

Drug and Alcohol Education at Our School



We are pleased to announce that our students in Year 8 participated in **SMASHED Alcohol Education**, an engaging and evidence-based program designed to help young people make informed choices about alcohol and other drugs.

The program combines theatre performance with interactive discussion to explore the real-life consequences of risky drinking, peer pressure and decision-making. Students will have the opportunity to reflect on how alcohol and drug use can affect health, relationships, learning and future opportunities.

Why this program matters

Adolescence is a critical time for learning about health and wellbeing. Research shows that young people continue to be exposed to alcohol and other drugs, making education and open conversations essential.

Recent Australian data shows:

- **44% of Australian secondary school students (aged 12–17)** reported drinking alcohol in the past year.
- **22% had consumed alcohol in the past month**, and **11% in the past week**.
- Among students who had ever consumed alcohol, **81% reported having five or more standard drinks on one occasion at least once**.
- Encouragingly, **56% of adolescents reported not drinking alcohol in the past 12 months**, reflecting a positive trend toward reduced youth drinking.

Other research also highlights that some young people experiment with substances such as inhalants, prescription medications used non-medically, or cannabis, reinforcing the need for prevention education and early support.

How families can support young people

Parents and carers play a vital role in supporting healthy choices. You can help by:

- Having open and non-judgmental conversations about alcohol and drugs
- Setting clear expectations about alcohol use
- Talking about peer pressure and safe decision-making
- Encouraging students to seek help if they are worried about themselves or a friend.

Support and Referral Services

If you or your child would like further information or support, the following confidential services are available:

- **Drug and Alcohol Clinical Advisory Service (DACAS):** 1800 812 804
- **[DirectLine](#) (24-hour alcohol and drug counselling):** 1800 888 236
- **Kids Helpline (ages 5–25):** 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au)
- **Headspace:** [headspace.org.au](https://www.headspace.org.au) for youth mental health and wellbeing support
- **School Wellbeing Team:** Students can speak with our [wellbeing staff](#) for confidential support or referrals.

Working together

Our goal is to equip students with the knowledge and skills to make safe, informed choices and to support their overall wellbeing. Programs like SMASHED help create meaningful discussions about the impacts of alcohol and drugs while reinforcing the importance of looking out for themselves and their peers.

If you have any questions about the program, please contact Meagan Pavsic (Wellbeing Engagement Facilitator/Programs) or the school's [wellbeing team](#).