

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 83 - February 2021



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"/> Ice DVD \$22.95
A 9 minute DVD outlining the dangers of Ice and its derivatives | <input type="checkbox"/> *Talking about alcohol & other drugs \$40 per 100
A brochure to help people talk about these problems with children and others | |
| <input type="checkbox"/> Alcohol DVD \$19.95
A 7 minute DVD detailing the effect of alcohol on the brain and other facts | <input type="checkbox"/> *Worried brochure \$40 per 100
Is someone you know taking drugs? What can you do? | |
| <input type="checkbox"/> Drugs & Depression DVD \$19.95
A 10 minute DVD detailing the link between drugs and depression and other facts | <input type="checkbox"/> *How are you doing? \$40 per 100
A brochure to help you do a healthy check on yourself | |
| <input type="checkbox"/> Energizer Book \$25.00
A book of games and activities for use with all ages and occasions | <input type="checkbox"/> *Alcohol – is it just a drink? \$40 per 100
A brochure setting out some facts on alcohol use | |
| <input type="checkbox"/> Mocktail Book \$25.00
A book of non alcoholic drink recipes | <input type="checkbox"/> *Nicotine – is it just smoke? \$40 per 100
A brochure setting out some facts on nicotine | |
| <input type="checkbox"/> Mind your Head \$8.95
A book of some things you might want to know about Drugs and Mental Health | <input type="checkbox"/> *Cannabis – is it just a weed? \$40 per 100
A brochure setting out some facts on this drug | |
| <input type="checkbox"/> Hugs not drugs badges (min order 50) 60c each
Simple pin on badges with a strong message. | <input type="checkbox"/> *Party Hard but Party Safe \$40 per 100
A brochure setting out helpful ways to have a great party but safely | |
| <input type="checkbox"/> Hugs not drugs stickers (min order 100) 15c each
Simple stickers with a strong message | <input type="checkbox"/> *Resilient Families - 10 Tips \$40 per 100
10 tips to help in everyday life | |
| <input type="checkbox"/> Party Rule Booklet \$20 for 10 or \$2-50 each
A ten page guide to parents with young people | <i>(*These brochures may be mixed to a minimum order of 100)</i> | |
| <input type="checkbox"/> Pamphlet Holder \$2.00
A sturdy holder to place information brochures on display | <input type="checkbox"/> #Cannabis Poster \$2.00 (min 5)
Colourful A3 sized poster ideal for laminating | |
| <input type="checkbox"/> Alcohol Posters \$6.00 per set
A set of 6 colourful posters on alcohol awareness | <input type="checkbox"/> #Standard Drinks Poster \$2.00 (min 5)
Colourful A3 sized poster ideal for laminating | |
| | <i>(#These posters may be mixed to a minimum order of 5)</i> | |

Please send the above order to:

Name: _____

Address: _____

New Brochure - Tips for creating resilient families

When a family promotes behaviours that build resilience, the whole family and each individual member benefits and become more resilient. To support families to build resilience the foundation is launching a new brochure featuring information by our Ambassador, Andrew Fuller, a Clinical Psychologist and Family Therapist.

“Resilience is the knack of being able to bungee jump through life. When the inevitable pitfalls and setbacks of life occur, it’s as if you’re connected to an elastic rope that helps you bounce back from hard times.” explains Andrew. “Developing resilience helps us manage many situations and can help us create strong protective behaviours against issues such as self-harm, depression and drug issues.”

In the brochure Andrew outlines his top ten tips that families can work to implement in their everyday family life.

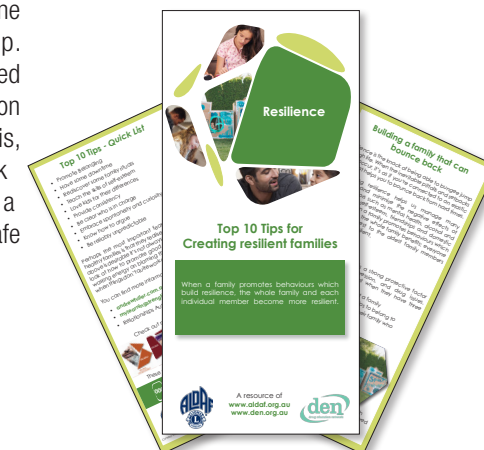
“This brochure will be a great resource for Lions, schools and community groups to distribute to their communities.” said David Daniels, ALDAF Chair “Having it as part of our resource portfolio reflects the foundations goal to help create happy and healthy communities.”



