

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 79 - August 2018

The AUSTRALIAN LIONS
DRUG AWARENESS
FOUNDATION

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)

- | | |
|---|---|
| <input type="checkbox"/> Energizer Book \$25.00
<i>A book of games and activities for use with all ages and occasions</i> | <input type="checkbox"/> *10 Steps to help your child be smoke free \$40 per 100
<i>A brochure to assist parents who wish to stop their children from smoking.</i> |
| <input type="checkbox"/> Mocktail Book \$25.00
<i>A book of non alcoholic drink recipes</i> | <input type="checkbox"/> *10 steps to help your child brochure \$40 per 100
<i>A brochure with 10 steps to help your child say no to drugs</i> |
| <input type="checkbox"/> Big book on drugs \$6.25
<i>A 26 page booklet in easy to read cartoon style about drugs.</i> | <input type="checkbox"/> *Getting along brochure \$40 per 100
<i>A brochure to assist parents and adolescents get along together.</i> |
| <input type="checkbox"/> Big book on party drugs \$6.25
<i>A 20 page booklet in easy to read cartoon style about party drugs.</i> | <input type="checkbox"/> * Safe partying brochure \$40 per 100
<i>A brochure to assist parents and young people with parties.</i> |
| <input type="checkbox"/> Mind your Head \$8.95
<i>A book of some things you might want to know about Drugs and Mental Health</i> | <input type="checkbox"/> * Quit smoking brochure \$40 per 100
<i>A brochure to help children and adults give up smoking.</i> |
| <input type="checkbox"/> Hugs not drugs badges (min order 50) 60c each
<i>Simple pin on badges with a strong message.</i> | <input type="checkbox"/> * Cannabis brochure \$40 per 100
<i>A brochure to understand the dangers of Cannabis</i> |
| <input type="checkbox"/> Hugs not drugs stickers (min order 100) 15c each
<i>Simple stickers with a strong message</i> | <input type="checkbox"/> * Party Hard brochure \$40 per 100
<i>A brochure outlining how to have a great party but safely</i> |
| <input type="checkbox"/> Ice DVD \$22.95
<i>A 9 minute DVD outlining the dangers of Ice and its derivatives</i> | <input type="checkbox"/> * Worried brochure \$40 per 100
<i>Is someone you know taking drugs? What can you do?</i> |
| <input type="checkbox"/> Alcohol DVD \$19.95
<i>A 7 minute DVD detailing the effect of alcohol on the brain and other facts</i> | <input type="checkbox"/> * Worry Free Teenage Parties brochures \$40 per 100
<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) |
| <input type="checkbox"/> Party Rule Booklet \$20 for 10 or \$2-50 each
<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> |
| <input type="checkbox"/> Pamphlet Holder \$2.00
<i>A sturdy holder to place information brochures on display</i> | <input type="checkbox"/> #Cannabis Poster \$2.00 (min 5)
<i>Colourful A3 sized poster ideal for laminating</i> |
| | <input type="checkbox"/> #Standard Drinks Poster \$2.00 (min 5)
<i>Colourful A3 sized poster ideal for laminating</i> |
| | (# These posters may be mixed to a minimum order of 5) |

Please send the above order to:

Name: _____

Address: _____

Mocktails + Mastery

The Foundation is very pleased to be able to offer all our readers a new resource produced by the Drug Education Network (DEN) in Tasmania.

It is a book of non-alcoholic drink recipes with a sprinkle of related knowledge. Full to the brim with recipes for mocktails, this book examines drinking culture, how alcohol works in the body, and much more. Mocktails + Mastery is full of practical tips for feeling good and making delicious beverages.

It is a recipe book of non-alcoholic drinks. It is not, however, your standard recipe book. The book challenges Australian drinking culture and encourages the use of non-alcoholic beverages when celebrating, so that everyone can be included. It aims to prevent harms from alcohol by giving readers the information and tools they need to make informed choices, and by presenting the reader with practical tools for feeling good and building up the protective factors in their lives.

This resource contains:

1. Over 50 recipes for mocktails, syrups and mixes
2. Easy to understand information on common cooking terms
3. A list of ingredients that may interact with medication
4. Evidence based information about alcohol protective factors
5. Practical advice for feeling good, maintaining relationships and making alcohol related decisions
6. Space in the back of the book for custom recipes



This resource was imagined in 2015, and has been a steady work in progress ever since. The author, determined to create an accessible resource for everyone to enjoy, picked up the project after noticing the different atmosphere at an event where mocktails were not only available but happily encouraged. The book was initially intended to be a small collection of recipes, to be offered at education and training events on topics such as safe partying, as mocktails have been a popular part of many DEN sessions over the years.

