zealand, Spain, Sweden and the United States.

It appears preferable for medicinal cannabis to be prescribed and monitored under the supervision of a medical professional. Unwarranted side effects, such as driving under the influence or perhaps an increase in psychosis, are potentially more problematic when a drug is self-prescribed.

For more information, go to the Alcohol Drug Information Network, www.adin.com.au and use the tags medical, cannabis

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Fresh Faced Friday - 8th September

Our annual positive body image and self esteem campaign, **Fresh Faced Friday**, will be held on the 8th September 2017. The day provides a wonderful opportunity for schools and community groups to raise the topic of body image and to promote being body and self-positive.

Even though the campaign day is the 8th September, this year we will be inviting schools and individuals to also join us in the lead up, and post campaign day by investigating and talking about a different body image related theme each month, for example; Proud of Me March, Appreciative April, Media Magic May and Naturally Positive November. Contact Lynsey for the new Fresh Faced Friday monthly challenge cards to help you get inspired and talking about body image with your students ready for the 8th September.

There is still time to register – just head over to www.facefacedfriday.com.au to find out more and be part of the fun.



Robe Lions Assist Teachers

Robe Lions Club has helped two Robe teachers broaden their teaching skills. Reception/Year 1 teacher and well-being coordinator Shalene Venn and Year 6/7 teacher Kate Schubert were supported by the club in going to Adelaide to complete a Lions Quest "Skills for Growing" program in the education offices.

Ms Venn said: "For young people to achieve their potential, it is not just about academic achievement, but social and emotional learning has a huge impact on children and their education. It was fantastic meeting other teachers, sharing knowledge and experience".

The financial support from the Lions club was \$150 per teacher, which included one resource pack for each teacher. The pack for each year level contains a resource guide and learning journal/worksheets for the kids plus a USB and resources/worksheets/colourful teaching templates for the whiteboard. The school supported the program by paying for petrol and accommodation and buying two more resource packs for different year levels.

Lions Quest program goals include:

- Engage the school community in creating a learning environment that is based on caring relationships, high expectations, and meaningful involvement.
- Provide opportunities for students to learn the essential emotional and social skills needed to lead healthy and productive lives.
- Celebrate diversity and encourage respect for others.
- Strengthen students' commitments to their family, peers, school, and community.

Lions Quest was introduced by Lions Australia about 30 years ago. For four years it has been going through a transition and an upgrade to bring it into modern day learning.

Lions member David Thomas said supporting the two teachers was very beneficial for them and the school.

"They are so happy about it and they would love to have the other two teachers complete the course so that the whole school would be working on this curriculum," he said. "My aim is to get enough interest in the South East to try and get a program up here. We have our foot in the door with the Robe Primary teachers. The other two teachers now want to take it on, so all four from the Robe school will be trained in the quest program. It would be great to get other schools involved in this program, it is highly considered and recommended in educational circles. It gives children a good educational background and life skills and is very beneficial. It is consistent from Reception all the way through to high school and applies to each level of schooling."

Lions Club of Jesmond High Tea

Recently the Foundation was honoured by being the recipients of the proceeds of the High Tea arranged by the Lions Club of Jesmond. This was a grand affair held in a local hall and attended by over sixty persons. All attendees had a wonderful time with wonderful; food, local stall holders and a magnificent raffle.

The Foundation Secretary was able to attend and speak to the audience about the work of the Foundation. On conclusion of the afternoon the Club made a great donation towards our work of \$1500.

Many thanks to Jesmond Lions and their supporters for a great day and the great donation towards drug education.

The attendees having a great time at the High Tea.



Lion David Thomas with teachers Kate Schubert (left) and Shalene Venn