Top Ten Tips for Creating Resilient Families

- Promote belonging
- Create downtime in our hectic, stimulating world
- Rediscover some family rituals
- Teach the skills of self-esteem
- Love kids for their differences
- Provide consistency
- Be clear on who is in charge
- Embrace spontaneity and curiosity
- Know how to argue
- Be reliably unpredictable

To order the brochure visit our online shop aldaf.org.au/resource-shop. Other brochures in the series created in partnership with the Drug Education Network include; Alcohol, Cannabis, Nicotine, How are doing? – check in on your wellbeing, Worried about a someone’s alcohol or drug use and safe partying.



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”



Lion David Daniels - Chairman



Firstly, as this is our 1st newsletter for 2021 may I take the opportunity to extend a Happy New Year to one and all.

For many reasons, there can be no doubt that 2020 was a challenging and difficult year unlike any other.

As a not-for-profit volunteer organisation, we still faced strong demand to support the Community to deliver on creating a Happy, Healthier and Safer Community. I would especially like to thank our Directors and Consultants for demonstrating effective Governance and Leadership on behalf of the Foundation.

The Executive and Board met in December with a strong focus on the Pandemic Exit and prepare for an especially important AGM in the A.C.T. in May where Constitutional changes will be presented.

May I say a special thank you to Lynsey McLeod for her work on sourcing content for the new Indigenous Health Hub section of the TINO Website. Thank you to all involved.

The task of promoting the Foundation will be the subject of a review to produce a Marketing/Strategic Plan for the next couple of years. Hopefully, this will be presented alongside our proposed Constitutional changes to keep our Foundation at the leading edge in the coming years.

I would like to wish all our Partners and Stake Holders a safe, fulfilling, and happy 2021.

“creating a happier, healthier and safer community”

Vaping amongst young people

Australian surveys show vaping by young people has increased

Young people who vape nicotine are exposed to a toxic chemical that can harm adolescent brain development (the brain continues to develop until the age of 25) and lead to dependence

There is also some evidence that vaping nicotine is associated with later tobacco use among teenagers

Why are young people attracted to vaping?

The advertising and promotion of vaping products is illegal in Australia.

However, companies can use other strategies to target youth.

Social media has been found to play a role as both an information source and as a means of exposure to e-cigarette advertising in Australia.

Companies are also glamourising their products to seem cool or fun and creating flavours that appeal to young people.

There have been a number of studies which have found that e-cigarette flavours which give off the perception of sweetness (such as candy or fruit flavoured) may make buying and trying e-cigarettes more appealing among young people

“In recent years we have also seen the proliferation of shops selling enticing non-nicotine e-cigarettes and liquids with thousands of attractive flavours like green apple ice, cinnamon roll and alpha mint. These are purely recreational products that have no place in our market for either kids or adults.” - Cancer Council Australia

Talking about vaping with young people.

Are you concerned about a young person who may be vaping? Having a conversation about it might feel tricky, but it’s always a good idea!

Start with information

Get the key facts, learn the basics about vaping products, and think through what you want to say. Consider some questions you might be asked, and how you want to respond.

Approach it calmly

You might want to start the conversation when you’re doing an activity together, such as driving or preparing a meal. Keep things casual and relaxed. You might want to use something you saw in a TV show or on the news as a chance to bring up the issue.

Don’t make assumptions

If you think they may have tried vaping, avoid making accusations. Going through someone’s space looking for evidence isn’t recommended, because it can undermine trust.

Avoid judging or lecturing

Listen to their point of view and keep it a two-way conversation. Being mindful to keep your body language and tone respectful can go a long way. If they have tried vaping, try asking questions like: ‘what made you want to try?’ and ‘how did it make you feel?’

Don’t exaggerate

Make sure you are honest with them about potential harms and avoid exaggerated statements.