In 2016 the project began in earnest, with thorough research into the effects of alcohol and alcohol expectancy, the evolutionary biology of motivation and pleasure seeking, and most importantly how people can achieve the goals of relaxation, fun and pleasure without using alcohol. Mocktails + Mastery is a resource to provide tools to allow people to make their own choices around alcohol, and to encourage positive and healthy behaviours.

The book is now available from the Foundation at \$25 each including postage and GST.

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:

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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 you will read in this article, The Foundation is excited to re-ignite the partnership with the Tasmanian Based Drug Education Network, formerly known as Lions DEN. The partnership goes back over some 30 years and our Foundation has been an important stakeholder with D.E.N.

Our No. 1 goal is –

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.

The DEN's contribution to our resources will keep The Foundation at the cutting edge. Please read the article on the Resource Partnership and I encourage you to visit the ALDAF an DEN website. They are the engine room that drives our organisation.

One of our other stakeholders, The Foundation for Alcohol Research and Education, is conducting the

Australian Health Promotion Association Symposium 2018.

Better Practice, Better Placed is the theme of the Australian Health Promotion Association Symposium 2018, which will be held on 23-24 August at Old Parliament House in Canberra.

Australia has a rapidly growing ageing and diverse population. Along with substantial ecological, political, economic and social change that has led to broad and complex health needs and inequities.

The symposium will explore these challenges and identify opportunities that contribute to building sustainable and liveable places with equitable opportunities and a healthy planet for all, for now, and into the future.

Our Foundation is pleased to recommend and support this important event.

Again, please check out the ALDAF, TINO and DEN website. They contain a wealth of information that is current and is helping us in

“Creating a happier, healthier and safer community”

David Daniels OAM
Chairperson.

Order Your Free Vibrant Fresh Faced Friday Body Image and Self Esteem Event Pack

There is still time to register for a Fresh Faced Friday event pack. Fresh Faced Friday (www.freshfacedfriday.com.au) is our annual **body image and self esteem campaign** being held on 7th September 2018.

The event pack which features; posters, worksheets, colouring in, activity ideas, cupcake flags, stickers and more is designed to help schools and community groups create an event to inform and generate discussion on body image and self esteem, topics which affect many young people and their friends. “The event pack is full of ideas for the day” said Lynsey McLeod, Project Coordinator “From body image splat walls to music led events, however each year we are amazed at the new ideas schools come up with. With many schools involving students in the creation of events and activity ideas, their passion to help their friends to be **who they want to be judgment free** really shines through.”

Can't join us on the 7th Sept as it doesn't fit with your school calendar? That is not a problem, as we invite and welcome you to hold an event or use the resources any time of the year, as every day is a great day to discuss body image and self esteem! Just recently, year 8 and 9 students from Dominic College, Tasmania, utilised the event pack resources to discuss body image as part of Mental Health Week.

College Captain, Maggie Baker and College Vice Captain, Ashley Cano felt very strongly about improving how the students felt about their body image. Using resources from FFF, Maggie led all Year 8's through a single sex body image workshop to empower the students to know their true value.

Great work Maggie and all the students!

If you would like to register for an event pack (Available both as online resources and a postal pack), or to find out more please visit: www.freshfacedfriday.com.au or email us at events@freshfacedfriday.com.au.



Fresh Faced Friday colouring in packs are just one of the new resources available in the 2018 packs.



ALDAF Renews Resource Partnership With The Drug Education Network

For over 30 years ALDAF and The Drug Education shared history and key milestones through the development of resources to inform community on a range of Alcohol and Other Drug issues.

David Daniels, ALDAF Chairman and Shirleyann Varney, DEN CEO are delighted to reignite the partnership to once again see these two passionate and informed organisations distribute and develop resources.

“There will be two aspect to the partnership” said David Daniels “Firstly distribution, ALDAF will shortly offer a range of DEN produced resources to Lions Clubs, School and Community Groups through our resources shop providing an immediate expansion to the range of resources available. Secondly, the partnership will see us work together to produce a suite of information pamphlets on a range of alcohol and other drug topics such as safe partying, cannabis, smoking and more.”

