

the essential guide into adulthood

# street

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## Just finished school and looking for work? Looking for a job in your home community?

East Arnhem Regional Council has many exciting youth-driven careers and employment opportunities. Talk to us about working with the Council and continue your learning journey!



### What interests you?

- Youth, Sport & Recreation
- Animal Management
- Aged Care & Disability Services
- Municipal Services
- Council Services
- Technical Services
- Roads & Building Infrastructure
- Waste Management
- Governance & Administration
- Children, Family & Library Services

**Whatever you're after, we've got you covered! Check out our position vacancies or contact us for more information.**



hr@eastarnhem.nt.gov.au  
08 8986 8986

[www.eastarnhem.nt.gov.au](http://www.eastarnhem.nt.gov.au)



Neighbourhood Watch Australasia would like to acknowledge the following premium partners of the Streetsmart Handbook.



**Australian Government**  
**Department of Defence**



**Family Planning**  
Welfare Association of NT Inc.



And special thanks also to our  
Gold, Silver and Bronze level supporters



***Mateship is an Australian cultural idiom that embodies equality, loyalty and friendship. Russel Ward, in *The Australian Legend* (1958), saw the concept as a central one to the Australian people. Mateship derives from mate, meaning friend, commonly used in Australia as an amicable form of address.***

*(source: Wikipedia)*

Dear reader,

Although you may not realise it, attending school also educates you on how you will interact with people later in life. Developing skills of how to engage with your peers, your juniors and your superiors will assist you in many ways throughout life, such as shared living, working, personal relationships and also most importantly, how you engage within your own community. We have wonderfully diverse communities here in Australia, that are safe and well cared for. This is something of which we should all be very proud.



Here at Neighbourhood Watch Australasia we make it our business to help create safe, connected and inclusive communities. This means that as you embark on your life and create your space in a community you choose, make sure you create a positive footprint.

As representatives of the community we at Neighbourhood Watch work with Policing Agencies to encourage community participation in building safe and confident communities to reduce the fear of crime and increase feelings of safety. You now have a role to play too. You can get to know the people who live around you and join a local, on line, Neighbourhood Watch Group. All you have to do is be aware of what is happening around you. Know whom to call if you need help. Be there to assist or help a neighbour if they are in need. Simply show some of that Aussie Mateship.

If you would like some more information about what you can do, visit our website [www.nhwa.com.au](http://www.nhwa.com.au)

Cheers

**Bernie Durkin**

President

Neighbourhood Watch Australasia

***Bringing people together to create safe, connected and inclusive communities, where people feel empowered, informed, protected and engaged with one another and with local Police.***



# NAAFLS

North Australian Aboriginal Family Legal Service

**We offer legal advice  
and support to families in:**



- Family Law
- Family Violence
- Crimes Compensation
- Child Protection
- Sexual Assault
- Money Management
- Superannuation
- Wills
- Housing

**We also provide Community Legal  
Education and make referrals**

**TOLL FREE**

**Darwin: 1800 041 998**

**Katherine: 1800 184 868**

PO Box 43104, Casuarina NT 0811

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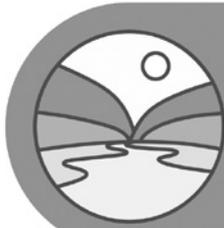
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## **Lhere Artepe Supermarkets**

**LAE Supermarkets is locally owned and operates  
3 IGA supermarkets in Alice Springs, located at:**

**Northside** – 3 Hearne Place, Braiiting. Tel: **8952 2988**

**Flynn Drive** – Flynn Drive, Gillen. Tel: **8952 2383**

**Eastside** – 10 Lindsay Avenue, Eastside. Tel: **8952 1740**

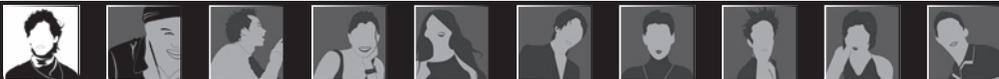
The **Store Support Office** number is **8952 0002**

Each store trades from 7:30am to 9:00pm,  
7 days a week and sells the following wide  
range of products:

- Grocery
- Fresh Meat
- Dairy and Frozen food
- Fresh fruit and vegetables
- Liquor
- Variety such as newspapers,  
magazines, cards, gifts and toys.



