



THE AUSTRALIAN LIONS
WELLBEING FOUNDATION

Helping young people lead

HAPPY & HEALTHY lives

PROJECT PROFILES

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

www.tuneinnotout.com

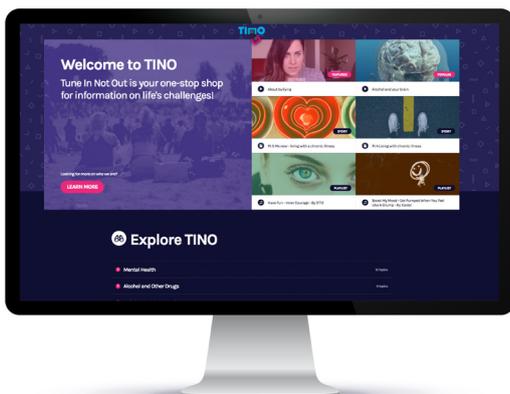


Overview

Tune In Not Out (TINO) is an award winning 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, school life and much more.

What Does TINO Deliver?

- Content on over 50 health and wellbeing related topics aimed at 14-25 year olds.
- 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!)
- Information in a range of mediums; videos, factsheets, stories & even music!
- Options for young people to leave their own stories or music playlist.
- Dedicated area for indigenous created content
- A teachers and youth educators section with worksheets full of activities across a range of topic areas.

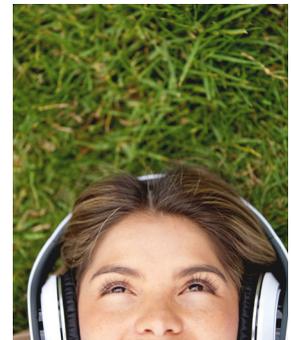


Turn over for a topic page tour!

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.

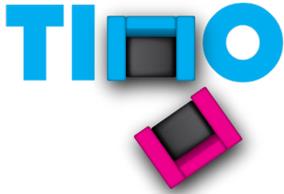
TUNE IN NOT OUT

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

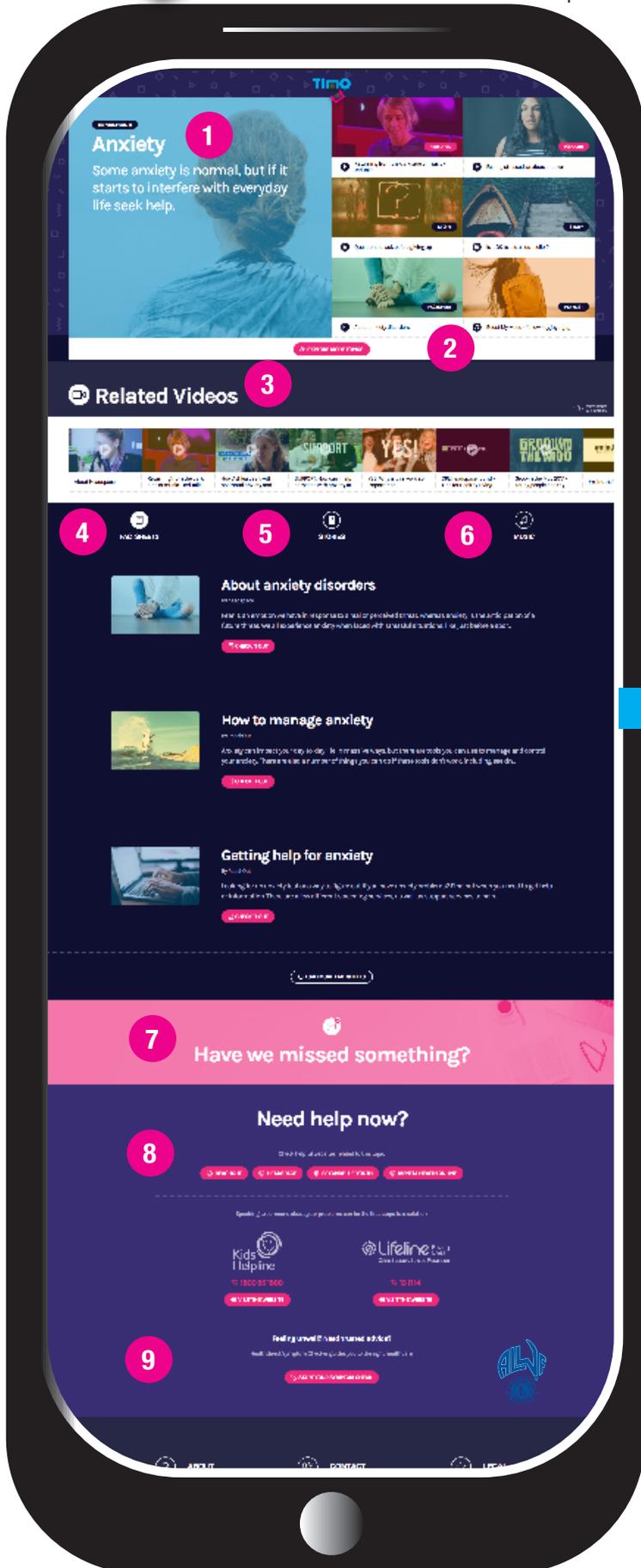
tuneinnotout.com
crew@tuneinnotout.com
0488008880

Find out more about this project and others at alwf.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

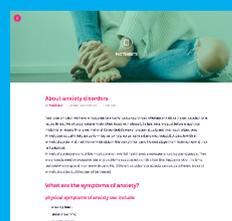
Check out the featured videos, factsheets, stories and music playlists for the topic.