“DEN prevents harm from drugs through education for healthier, inclusive thriving communities and this renewed partnership with ALDAF will further extend our reach and impact in our local communities,” said Shirleyann Varney. “The DEN is

pleased to be able to contribute to the development of a suite of evidence-based resources for communities and looks forward to working together to tackle issues from harmful drug use.”

As new resources become available the online shop (www.aldaf.org.au/shop) will be updated and promoted via our facebook page (www.facebook.com/LionsALDAF)



The Wiser and Older booklet is an example a DEN Resource to be distributed.

Lions Quest

is an important project of ALDAF and a flagship program of Lions Clubs International Foundation. It provides Social and Emotional Learning (SEL) curriculum to schools through the Skills for Growing (Foundation to Year 5) and Skills for Adolescence (Years 6 to 8) programs.

In March, teachers from Tumby Bay Area School gave up their Saturday for a Lions Quest workshop, following an Adelaide workshop on the Friday. Here are some sample comments from the teachers' evaluations...

- Thank you to the Lions!!!
- I loved everything today. It was an excellent experience and what a great resource!
- Very worthwhile, practical and enjoyable day.
- Easy to listen to, enthusiastic, passionate and knowledgeable presenter.
- A productive day. Thank you!
- Loved the discussion and laughter!
- Very useful and comprehensive program and an excellent facilitator.



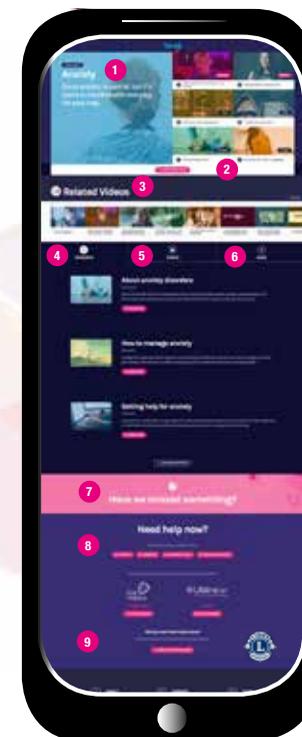
The new Australian edition of the curriculum is available and we urge Lions Clubs to make their local schools aware of this excellent program to build and maintain student wellbeing.

Why not point out these key features that set Lions Quest apart from other similar school programs:

- ✓ Comprehensive 'umbrella' approach that encompasses the whole arena of social and emotional learning, giving it a broader focus than many other programs.
- ✓ Strong evidence base and a one-day teacher professional development program that aligns with SEL best practice.
- ✓ Detailed, user-friendly lessons covering six unit topics and including ideas for parent and community partnerships and year-to-year progression.
- ✓ Links to all aspects of the Personal and Social Capability strand of the Australian Curriculum and mapped to other learning areas primarily Health and Physical Education.

Register your interest in receiving further information and updates at 1800 805 334 or email lionsquest@aldaf.org.au

Take a tour of a topic page on www.tuneinnotout.com



As we navigate through life we can face many challenges. A key to positively managing these is having information and support to help get things back on track. Tune In Not Out is our youth health and wellbeing website, delivering information in a range of formats, from a range of services across 50 topics. Every topic page is packed full of content, making it easy to find a wealth of information in one location. Take a quick tour of everything you can find on our simple one-shop style topic pages.

1. Topic Intro - A snappy intro so you know you are in the right spot. We have 50 topics across mental health, alcohol and other drugs, relationships, school life identity, health and more.
2. Quick View Content - Check out the featured videos, factsheets, stories and music playlists for the topic.
3. Videos - Explore and watch videos by a range of youth services. Scroll to see more.
4. Factsheets - Read factsheets designed to help you manage the key topic area. These are provided by a range of services, also giving you signposts to other organisations who can assist further.
5. Stories - Just a quick click of the tab and you will get stories from young people who have successfully managed the topic. Young people who have visited TINO have told us stories and tips from other young people really help them.
6. Music - Every topic page features our Tune Your Mood music section, bringing you youth created playlists for certain times and emotions for example; Boost My Mood, Wake Me Up and Activate Me.
7. Your Input - Did we miss something - let us know? You can also submit your own story and music playlist!
8. Find Further Support - Each page features topic specific links as well as 24/7 support services.
9. Localised Help - Using HealthDirect find services close to you.

Yes, all of this is available on every topic page on TINO from body image, eating disorders, relationships, alcohol, cannabis, exams, bullying, starting in a new place, relaxation, organ donation, self care and more! Why not check it out in full now at:

www.tuneinnotout.com