**Proudly supporting our local youth & the Streetsmart Initiative  
to help raise awareness of drugs & alcohol, cyber-bullying  
& youth suicide, Preparing our kids for the future**



## BUYING A CAR



### WHICH CAR IS RIGHT FOR YOU?

Think about what you'll be using the car for before you go shopping. Ask yourself the following questions:

#### *What size: 4, 6 or 8 cylinder?*

If you're planning on city driving and parking then a small car that is economical on fuel would be the most suitable. On the other hand, if you intend doing a lot of cruising on the open road then a large car may be better.

What size: small (1-1.6 litre), medium (2-3 litre) or large (3.8 litre and over).

#### *Will you be carrying anything other than people?*

Roof racks or a large boot may be enough to handle your needs or you may want to think about a station wagon or ute.

#### *Do you need special features?*

You may need a car with air conditioning for those hot days and/or cold mornings.

#### *Auto or manual?*

Which type of transmission do you prefer, a manual or an automatic?

Should I check out a used car myself?



- There is help available when checking out a used car. Print out the checklist available at the Northern Territory Consumer & Business Affairs website at:

[www.nt.gov.au/justice/consaffairs/youth/cars/index.shtml](http://www.nt.gov.au/justice/consaffairs/youth/cars/index.shtml)

### TIPS BEFORE YOU BUY

#### *Get your finance sorted first*

If you decide to borrow to buy a car, check out the interest rates charged by different banks, credit unions, finance companies and other lenders. Most car dealers will offer to arrange finance for you, but you'll probably do better elsewhere.

#### *Get an idea of price*

Once you know the type of car that you want to buy, get an idea of the price range to expect. Check the papers and different car dealers. This will put you in a better position to bargain.

#### *Set a maximum price and don't go above it*

Remember to bargain: you may be able to save hundreds of dollars.



## BEHIND THE WHEEL

## BUYING A CAR

## TIPS BEFORE YOU BUY CONT...

How can I tell if the vehicle has been stolen?

**Budget for all the costs**

Don't forget to budget for inspection, insurance, registration, transfer and stamp duty costs.

**Check when the registration runs out**

If the car's registration is due within a month or so, add the cost of renewing it to the overall cost of the car or you may want to use the early registration expiry to haggle over the car's price.

**Don't forget to get the car inspected before you buy it**

A professional inspection, especially for used cars, can alert you to hidden problems that may be costly to fix. You can then decide if you still want the car, or leave it and look around for another.

**Don't sign anything**

Unless you are absolutely sure that you want to buy a car, don't sign anything. If you are asked to sign something it will most probably be a sales contract. If you are just looking or thinking about buying a car there is no paperwork involved at all.

## WILL YOU BUY PRIVATELY OR FROM A LICENCED DEALER?

Buying a used car from a licenced motor vehicle dealer is often more expensive than buying privately, but it offers the greatest protection. Licenced motor vehicle dealers are regulated by the law and must give certain guarantees that do not apply to private sellers.

One of these guarantees is clear title. This means that ownership of the car will be passed onto you in the sale and the car cannot be taken from you (repossessed) because of someone else's debt.

Licensed motor vehicle dealers must also provide a statutory warranty for cars that are less than ten years old and have not travelled more than 160,000 km. If the car is sold without a statutory warranty (it's more than ten years old or it has travelled more than 160,000 km) then it's possible to buy an extended warranty from the car dealer. However, these warranties are often quite limited in the cover they provide and the conditions should be read carefully before purchase.



- Check if the vehicle is encumbered or stolen by telephoning Personal Property Securities Register (PPSR)

Ph: 1300 007 777

If you have internet access you can do your own PPSR check by logging on to:  
[www.ppsr.gov.au](http://www.ppsr.gov.au)



## BEHIND THE WHEEL BUYING A CAR

WILL YOU BUY PRIVATELY OR FROM A DEALER? CONT...

