

AFL INDUSTRY EDUCATION INFORMATION & REFERRAL HANDBOOK



Australian Government



The AFL Community Education Program is a joint initiative between the AFL and the Australian Government.

ALCOHOL

Alcohol is the most widely used drug in Australia today, and many people's lives have been severely affected by either short or long term harmful alcohol consumption.

- » 87.9% of Australians aged over 14 years had drunk alcohol at some stage in their life.
- » 39.5% of drinkers consumed alcohol on a weekly basis.¹

The damage alcohol can cause:

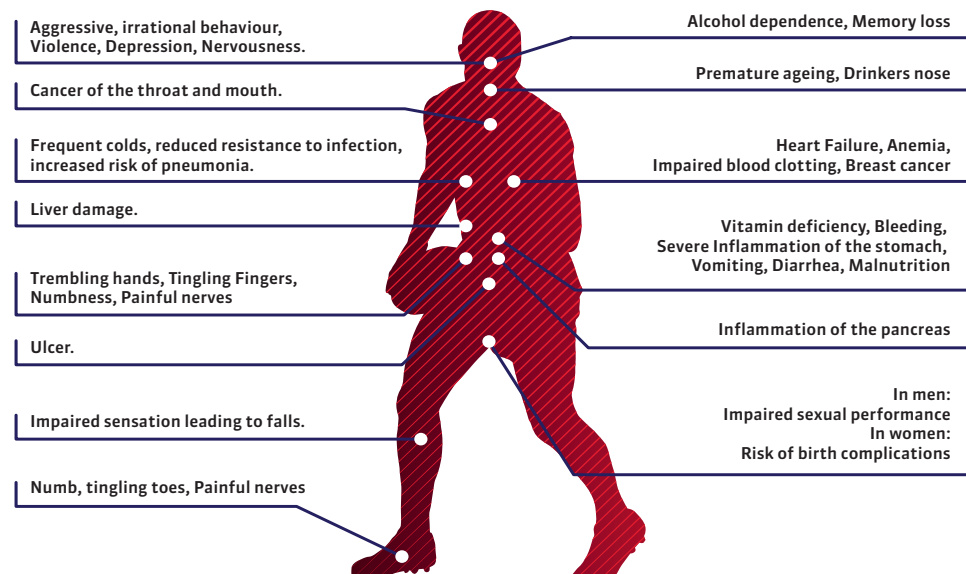
Drinking during adolescence can seriously impair brain development in teenagers.

This can have long term impacts on memory, ability to learn and problem solving skills, mood control, and mental health issues, such as depression.

Drinking as an adolescent can bring about learning difficulties, memory problems and other issues later in life.

For children and young people under 18 years of age, not drinking alcohol is the safest option.

Effects of Drinking at Risky Levels:





Tips to stay safe when drinking alcohol

- » For healthy men and women: drinking no more than two standard drinks on any day reduces your risk of harm from alcohol-related disease or injury over a lifetime
- » Drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury at that time
- » Start with non alcoholic drinks, and alternate with alcoholic drinks
- » Drink slowly
- » Consider drinks with lower alcohol content
- » Eat before and/or while you are drinking alcohol
- » If you participate in rounds of drinks try to include some non-alcoholic drinks

**SUPPORT
IS ALWAYS
AT HAND**

FOR MORE INFORMATION

Counselling Online

Free alcohol and drug counselling online.

www.counsellingonline.org.au

1800 888 236

24 hours a day

7 days a week

Family Drug Support

Support for families faced with problematic drug use.

www.fds.org.au

1300 368 186

24 hours a day

7 days a week

Lifeline

Confidential telephone counselling.

www.lifeline.org.au

13 11 14

24 hours a day

7 days a week

ILLICIT DRUGS

Illicit drugs have very serious long and short term health implications which affect your lifestyle, work and education and can lead to crime, addiction and death.

- » About 2 in 5 people in Australia (39.8%) have used an illicit drug at some point in their lifetime.
- » Illicit drug users were more likely to be diagnosed or treated for a mental illness and report high or very high levels of psychological distress compared with those who had not used an illicit drug.¹

3 types of drugs

Depressant drugs

Don't necessarily make a person feel depressed. They slow down the central nervous system and the messages between the brain and the body. They may cause unconsciousness, vomiting and, in some cases, death.

Depressant drugs include:



cannabis



GHB



opiates, including heroin



alcohol

Stimulant drugs

Speed up the central nervous system and can make the user feel more awake, alert or confident. Stimulants increase heart rate, body temperature and blood pressure. Stimulants can “over-stimulate” the user, causing anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

Stimulants include:



amphetamines (eg. speed & meth)



cocaine



ecstasy

Hallucinogenic drugs

Hallucinogens distort the users perception of reality. Effects include dilation of pupils, loss of appetite, increased activity, excessive talking or laughing, jaw clenching, sweating, panic, paranoia and nausea.