Focus on health and explain your concerns

Focus on how you care about them and want them to be healthy. For example, if they are vaping nicotine you can say that you are concerned about the evidence that this can affect adolescent brain development.

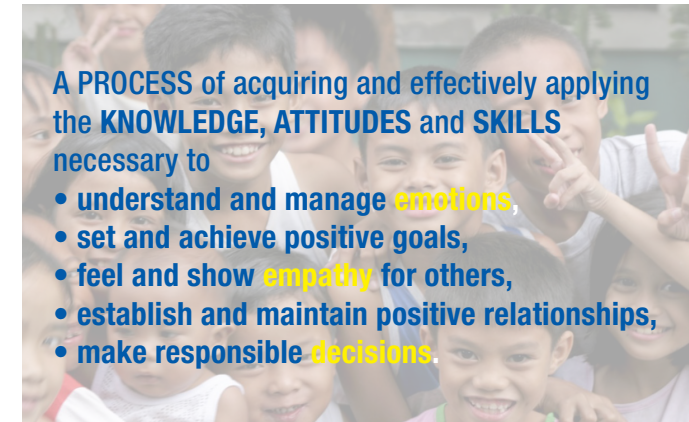
Reprinted with thanks to ADF for this informative article.

Lions Quest - Excellence in Social & Emotional Learning!

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.

What is Social and Emotional Learning? Social and Emotional Learning teaches self-awareness, social awareness, responsible decision making, self-management and relationship management.

This area of study is one of the general capabilities underpinning the Australian curriculum and all teachers need ideas for classroom implementation



Philippines. In late 2020 we developed and piloted an online Lions Quest Teacher Training workshop with teachers in the Philippines. This exciting initiative paved the way for a new online workshop available for teachers throughout Australia.

What do teachers think about the training & resources?

- I loved everything today. It was an excellent experience and what a great resource!
- Very worthwhile, practical and enjoyable day.
- Loved the discussion and laughter!
- Very useful and comprehensive program and an excellent facilitator.

How can Lions help?

Visit the Lions Quest website for more information – www.lionsquest.org.au
Email lionsquest@aldaf.org.au to request a promotion pack to deliver to a local school

Call the toll-free number (1800 805 334) if you have any questions. We’re here to help!

All DVD’s still available

The highly successful DVD’s on Alcohol, Ice and Depression are still available and still very relevant. These can be adapted into school curriculums or played as stand-alone material.

In each case they are easy to watch and are full of useful information for adults and students alike.

The Alcohol and Depression ones are \$19-95 each and the Ice one is \$22-95. All prices include GST and postage.

As a special deal you can purchase all three for the price of \$53-50 including postage and GST. That is a saving of 15%.



Tune In Not Out to new content

Although our youth health and wellbeing portal www.tuneinnotout.com has been part of the foundation for over a decade now, it is always full of new and informative content.

Every month we source new information to help young people navigate life’s challenges from mental health, alcohol and other drugs, relationships, body image and more.

“Already this year we have sourced over 30 new videos created by youth health organisations on a range of topics as well as new factsheets” explains Lynsey McLeod, Project Coordinator “This ensures the website always has new and up-to-date information, there is so much great health and wellbeing information available to young Australians, we do the looking and searching for them, bringing it all together in one central location.”

The website is a free service available nationally, visit it today and explore all we have to offer www.tuneinnotout.com

Freedom to Feel Fantastic

Our positive body image and self-esteem campaign, Freedom to Feel Fantastic, returns in 2021 and we encourage all schools to register for a free event pack to run an event or class activities which explores body image and self esteem. Negative body image and self esteem affects both guys and girls and can impact all ages. Having a negative body image is a problem because it can make us less resilient in many other areas of our life.

“So many events have been held over the years, often created with students at the helm, it is so exciting to see the different ideas they come up with to create a day in the school calendar which is all about encouraging their peers to feel good about who they are.” explains Lynsey, Project Coordinator.

You can find out more and register to receive a FREE event pack at www.freedomtofeelfantastic.com.au



A project of the Australian Lions Drug Awareness Foundation Inc.