

## Overview of SALT Education Courses

**Drug and Alcohol Education - Level 1** is suitable for children aged 12-14. It focusses on alcohol as the gateway to other drugs and the dangers of drinking at a young age. It also gives an overview of the dangers of illicit drugs. Participants are encouraged and equipped to develop a *game plan* for that moment when someone offers them drugs or alcohol. Parents are welcome and encouraged to attend this session.

**Drug and Alcohol Education - Level 2** is suitable for those aged 15-19. It covers alcohol as the gateway and has a stronger emphasis on the dangers of illicit drugs. Participants can answer questions anonymously using the interactive SALT phone app. The club and parents are given access to the summary data obtained with the app, but responses of individual players are kept confidential.

**Drug and Alcohol Education - Parents** is designed for the parents of the players who undertake the Level 2 unit. Parents are informed about the social environment in which their son or daughter moves with respect to drugs and alcohol. Summary data from the interactive phone app is shared with parents, but the individual player responses are kept confidential. Parents are given the tools they need to have constructive conversations with their son or daughter.

**Drug and Alcohol Education - Senior Players and Officials** This covers all of the major issues covered in the earlier units but also challenges the group to model acceptable behaviour to the kids of the club. It challenges the playing group about what kind of club they want to be, what kind of people they want to be, what kind of reputation they want to establish in the community and about where drugs and alcohol fit into all of this. The use of the interactive phone app provides the opportunity for real and honest conversations.

### **Respect for Women - Real Men Respect Women**

This unit challenges men to understand that disrespecting women, especially in regard to language can sometimes lead to domestic and sexual violence. Men are encouraged to speak up and intervene if they see someone at the club disrespecting a woman by word or action. Women need to be treated as equal members of society and it all starts with respect.

### **Well Being & Mental Health - Time to Talk**

This course is largely about having real conversations. It also aims to reduce the stigma that still remains around mental health issues. Players are encouraged to ask good questions of their mates and to be open and honest about how they are coping. Despite the nature of the topic it is a very positive and empowering course.

**Social Media - Healthy Engagement in a Digital World**

Participants are encouraged to be aware of both the positive and negative aspects of social media. Issues discussed include, our digital footprints, cyber bullying, pornography, online gambling, and sexting. This is a fun and highly engaging presentation that also provides the essential information required to successfully navigate our current digital landscape.

**Identity and Empowerment - Strong is the new Pretty**

This girls-only course is designed to help girls overcome an often accepted, narrow definition of what it means to be a girl. Girls are encouraged to identify their character strengths, to process the messages of society critically and to learn to listen to those within their circle of trust. The examples of 4 resilient women in the new VFL competition are used to inspire strength and good decision making.

**Peer Group Pressure and Decision Making (ages 10-14)**

This course is designed for kids who are about to enter a time of life in which there is often significant pressure to experiment with drugs and alcohol and to engage in other negative risk-taking behaviour. This course aims to provide young people with a tool kit to help them resist this pressure and to respond confidently. Research shows that if young people have rehearsed their responses, they are far more likely to make a positive decision under pressure when the time comes.

**Vilification and Discrimination - Taking a Stance**

Sporting clubs can potentially set the standard when it comes to creating an environment of equality and belonging. Sports people who take a stance on discriminatory language or behaviours have the opportunity to influence the wider community towards acceptance of diversity.

**Positive Coaching - Good Teams / Excellent Team**

Times have changed and so have young people. The old fashioned and overused half-time spray just doesn't cut it anymore. Positive coaching has been proven to elicit greater motivation, resilience, enjoyment and results for everyone involved. Discover a new way of coaching that makes all the difference between a good team and an excellent team.