

The Trinity Parents' Alcohol & Drug Resource Book



TRINITY GRAMMAR SCHOOL, KEW

Writing the book

- A resource for parents put together by parents
- Utilizing the support of both Professor John Toumbourou and Dr Michael Carr-Gregg



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Aims of the book

- To raise awareness of drug and alcohol issues within our school community.
- To create a resource that:
 - educated
 - supported
 - and
 - enabled parents to cope with these issues.



Launching the book

- Trinity launched the book June 2007.
- Launched by Michael Carr-Gregg and John Toubourou at the Camberwell Civic centre.
- Parent community from year 7 to 12 were invited to attend.



An overview of the book

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Chapter 1

Understanding Alcohol, Drugs and Adolescents

- Drinking guidelines. The National Health and Medical Research Council (NHMRC) draft guidelines for low risk drinking.
- Drinking facts-here we look at some of the latest research and statistics.
- Binge drinking
- Alco pops
- Drinking Games
- Schoolies
- Alcohol and the Brain.
- Harm Minimization

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Chapter 2

Creating Resilient Adolescents

- Communicating with your Adolescent
- Building Resilient Family Structures



Chapter 3

When Adolescents need Help Depression

- Definition
- Causes
- How to recognise depression in your adolescent
- How you can help someone with depression



Chapter 4

Parties

- Party guidelines: Giving a party
- Party guidelines: Parents of a party-goer
- Parent/ adolescent alcohol agreements



Chapter 5

Drugs, Alcohol, Tobacco and their use.

- Responsible use of legal drugs
- Common Illegal drugs and their attributes



Chapter 6

Legal Facts

- Alcohol
- Drugs



Outcomes

- We have been thrilled to receive so much positive feedback from within the school community.
- Schools within our area as well as schools in regional and interstate areas have now printed their own branded copy of our book.



The Launch: June 2007

- Embraced by Trinity parents.
- Positive feedback from parents, local and state press, national radio, ABC.
- Supported by police.
- Acceptance by wider school communities.
- Success of programme has come from Parent ownership in partnership with School.

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Education of Trinity Parents

- “Keep the book alive”
- Trivia night August 2008 Year 7-9 parents
- Information in The Trinity News periodically
- Updates at Year Level Parent information evenings 2009
- Safe Party Programme –boys & parents

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National Drug & Alcohol Awards

- 2008 FINALIST
- Excellence in School Drug Education Category
- Supported by ADF, ADCA, ANCD and tednoffs Foundation

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The next Chapter...

- Over 23,000 copies printed (18 schools) as of December 2008
- Majority of funding from Parents' Associations
- Explore funding issues for State Schools
- 2009 update
- Web Page

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