### *Important*

If you choose to buy privately you won't get any warranty and you will need to check for clear title yourself. You can do this by contacting the Personal Property Securities Register (PPSR) Ph: 1300 007 777

[www.ppsr.gov.au](http://www.ppsr.gov.au)

### BUYING FROM A LICENCED CAR DEALER

Buying through licenced motor vehicle dealers may be more expensive than from a private seller, but offers you greater protection.

For example:

If your car is not more than ten years of age and has travelled less than 160,000kms, it will be covered by a three-month/5,000kms

Statutory Warranty;

You'll have a clear title which protects you against repossession if anyone owes money on the car and ensures it is not a stolen vehicle.

You don't have to use the car dealer's finance or insurance.

Before you talk to the dealer, check out the interest rates offered by lenders and the insurance premiums offered by different insurance companies. You could save money by shopping around and organising these things yourself.

If you are buying a car that has some problem not covered by the warranty, negotiate with the dealer to have it fixed. If the dealer agrees, then have it written in the sales contract and have them make the repairs before you take the car away.

Check all the paperwork and read any contract carefully before you sign it. Remember: you don't need to sign anything unless you have decided to buy a car.

### *Tricks of the trade*

People who sell cars will use all sorts of tricks to try and get you to buy now: once you leave the car yard their chances of making the sale plummet.

Should I get it inspected?



- *A professional inspection can alert you to hidden problems that may be costly to fix. You can then decide if you still want the vehicle, or leave it and look around for another.*



## BEHIND THE WHEEL

### BUYING A CAR

#### BUYING FROM A LICENSED CAR DEALER CONT...

*I've got enough to pay for a new car!*



So be prepared. Shop around to get an idea of prices. Know what sort of car you are looking for and ask questions of the salesperson to help you in making a decision. Get advice and have a thorough mechanical and body check done before you make a decision. Put some space between the test drive and the negotiations. This is the time that you are most likely to make a concession, especially if you like the car. The salesperson knows this and will use it to their advantage.

#### *Sales lines that should put you on guard*

- This car won't be here tomorrow;
- I'll have to see if my manager will approve this offer;
- We have a buyer for your trade-in.

Remember, just as your most vulnerable moment is just after the test drive, the salesperson's is when you decide to pass on the deal.

#### TRADE-INS

Be wary of high trade-in offers. The price of your new car may be increased to cover the difference. Before you hand over your old car, be sure to agree on a specific delivery date for the new one and make sure you can afford the changeover cost.

#### *Trade-in tips*

Make sure the car is clean;

To maximise the amount of your trade-in, you may want to replace or repair worn items that are visible to an appraiser such as a cracked windshield or bald tyres.

#### THE CONTRACT AND DEPOSITS

If you sign anything at a car dealer's it's probably a sale contract. Car sale contracts are legally enforceable. Read all documents carefully and do not sign anything unless you are certain that you will be buying that car.

It is common practice for dealers to take a holding deposit when you sign a contract. Make sure that you only pay the minimum amount and get a receipt for this money.

- *Don't forget that any car you buy will cost you money to run. Generally the larger the car the more it will cost you in registration, servicing, tyres and petrol usage.*

*If you want to find out the fuel consumption of your car go to the Australia Greenhouse Office website at:*

[www.  
greenvehicleguide.  
gov.au](http://www.greenvehicleguide.gov.au)



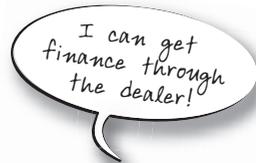
## BEHIND THE WHEEL

## BUYING A CAR

## THE CONTRACT AND DEPOSITS CONT...

If you have decided to buy a car but you need to have finance approved first then have this written in the contract as: "subject to approval of finance to the purchasers' satisfaction". If you have this specified in the contract and you cannot get a loan after reasonable attempts, you may be able to cancel the contract and have the deposit returned to you.

Remember that signing a contract is legally binding. If you change your mind and want to cancel the contract, you could lose your deposit. However a car dealer cannot retain more than 10 per cent of the total selling price of the vehicle.



## BUYING AT AUCTION

Cars sold at auctions will be cheaper, but there are risks involved. There is no warranty offered nor will you be allowed to take a test drive, but you must be given an opportunity to inspect the car.