Hallucinogens include:



ketamine



LSD



magic mushrooms



Illicit drug use affects your health and can lead to:

- Nasal damage
- Paranoia, Agitation, Hallucinations
- Impaired memory and attention

- Violent or erratic behaviour
- Eating and sleeping disorders
- Ongoing respiratory problems
 - Teeth and jaw problems

- Cardiac arrest
- Stroke

- Seizures
- High risk of dependence (addiction)

- Overdose and Death

- HIV and hepatitis infections through needle sharing

- Convulsions
- Kidney failure

- Impaired sexual performance



EVERYONE WHO TAKES ILLICIT DRUGS HAS THE POTENTIAL TO BECOME ADDICTED.

SUPPORT IS ALWAYS AT HAND

ILLICIT DRUGS

What to do if someone you know is using drugs?

- » Ensure your own safety first
 - » Express your concern and ask them why they are taking drugs
 - » Talk about some of the side effects and risks of the particular drug or drugs they are taking
 - » Find out if they were pressured to take drugs and how they can handle a similar situation in the future
 - » Discuss the dangers of experimenting with drugs
 - » Explore reasons why they are taking drugs
 - » Find out if they are having problems in other areas of their lives
 - » Talk about less risky and healthier ways of feeling good
- » Let them know that they don't need drugs to feel confident
 - » Provide them with some services with staff who are trained to help¹.



If you or someone you
know has taken drugs
and starts to feel unwell

**CALL AN AMBULANCE
IMMEDIATELY!**



FOR MORE INFORMATION

National Drugs Campaign

Information about the
campaign and support
services in each
State/Territory.

1800 250 015 (freecall)

www.australia.gov.au/drugs

Australian Drug Foundation

Information on drugs;
including latest research,
fact sheets and
government policy.

www.adf.org.au





RESPECTFUL RELATIONSHIPS

Everyone has the right to feel safe, to be treated with respect, to be valued and feel accepted for who they are.

The problem in Australia - violence against women– facts:

Family violence is the leading contributor to death, disability and illness in Victorian women aged 15 to 44.¹



1 in 5 women have experienced sexual violence since the age of 15.



1 in 3 women have experienced physical violence since the age of 15.



1 in 4 children have witnessed family violence.²

- » 80% of women that experience sexual violence knew their attacker.
- » One women dies every week at the hands of her partner or ex partner₃
- » 25 children die every year at the hands of a family member₃
- » The most common form of violence experienced by women globally is intimate partner violence.¹



WHAT CAN YOU DO TO HELP?

Learn about the problem

The basic rights that most men enjoy – safety in their home, ability to go out at night, a job free of harassment – are a source of fear for women in much of the world. A common myth is that most violence is committed by strangers. In fact women are most at risk from men they know – husbands, boyfriends, fathers, relatives, employers and caregivers.

Listen to women and learn from them

The path starts with listening. Who knows better about violence against women than women who experience it? Learn about violence by asking a woman who trusts you how violence has affected her life. Then, if she feels comfortable to talk, sit back and listen.

Challenge sexist language and jokes that degrade women

Sexist jokes and language help create a climate where forms of violence and abuse have too long been accepted. Words that degrade women reflect a society that has historically placed women in a second-class position. One of the most difficult things for men is to learn to challenge other men.

Learn to identify and oppose sexual harassment and violence in your

workplace, school and family

Sexual harassment refers to unwanted sexual advances or sexually-orientated remarks or behaviour that is unwelcome. Flirting and joking are fine if they are both consensual and wanted

Learn why some men are violent

Men are not naturally violent. There have been societies with little or no violence. Studies over the past century have found that half of the tribal societies studied had little or no violence against women, against children, or among men. Furthermore, even today, in many countries the majority of men are not physically violent. Violence is something that some men learn. Men's violence is a result of the way many men learn to express what it means "to be a man" and how they abuse power in their relationships with women, children and other men.

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RESPECTFUL RELATIONSHIPS



OPTIONS FOR THE BYSTANDER?

- » Ensure your own safety
- » In an emergency, call the police
- » Talk to another friend about your concerns and decide on a response
- » Distract the person whose behaviour is a worry and talk to them later about it
- » Move away from the activity and later apologise to the woman for your friend's disrespectful behaviour
- » Leave the scene and later let the person know you had a problem with the way they treated the person
- » Enlist the help of friends of the person you think is at risk of harm and check that she is OK
- » Confront your friend directly and say that their behaviour is not on
- » Don't do anything at the time but later talk to a woman you know about how you could deal with the behaviour in the future



FOR MORE INFORMATION

Mensline

A service for men with relationship and family concerns

PH: 1300 789 978

www.mensline.org.au

The Line

A campaign aimed at promoting positive behaviours and actions that contribute to respectful relationships

1800 695 463 (1800 MY LINE)

www.theline.gov.au

1800 Respect

For any Australian who has experienced, or is at risk of family and domestic violence and sexual assault

1800 737 732 (1800 RESPECT)

www.1800respect.org.au



For Bookings or additional information

For additional information or to book your club in for a session please contact:

PH (03) 9643 1840 **E** education@afl.com.au **W** www.afl.com.au/education



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