As you explore content appears



3. Videos

Explore and watch videos by a range of youth services. Scroll to see more.



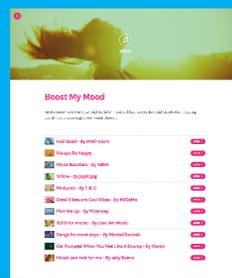
4. Factsheets

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 their 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



THE AUSTRALIAN LIONS WELLBEING FOUNDATION

Helping young people lead

HAPPY & HEALTHY lives

PROJECT PROFILES

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

FREEDOM TO FEEL FANTASTIC

Overview

Freedom to Feel Fantastic (FFF) is our positive body image and self esteem campaign. Each year we invite Leos, schools and community groups from across Australia to 'Tear Up' the negative and become body and self positive.



What Does Freedom to Feel Fantastic Deliver?

- Body image and self esteem are key areas of concern for young people, FFF provides a platform for discussion and awareness of these topics
- Each year schools run events from an hour at lunch, to all-day events promoting the message 'be who you want to be judgment free'
- School and community groups who register receive a FREE event pack to help with planning and activity ideas
- There are a number of worksheets which teachers can use to discuss the topic in class



Case Study

Corryong College grade 5-6 students held a hit FFF day for their entire school grades 5-12, with event planning and topic discussion commencing weeks out from the event day.

Together the students decided their FFF event would focus on:

- Strategies to be more positive than negative
- Celebrating uniqueness and individuality

FFF also allowed the students to practice their event planning and leaderships skills. The event day included:

- Smile Cafe
- Negative Nerf Game
- Tear up the negative
- Hip Hop lessons
- Fun photo booth
- Body Balance and more

The feedback from the college was: "Awesome, not one complaint." "Thank you for allowing us the opportunity to join such a wonderful and life changing day"

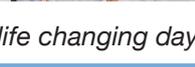
Students celebrate their singularity

Students at Corryong College... The students also enjoyed the 'Tear Up' activity... "I would also like to recognize the efforts of my friend, Cassie Walker who did a great job of organizing everyone on the day," was added.



After hours care subject to change at short notice

The members of... The local newspaper even ran a story about the event.



The local newspaper even ran a story about the event.

FREEDOM TO FEEL FANTASTIC

How Can Lions Get Involved?

- Inform your local Leos, schools and community groups about the Freedom to Feel Fantastic and invite them to hold an event - contact us for a great intro presentation
- Support your local Leos and schools to run the event

freedomtofeelfantastic.com.au
events@freedomtofeelfantastic.com.au
0488008880

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



THE AUSTRALIAN LIONS
WELLBEING FOUNDATION

Helping young people lead

HAPPY & HEALTHY lives

PROJECT PROFILES

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

Lions Quest

Overview

A Lions project since 1983, Lions Quest is a comprehensive Social and Emotional Learning (SEL) program that supports the development of happy, healthy and resilient young people who are caring and engaged members of their families, schools and communities.

LIONS QUEST

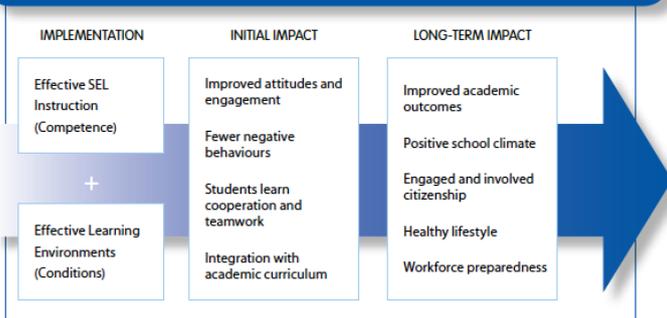


A Program of Lions
Clubs International
Foundation

What Does Lions Quest Deliver?

- Lions Quest *Skills for Growing* and *Skills for Adolescence* programs offer a classroom and whole-school approach to social and emotional wellbeing.
- The curriculum materials span nine year levels (Foundation to Year 8) with a Teacher Resource Guide, Program Guide and student and parent materials at each level.
- *Skills for Growing* (Foundation to Year 5) and *Skills for Adolescence* (Years 6 to 8) have been aligned to the Australian Curriculum.
- A teacher training model supports whole school and classroom implementation - now available online

Lions Quest Promotes School and Life Success



Case Study

Robe Lions Club (SA) worked with their local schools to help three teachers become trained in the Lions Quest program, allowing them to implement it with the students they teach.

Shalene Venn, Reception/Year 1 teacher and well-being coordinator 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”.*

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



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

How Can Lions Get Involved?