If you are unfamiliar with auctions, go to one as a spectator first to see how they are run. At most auction houses, payment of \$500 or 10 per cent of the car's price is required at the fall of the hammer. When you are ready to buy, set a maximum price that you intend to spend and don't go over it.

- *You can organise a loan through the car dealer, but generally you can find a better deal elsewhere. Shop around for the best interest rate and terms!*

## NEED A LOAN?

If you intend to borrow money to pay for a car, consider the following:

- the interest rates charged;
- the amount of the loan repayments;
- how much less you will be able to spend on going out;
- whether having a car that needs financing is worth it;
- any additional fees or charges that need to be paid above the interest charges; and
- how long it will take to pay it off.

Banks, credit unions, finance companies and other organisations all lend money. You can also organise a loan through the car dealer, but generally you can find a better deal elsewhere.



## BEHIND THE WHEEL

### BUYING A CAR

#### WHEN THE LENDER WANTS LOAN SECURITY

Lenders will sometimes ask that you provide some type of security before they will approve a loan, just in case you cannot repay them. One form of security is the car itself. If you agree to put the car up as security you:

- must take care of the car and tell the lender where it is if they ask;
- will generally need to take out comprehensive insurance on the car for the term of the loan;
- cannot sell the car without the lender's permission.

If the car is taken as security the lender will have an interest in it and will register this interest with the Personal Property Securities Register (PPSR).

The car will then be recorded as encumbered, that is having an outstanding loan attached to it.

#### TEST DRIVES

A test drive will let you get a feel for the car and find any obvious problems. You should examine the car and take note of any defects from stone chips to stalling.

Have your car buyer's checklist ready to take notes. Check the speedo for mileage travelled and the manufacture date on the compliance plate. This may come in handy if you want to negotiate over price later.

Before taking the car for a drive, check to see if the car is covered by comprehensive insurance.

Should I test drive the car?



- *A test drive will let you get a feel for the car and find any obvious problems. You should examine the car and take note of any defects from stone chips to stalling.*



## BEHIND THE WHEEL

## BUYING A CAR

## TEST DRIVES CONT...

*Insurance and test drives*

Most licensed car dealers/traders will have a comprehensive insurance policy that covers all their cars during test drives. However, the law doesn't force car dealers/traders to take out car insurance, so you need to check with them before taking a test drive.

If you have an accident that is your fault while on a test drive then the dealer's/trader's insurance company will insist that you pay the excess. An excess is the amount of money that you must pay when making a claim on an insurance policy.

The excess payable on a comprehensive policy is dependant on the age and experience of the driver and the age of the car. In some cases, it can be as high as \$1750 for a driver under 19 years of age.

Some cars will attract a higher excess. You should ask the dealer/trader the following questions before taking a test drive:

- Is the car covered by a comprehensive insurance policy?
- Am I covered by this insurance policy if I have an accident?
  - How much is the excess if I have an accident?

## CAR WARRANTIES

Firstly, be aware that warranties apply to cars purchased through a licensed Motor Vehicle Dealer, and do not apply to private sales and auctions.

Used cars in the Northern Territory that are less than ten years old and have not travelled more than 160,000 km are covered by a Statutory Warranty. This warranty may entitle you to take the car back to the dealer to have them make repairs for problems that appear in the first three months or 5,000 km after delivery.

*Extended car warranties*

Extended car warranties can be bought from a licensed Motor Vehicle Dealer when you buy a car. These warranties extend the period of cover beyond any statutory warranty that applies.

Will my car come with a warranty?



- *Warranties apply to cars purchased through a licensed Motor Vehicle Dealer, and do not apply to private sales and auctions.*



## BEHIND THE WHEEL

### BUYING A CAR

#### CAR WARRANTIES CONT...

Before buying an extended car warranty read the policy carefully, as many of these warranties are only valid if you observe strict servicing conditions and generally only cover specific items.

Check out exactly what is covered and under what circumstances claims will not be accepted.

#### CAR INSURANCE

There are three basic types of car insurance. Generally, the more insurance cover, the more it will cost you. If you have agreed to use the car as security for a loan then you will have to take out comprehensive insurance for the term of the loan.

