



Number 58 - July 2010



The AUSTRALIAN LIONS
DRUG AWARENESS
FOUNDATION

New Alcohol DVD now available

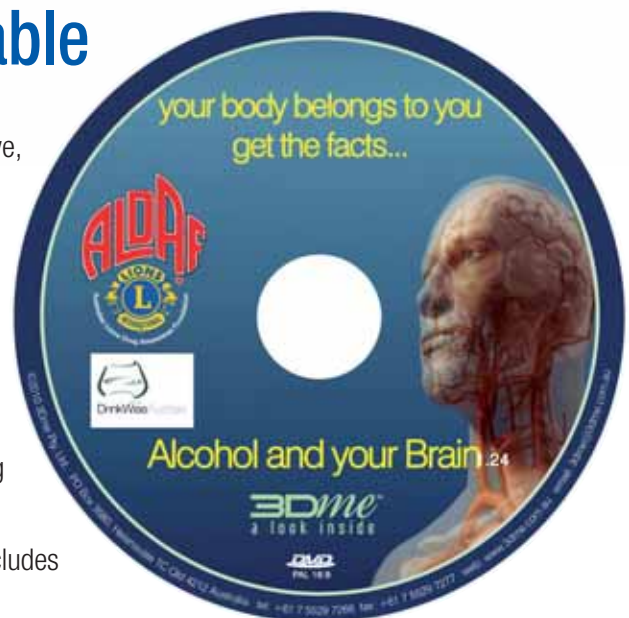
The Foundation is delighted to now announce the release of this informative, DVD on Alcohol and the effects on the brain.

The Gold Coast based company, 3Dme (www.3Dme.com.au) have completed this innovative DVD project. The DVD is approximately 7 minutes in length and is extremely informative to young and old alike. It has a large number of facts about alcohol and, in particular, focuses on the effects alcohol can have on various parts of the brain. In fact, it is very important that young people, whose brain is still in the developing stage, read how alcohol can have an effect that may last a lifetime. Using the simple statement "Your body belongs to you" it is essential viewing.

The DVD is available from the Foundation at a cost of \$19.95 which includes GST and postage.

It is a wonderful addition to the DVD on Ice that was released only a few months ago. It is important that both of these are included in all school library resources.

Please order via the order form on the back page of this newsletter.



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



Party Time 2010 has come around again

At the time of writing this report, Drug Action Week 2010 is swinging into full action. Nationally DAW 2010 was launched at Campbell High School in Canberra on Tuesday 15th June.

Previously, the campaign focussed on the theme of "Alcohol is a Drug Too"

This year they have changed tack to highlight the concerning mental health aspects of alcohol and other drug use and added the tagline of

"Looking after Your Mind"

Our Foundation is delighted to be launching our two new DVD's one on ICE the other on Alcohol and your Brain. Both these DVD's are covered in this newsletter and it complements the work being done with other agencies.

DAW will be focussing on looking after your mind; our new resources will be stating the facts on looking after your body.

Grogwatch newsletter covers some interesting issues whilst on the subject of alcohol. Two points of interest are, the ongoing issue of raising the minimum purchase age as well as new research on Mothers' Intentions to Introduce their adolescent to alcohol use.

From the ADCA news desk, an article by Dr Caitlan Hughes, Co-ordinating the National Drug Strategy: Where to from here?

This is an excellent article well worth the read.

Don't forget to support The Foundations latest resources.

Lion David Daniels OAM

Soon our young people will commence going to parties and now is the time to prepare them and their parents for some of the problems that can occur. The Foundation has many resources that will be very beneficial for both young people and parents.

These resources are shown below and include - Teenagers and Safe Partying, Party Hard But Party Safe, Worry Free Teenage Parties, The Big Book on Party Drugs, The Big Book on Alcohol and the poster on Standard Drinks. This has been added to with the Alcohol DVD and the Big Night Out game

The brochures are full of useful information and give much guidance and tips for both the participants and the supervisors (parents). The big books are ideal for young people to gain good knowledge of the effects of alcohol and the dangers of Party Drugs. The poster enables all people to determine what recommended safe drinking limits are so that they stay in control at all times. The DVD is essential viewing prior to drinking alcohol and the Big Night Out game enables young people to learn to make suitable choices.

Brochures are \$30 per 100 and can be mixed to make up 100. The posters are \$2 each and the Big Books are \$6.25 each. The alcohol DVD is \$19.95 and the Big Night Out game is \$84.95 (all prices include GST and postage).





Goes Portal

Over the last few years we have regularly spoken about how our youth focused project Tune In Not Out, is innovative and leading edge in its approach to informing young people about alcohol and other drugs and their general health and wellbeing. A key aspect of innovation is staying one step ahead and that is what TINO has done with the release of its new look website.

Tune In Not Out, with input from young people realized an opportunity to revamp the existing website. *"The new website has a portal style approach"* said Lynsey Goulding, Project Officer *"With a strong emphasis on young people being able to easily locate the digital content we have which now includes; TINO created podcasts and videos, third party created digital media, factsheets provided by services such as Reach Out and a blog section."*

The new site hosts TINO created content, developed by young people via TINO workshops or the online virtual production studio, as well as third party content. *"By hosting content from other services we are bringing information into one central point for young people. This ensures that young people not only get a wide range of information but also signposts to other services specific to the issue they are interested in."* said Lynsey.

Although the site has an all-new look there were aspects of the old site which have remained. The popular online virtual production studio function of the previous website is even more prominent in the new design. The **'have your say'** facility features on every topic page, so if a young person has something to share, whether that be a personal story or a tip for coping with that challenge they can leave content directly on that topic page in the form of video, audio, imagery or written work for other young people to access.