- Visit www.lionsquest.org.au and read about our teacher workshops, and check out what your club can do.
- Contact the Lions Quest team to discuss getting the program into your local community.
- Offer to sponsor local teachers to attend the Lions Quest teacher training / packs.

lionsquest.org.au

lionsquest@alwf.org.au

1800 805 334

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



THE AUSTRALIAN LIONS
WELLBEING FOUNDATION

Helping young people lead

HAPPY & HEALTHY lives

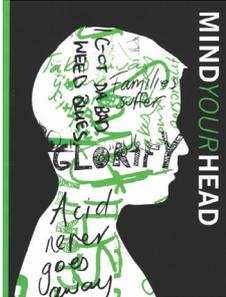
PROJECT PROFILES

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

ALWF Information Resources

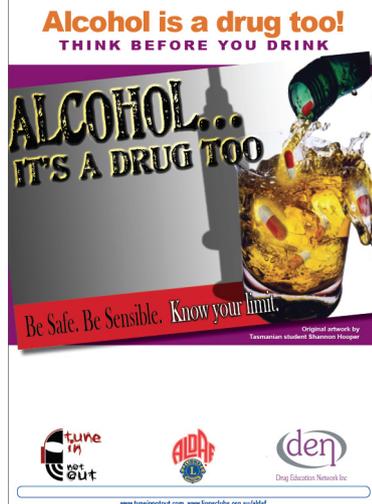
Overview

For over 25 years ALWF have brought the community a wide range of resources in the forms of pamphlets, information booklets, stickers, DVD's and more on a range of alcohol and drug topics, as well as wider health and wellbeing topics.



What Do The Resources Offer?

- A wide range of information resources for schools, community groups and Lions Clubs etc on a wide range of alcohol and other drug topics, as well as other health and wellbeing topics.
- Ability to purchase a small number through to large quantities.
- Up-to-date resources to inform members of the community on a range of issues.
- Access to resources from other lead agencies such as The Drug Education Network.
- Option to order online via the website shop: alwf.org.au/resource-shop

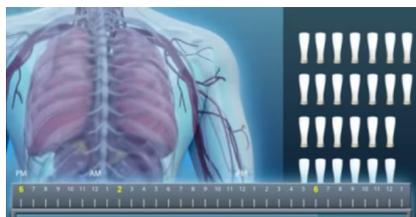


Case Study

ALWF teamed up with 3DME Media to create a suite of 3 DVD's featuring highly advanced 3D imagery on the topics of:

- Alcohol and the Brain
- ICE
- Drugs and Depressions

The DVD's have been extremely successful with Alcohol and the Brain being incorporated into alcohol information programs internationally and receiving over 3 million views on YouTube.



Lions Club and schools across Australia have purchased the DVD's to use as an education tool.

How Can Lions Get Involved?

- Visit the ALWF website to explore and order the resources online
- Provide a pack of resources to your local schools and community groups
- Use the resources at community information events

www.alwf.org.au/resource-shop/

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



THE AUSTRALIAN LIONS
WELLBEING FOUNDATION

Helping young people lead

HAPPY & HEALTHY lives

PROJECT PROFILES

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

Community Initiative Project Grants

Overview

ALWF invites Expressions of Interest from schools, Lions Clubs and community groups interested in developing projects which involve young people in the planning and running of a project, are inter-generational, help to increase the wellbeing of young people in your local area and are conducted in an alcohol and drug-free space.



What Do The Community Initiative Project Grants Deliver?

- Small grants up to \$1000. There is no limit on the type or creativity of the project or activity. Choose an activity that makes your local community more vibrant and interesting.
- Building of inter-generational relationships with community-minded members of a local Lions or Leos Club. Opportunities for communities to work in partnership with their local Lions club.
- Mentoring for young people.
- A chance for young people to enjoy an activity in an alcohol and drug-free space.
- The chance to share project ideas, visions and successes nationally.



Above: ALWF, through its Community Initiatives Project Grants, was one of a number of supporters helping the Anglesea Lions Club to conduct a 3 day camp for disadvantaged students from the greater Geelong region.

Case Study

An ALWF Community Initiatives Project Grants helped the Whyalla Lions Club to work with the Beginnings group (a support group for young women recovering from substance misuse) to conduct a 10 week budget cooking program.

Each week, Lions Garry and Colleen shared their time-tested recipes and guided the young women to cook delicious, nutritious, economical meals which could be easily reproduced at home.

Recognition goes to the Whyalla Lions Club who realised many of the women were living week-to-week and struggling with uncertain circumstances. The Club matched the ALWF donation to buy ingredients and the necessary cooking utensils for the young women to repeat the recipes at home with their families.

"This has been a great experience for everyone involved. We have connected with people in our community that we would not have met without the program" Beginnings participants, Sept 2017



Delicious meals were made

How Can Lions Get Involved?

- Visit the ALWF website for a copy of the Expression of Interest form and recommend it to local groups who contact your club with a project request.
- Contact the ALWF Community Initiative Program Grants contact to discuss your ideas.

alwf.org.au/our-projects/community-grants/
0418 859 007

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