You should take out insurance cover as soon as you purchase a vehicle so you are insured against accidents from the word go.

Comprehensive insurance covers damage to your car, damage to other people's cars and property as well as damage to your car caused by fire and the theft of your car.

Third party, fire and theft insurance covers damage to your car by fire and your car's theft, as well as any damage that your car causes to other cars and property, but not any damage sustained by your car.

Third party property insurance covers you for any damage that your car causes to other cars and property, but not any damage sustained by your car.

#### *Things to consider when you are choosing an insurance policy:*

- Will the insurance cover damage caused when someone else drives the car?
- What is excluded or not covered by the policy?
- How much is the excess? This is the amount of money that you need to pay when you make a claim. For example: For a driver under 19 it can be as high as \$1750.
- Is it possible to pay the insurance premiums by monthly instalments so that its cost can be spread over the year?

What type of insurance should I get?



- *There are three basic types of car insurance. Generally the more insurance cover, the more it will cost you. If you have agreed to use the car as security for a loan then you will have to take out comprehensive insurance for the term of the loan.*



## BEHIND THE WHEEL

## BUYING A CAR

## REGISTRATION

In the Northern Territory you will need to renew the registration of your car every year at a motor vehicle registry (MVR) office or police outstation (in remote areas only). The cost of registration will depend on the capacity (size) of the engine in your car.

Vehicle registration may also be renewed by mail, over the internet or telephone and at participating Australia Post outlets if a vehicle road-worthiness inspection is not due at the time of renewal.

It may be a good idea to estimate registration cost and budget for it by putting some money aside each week.

Registration renewal papers are sent to the address that is recorded on the previous registration certificate about six weeks before the registration is due to expire.

Factory-new and/or interstate-registered vehicles being registered or transferred to the Northern Territory for the first time will require a vehicle compliance check at MVR prior to registration in the NT.

A factory-new vehicle will not require another inspection until it is five years old and then at ten years old. From that point on, the vehicle will be required to be inspected every 12 months upon renewal. Inspections other than the first compliance check may be conducted by the MVR or an Authorised Inspector (AI) in your area.

If you purchase a vehicle interstate, by law you must transfer the registration to the Northern Territory. Make sure that you have budgeted for the transfer as stamp duty will have to be paid at the time of transfer.

Further information can be obtained from your local Motor Vehicle Registry or your remote community police station.

How often do I need to get my car inspected?



- *A factory-new vehicle will not require another inspection until it is five years old and then at ten years old. From that point on, the vehicle will be required to be inspected every 12 months.*



## BEHIND THE WHEEL

## LEARNING TO DRIVE

## GETTING YOUR CLASS 'C' (CAR) LEARNER LICENCE

What is the first step I need to take if I want to get my licence?



- Get a copy of the Northern Territory Road Users' Handbook for a fee of \$12, study up on the road rules then book your learner permit test.

*How old must I be?*

You must be at least 16 years old to get a learner licence.

You must also be a resident of the Northern Territory and have no serious disabilities (although, for most people with a disability, a licence with conditions of use may be available).

*What do I need to do?*

Once you have established your identity, age and residency and have parental consent, you will need to pass a theory test. This is based on information contained within the Northern Territory Road Users' Handbook, which can be obtained for a fee of \$12 from MVR offices or your local Police station (remote areas only). It is also available to download, free, from: [www.transport.nt.gov.au/mvr/publications](http://www.transport.nt.gov.au/mvr/publications). Fees apply for each theory test attempt.

The Road Rules theory test takes the form of a multi-choice questionnaire.

If you experience difficulty with written questions the test may also be taken verbally including with an interpreter. Contact MVR to arrange an appointment for a verbal test.

[www.transport.nt.gov.au/about-us/contact-us](http://www.transport.nt.gov.au/about-us/contact-us)

MVR will test your eyesight, take your photograph and if you have been successful in your theory test be issued your Learner's Licence. This entitles you to drive under learner conditions, so you can develop your skills to the point where you are able to pass your practical driving test.



