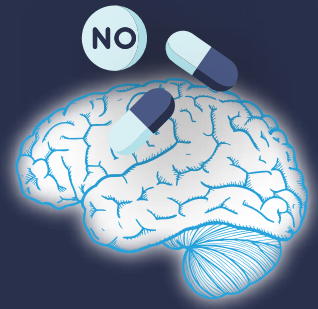


# SAVE YOUR BRAIN SAVE YOUR BRAIN SAVE YOUR BRAIN



ONE CHOICE... 'SAVE YOUR BRAIN'

AN ONLINE DRUG PREVENTION RESOURCE FOR MIDDLE SCHOOLS

## CONTENT OUTLINE

### INTRODUCTION

Drug Free Australia is pleased to offer a new suite of health education modules, with a focus on [Drug Use Prevention](#). 'Save Your Brain' (SYB) is targeted at younger adolescents (in middle school years) to promote an understanding of how the brain develops throughout the early years and into adolescence. In particular, it focusses on the impact of alcohol and other drugs on the brain. It also looks at protective factors to give teens the 'tools' to be able to negotiate anti social requests in peer pressure situations.

### RESEARCH BASE

'Save Your Brain' has been inspired by recent research in the United States through the Institute of Behavior and Health found here: [CLICK!](#) and other research that shows the importance of 'Protective Factors' in youth development found here: [CLICK!](#)

### TARGET AUDIENCE

SYB is suitable for students in the vulnerable middle school years and [aims to prevent the use of drugs and alcohol by:](#)

- + Increasing understanding that drugs and alcohol adversely affect the developing adolescent brain. (Current science points to the fact that the brain is not fully developed until the mid 20's or even longer).
- + Assisting younger teens to understand the importance of the health of their brains.
- + Facilitating a learning environment for younger teens to share real life experiences, including through role play, so that they can better respond to unwanted social requests.
- + Creating in younger teens, a greater awareness and understanding of health and drug literacy.

### PROGRAM DEVELOPMENT

The program has been developed through a combination of research and experience from the Institute of Behavior and Health, educators/teachers, neuroscientists, mental health experts, drug and alcohol researchers. It has received feedback from schools, sporting groups, parents and grandparents and will be regularly updated with ongoing feedback.

## FORMAT

This internet-delivered program comprises five 45-minute flexible, online modules/sessions that focus on:

Module 1 - [Stages of Brain Development](#)

Module 2 - [Cannabis and the developing brain](#)

Module 3 - [Ecstasy and the developing brain](#)

Module 4 - [Alcohol and the developing brain](#)

Module 5 - [Vaping - fact or fiction?](#)

Module 6 - [Protective Factors](#) – includes the following: Starting High School; Communication; Conflict; Feelings; Friendship; Motivation; Self Esteem; Stress.

## EXPECTED OUTCOMES

Include but are not limited to -  
prevention of initial uptake of tobacco, alcohol and illicit drugs by:

- + Stronger skills base to negotiate and resist unwanted social requests
- + Increased health literacy pertaining to harmful drugs
- + Ability and capacity to seek help early

The Pedagogy of online sessions includes explainer videos containing information from drug experts and neuroscientists, interactive discussion for with young people and activities / tasks related to Units of Enquiry to apply learnings.

## CYBER SAFETY

Online safety will be ensured by students' exposure to material that is deemed 'age appropriate' and that they are supervised by their classroom teachers or significant other – i.e. parent/carer. The program requires teacher involvement, including a short group introduction at the start and a debrief at the completion of each module and monitoring student research activities.

6 Internet Safety Games [CLICK!](#)

Classroom Resources [CLICK!](#)

Esafety [CLICK!](#)

## LINKS TO THE AUSTRALIAN CURRICULUM

Key learning areas - Health and Physical Education, Technologies General capabilities -Information and Communication Technology (ICT) Capability, Personal and Social Capability, Ethical Understanding.

## GETTING INVOLVED

If you are interested in participating at any level, or want more information, please contact Jo Baxter at Drug Free Australia: [admin@drugfree.org.au](mailto:admin@drugfree.org.au) [CLICK!](#)