The new website has also seen a new tagline developed for TINO – *"it is often hard to sum up in a sentence what TINO does"* stated Lynsey *"But now with an increased range of digital media, factsheets, blogs and links to other services covering a wide range of topics from Alcohol and Other Drugs, Relationships, Independence, Sex, Mental Health we are a digital information portal helping young people navigate life and its challenges"*.

www.tuneinnotout.com

Check out the new website which also has information regarding the workshops, a range of tools for those wanting to create content including templates for briefs, story boarding and more, and a dedicated facilitators area for those teachers, professionals and volunteers who are keen to use TINO as a tool to engage young people in learning about their health and wellbeing.

www.tuneinnotout.com or email tino@den.org.au



Ice DVD Receiving a great response

In this DVD 3Dme takes a look inside the human body to demonstrate in a clear & concise manner, the complex physiological & psychological effects of the drug ICE/Crystal Meth. Utilising state of the art 3D visualisation & multimedia techniques makes this presentation captivating & easy to understand, yet informative. It is 10 minutes in duration, which we recommend using as 'stimulus material' for group discussion around the issue of methamphetamine use.

The DVD is available now at a cost of \$22.95 including postage and GST.



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.

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. **Foundation resources brochure**

Please send me the following free brochures (nominate quantity required): **Extra newsletters**
(Prices include GST, postage and handling)

- | | |
|--|---|
| <input type="checkbox"/> The Big Night Out \$69.95
<i>A interactive board game to encourage adolescents to make safe choices.</i> | <input type="checkbox"/> *10 Steps to help your child be smoke free \$30 per 100
<i>A brochure to assist parents who wish to stop their children from smoking.</i> |
| <input type="checkbox"/> Movers & Shakers Cards \$45.95
<i>A package to stimulate students ideas and actions in groups</i> | <input type="checkbox"/> * 10 steps to help your child brochure \$30 per 100
<i>A brochure with 10 steps to help your child say no to drugs</i> |
| <input type="checkbox"/> Kids and drugs - A parents guide video \$33.95
<i>A video and booklet package to help parents deal with drug situations in the home.</i> | <input type="checkbox"/> *Getting along brochure \$30 per 100
<i>A brochure to assist parents and adolescents get along together.</i> |
| <input type="checkbox"/> Boswells dilemma CD-ROM \$29.95
<i>An interactive package for primary children on the subject of medicines.</i> | <input type="checkbox"/> * Safe partying brochure \$30 per 100
<i>A brochure to assist parents and young people with parties.</i> |
| <input type="checkbox"/> Big book on drugs \$6.25
<i>A 26 page booklet in easy to read cartoon style about drugs.</i> | <input type="checkbox"/> * Quit smoking brochure \$30 per 100
<i>A brochure to help children and adults give up smoking.</i> |
| <input type="checkbox"/> Big book on cannabis \$6.25
<i>A 20 page booklet in easy to read cartoon style about cannabis.</i> | <input type="checkbox"/> * Cannabis brochure \$30 per 100
<i>A brochure to understand the dangers of Cannabis</i> |
| <input type="checkbox"/> Big book on party drugs \$6.25
<i>A 20 page booklet in easy to read cartoon style about party drugs.</i> | <input type="checkbox"/> * Party Hard brochure \$30 per 100
<i>A brochure outlining how to have a great party but safely</i> |
| <input type="checkbox"/> Big book on Alcohol \$6.25
<i>A 20 page booklet in easy to read cartoon style about alcohol.</i> | <input type="checkbox"/> * Worried brochure \$30 per 100
<i>Is someone you know taking drugs? What can you do?</i> |
| <input type="checkbox"/> Mind your Head \$8.95
<i>A book of some things you might want to know about Drugs and Mental Health</i> | <input type="checkbox"/> * Worry Free Teenage Parties brochures \$30 per 100
<i>A brochure helping parents ensure their teenagers have safe parties</i>
(* These brochures may be mixed to a minimum order of 100) |
| <input type="checkbox"/> Hugs not drugs badges (min order 50) 60c each
<i>Simple pin on badges with a strong message.</i> | <input type="checkbox"/> Resource Kit \$19.95
<i>A comprehensive package of resource materials</i> |
| <input type="checkbox"/> Hugs not drugs stickers (min order 100) 15c each
<i>Simple stickers with a strong message</i> | <input type="checkbox"/> Drug Wallet \$3.00 (min 5)
<i>Contains six well researched fact sheets on various drugs</i> |
| <input type="checkbox"/> Pamphlet Holder \$2.00
<i>A sturdy holder to place information brochures on display</i> | <input type="checkbox"/> Lanyard \$4.00
<i>A purple lanyard with the message of "Try Hugs not Drugs."</i> |
| <input type="checkbox"/> Ice DVD \$22.95
<i>A 9 minute DVD outlining the dangers of Ice and its derivatives</i> | <input type="checkbox"/> #Cannabis Poster \$2.00 (min 5)
<i>Colourful A3 sized poster ideal for laminating</i> |
| <input type="checkbox"/> Alcohol DVD \$19.95
<i>A 7 minute DVD detailing the effect of alcohol on the brain and other facts</i> | <input type="checkbox"/> #Standard Drinks Poster \$2.00 (min 5)
<i>Colourful A3 sized poster ideal for laminating</i>
(* These posters may be mixed to a minimum order of 5) |

Please send the above order to:

Name: _____

Address: _____

Discounts for larger quantities

For details on Foundation projects or to make a donation, contact:

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