**Northern  
Territory  
Government**

Department of Transport  
[www.transport.nt.gov.au](http://www.transport.nt.gov.au)



## BEHIND THE WHEEL

## LEARNING TO DRIVE

## GETTING YOUR CLASS 'R' (MOTORCYCLE) LEARNER LICENCE

**Requirements for Learner class "R" – (Rider Learner)**

All requirements are the same as for class "C" (car).

Applicants have to pass an entry level balance and stability test (the Alternate Motorcycle Operator Skills Test – MOST).

Further information about obtaining a learners licence for Class 'C' (car) and Class 'R' (rider) can be located at the following to:

[www.transport.nt.gov.au/mvr/licensing/faqs/learners-licence](http://www.transport.nt.gov.au/mvr/licensing/faqs/learners-licence)

I want to get my licence. What should I do first?



## LEARNER LICENCE CONDITIONS

- Must clearly display approved 'L' plates to the front and rear of the car or to the rear only for motorcycles
- Must be accompanied, in the front seat nearest to you, by a fully licensed (not Provisional) person at all times whilst driving (Class "C" only)
  - Must not exceed 0.00% BAC
    - Must not exceed 80kp/h
  - Not permitted to use a mobile phone, in any form, while in control of a motor vehicle
  - Must carry your Learner Licence at all times whilst driving
    - Must not carry any pillion passengers (Class "R" only)
  - May only ride a Learner Approved Motorcycle (Class "R" only)
- Under the NT Demerits Points Scheme (DPS) Learner, Provisional and overseas licence holders are subject to a points action trigger of 5 demerits points in one year'.

Refer to Information Bulletin L28- NT DPS and How it Affects You.

<http://www.transport.nt.gov.au/mvr/licensing/infobulletins>

**What is the first step I need to take if I want to get my licence?**

Get a copy of the Northern Territory Road Users' Handbook, study up on the road rules then attend MVR to arrange your Road Rules Theory Test.

- *Get a copy of the Northern Territory Road Users' Handbook, study up on the road rules then attend MVR to arrange your Road Rules Theory Test.*

## YOU HAVE YOUR LEARNER'S – WHAT'S NEXT?

Learning to drive, of course! Before you embark on this huge undertaking, you will need to decide who's going to teach you and maybe who's going to get into the car with you to practice between lessons.



**Northern Territory Government**

Department of Transport  
[www.transport.nt.gov.au](http://www.transport.nt.gov.au)



## BEHIND THE WHEEL

## LEARNING TO DRIVE

YOU HAVE YOUR LEARNER'S – WHAT'S NEXT? CONT...

Will it be expensive to use an instructor all the time?



- *To keep costs down, it's a good plan to book driving lessons with an instructor and perhaps practice with a friend or relative between lessons.*

Driving instructors are the most effective way to become familiar with the "System of Vehicle Control". This means you will be taught the current driving techniques and the person in the passenger seat will be experienced and skilled in teaching new drivers – like you. To keep costs down, it's a good plan to book driving lessons with an instructor and perhaps practice with a friend or relative between lessons. That way, you will only be paying to learn new skills, not for the practice you will need to do between lessons to perfect them.

For some people, learning entirely with relatives and friends may be a viable alternative to learning with a driving instructor. The Learner Drivers' Guide sets out the System of Vehicle Control and will assist your licensed driver to help you get it right.

***DriveSafe NT***

DriveSafe NT is a driver education, training and licensing program for Territory drivers aged 16 to 25 years. The program is available in the urban centres of Darwin, Alice Springs and Katherine. DriveSafe NT provides you with the opportunity to gain essential knowledge of road rules, safe driving practices and attitudes, and to access professional driver training to make you safer on our roads.

For more information about the DriveSafe NT program go to:

**[www.nt.gov.au/drivesafent](http://www.nt.gov.au/drivesafent)**

Freecall 1800 121 411

(call charges may apply from mobile phones)

## GOING FOR YOUR DRIVING TEST

Once you have held your Learner Licence for six consecutive months you may make a booking at an MVR office for your driving test. You don't have to do the driving test at the same office where you sat your theory test, as long as your driving test is conducted in the community in which you live. You will have to pay the test fee at the time you book and, if you don't want to go to an MVR office to book, it can be done over the phone if you intend to pay by credit card.



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## BEHIND THE WHEEL

### LEARNING TO DRIVE

#### GOING FOR YOUR DRIVING TEST CONT...

#### *Today's the big day*

Plan to arrive for your test about ten minutes early. This means that you can meet your Licence Testing Officer (LTO) who will do any necessary paperwork in plenty of time to begin your test without rushing.

#### *Checklist: before you leave home*

- You must take your current Learner's Licence. If you don't have your Learner's, you can't legally drive so the LTO won't be able to test you.
- Don't forget the car. Testing centres do not provide test vehicles.
  - Is the car registered, in good working condition and clean and tidy inside? Have you got plenty of fuel? It could be a long, hot, embarrassing walk back to MVR if you run out of fuel!
    - Is the car roadworthy? The LTO will perform a basic vehicle safety check before your test begins, including the headlights, brake lights, indicators, tyres, windscreen and windscreen wipers.
- Is the speedo working properly? Check it the day before the test. If it doesn't work you won't know how fast you're travelling and the LTO will stop the test, as the car is unroadworthy.
- Are your "L" plates secured on the car without blocking your view through the windows, and visible to the front and rear? (Don't forget to bring "P" plates – you may need them after the test).
  - Are there any training aids present. You will need to remove any training aids that have been used to help you learn to drive. You will be expected to show the LTO that you can drive without any help.
- Have you got money? If all goes well, you will need enough to pay for your provisional licence!



- *Yes. Testing centres do not provide test vehicles.*



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## BEHIND THE WHEEL

### LEARNING TO DRIVE

#### GOING FOR YOUR DRIVING TEST CONT ...

What will the  
Licence Testing  
Officer look for?

#### *On the road during the test*

The main thing the LTO will be looking for during the test is correct application of the System of Vehicle Control: how well you demonstrate a systematic approach to driving safely, legally and efficiently in a variety of road and traffic conditions.

To judge this, the LTO will watch for good observation skills, correct signalling procedure, smooth braking and gear changing, whether you leave sufficient gaps and so on. Full instructions are included in the Learner Driver's Guide.

#### PROVISIONAL LICENCE

#### *Passing the test*

If you have passed the test, upon payment of the prescribed fees your Provisional Licence will be issued:

- for two years if you are less than 25 years of age at time of issue; or
- for one year if you are 25 years of age, or older, at time of issue

Don't forget that there are some conditions that go with your provisional licence to help you get more driving experience as safely as possible:

- You must display "P" plates clearly visible from the front and the rear of your car, or rear only for motorcycles. This identifies you as a novice driver/rider to others so that they can give you appropriate courtesy.
- Under the NT Demerits Points Scheme (DPS) Learner, Provisional and overseas licence holders are subject to a points action trigger of 5 demerits points in one year'.

For further information about Demerits points go to Information Bulletin L28- NT DPS and How it Affects you.

<http://www.transport.nt.gov.au/mvr/licensing/infobulletins>



- *The main thing the LTO will be looking for during the test is correct application of the System of Vehicle Control. To judge this, the LTO will watch for good observation skills, correct signalling procedure, smooth braking and gear changing, whether you leave sufficient gaps, and so on.*



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- Your top speed limit is 100km/h, but remember you must not exceed other speed limits posted. Your top speed is limited to give you time to get to fully understand the dynamics of your car on the road before you begin to travel at higher open-road speeds.
- You must have a 0 per cent blood alcohol concentration, no matter how old you are. As with the top speed limit, this is done so that you can get experience behind the wheel and to develop better hazard perception skills before you drive with even a small amount of alcohol in your system.
- You are not permitted to use a mobile phone, in any form, while in control of a motor vehicle

***What does it mean if you have an “A” condition on your Licence?***

It simply means that your test was conducted in a vehicle with an automatic transmission, so for the first 12 months you may only drive a car with an automatic transmission. If you want to drive a manual car in the first 12 months after gaining your licence you will need to be re-tested in a car with manual gears.

***What if you don't pass the test this time around?***

Your LTO will be happy to explain what went wrong in detail if you ask. Many candidates find this very useful. You can book another driving test by paying another test fee. The test can be conducted at the same MVR office, or another of your choice provided it is within the community where you live.

Can I drive a manual car if I took my test in an automatic?



- *No. If you want to drive a manual car in the first 12 months after gaining your licence you will need to be re-tested in a car with manual gears.*



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## BEHIND THE WHEEL

## LEARNING TO DRIVE

## MOTORCYCLIST EDUCATION TRAINING &amp; LICENSING

My dad wants to teach me to drive. Is it allowed?

For people wishing to obtain motorcycle licences in the NT, there are training courses available in Darwin, Alice Springs and on a limited basis, in Katherine.

**Bookings**

To book onto one of the available courses or to find out more about the METAL program, please call the bookings number in Darwin on 1300 654 628, Alice Springs on 8951 5295 or Katherine on 8973 8725 or drop in to your nearest Motor Vehicle Registry office.

**Motorcycle Course Information****Basic Riding Course**

- designed to provide the student with the necessary practical riding skills and attitude for safe riding.
  - successful completion of the METAL Basic course satisfies the practical assessment requirement for the grant of a Class R Learners licence.
- Prior to booking the Basic Riding Course, applicants must be at least 16 years of age and have passed the Riders Knowledge Test.

**Transitional Course**

- designed to provide the student with the opportunity to obtain supervised on road riding experience.
- candidates must have completed the METAL Basic course and hold a current R(L)(r) Learner Licence.

**Intermediate Riding Course**

- follows on from the Basic Course and is designed to enhance motorcycle control and road-craft skills.
- the successful student is eligible for upgrade to a motorcycle licence class R(r).
- a pre-requisite for this course is the successful completion of the Basic course and participants must have held their R(L)(r) licence for a continuous period of six months. Bookings can only be made after the six-month Learner period has lapsed.

**Advanced Skills Course**

- the Advanced Skills course is designed to offer structured training for motorcyclists who hold a current full motorcycle licence, either R or R(r).
- the course targets riders who wish to enhance their motorcycle control skills, road-craft techniques and motorcycle knowledge.
- students are encouraged to provide their own registered and roadworthy motorcycle, however, motorcycles can be made available if required.



- *Yes, if your dad is a fully licensed driver he may supervise your driving practice if you hold a learner licence.*



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## BEHIND THE WHEEL

### LEARNING TO DRIVE

#### MOTORCYCLIST EDUCATION TRAINING & LICENSING CONT...

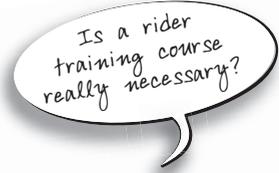
##### For the Basic, Transitional and Intermediate Courses:

- motorcycles and helmets are provided, however students may use their own motorcycles, subject to certain conditions.
- additional courses (usually midweek) may be scheduled, depending on demand and instructor availability.

**Note:** please check with your nearest Motor Vehicle Registry to establish course availability and times.

Refer to Information Bulletin L41 – Motorcyclist Education Training and Licensing METAL Program Information.

<http://www.transport.nt.gov.au/mvr/licensing/infobulletins>



- *Rider training: is the best investment you can make in your riding future*



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### *Serious driving offences*

#### *Culpable driving:*

If you kill someone while you are driving a motor vehicle you could be charged with culpable driving.

#### *Driving 'culpably' means driving*

- Recklessly;
- Negligently; or
- While you are under the influence of alcohol or drugs (so that you aren't able to control the vehicle properly).

#### *Reckless driving*

Reckless driving is when a person deliberately ignores the fact that his or her driving is likely to cause someone else's death or serious injury.

Negligent driving is when a driver seriously fails to take the amount of care that it would be reasonable to expect him or her to take in the circumstances.

The penalties for culpable driving depend on the seriousness of the offence. They can be very severe and may include imprisonment.

#### *Dangerous driving*

Dangerous driving is when a person drives at a speed, or in a manner that is dangerous to the public in the circumstances.

If you are convicted of this offence, you will lose your licence (or be disqualified from getting a licence) for a certain period. You could also be fined heavily and/or imprisoned.

#### *Careless driving*

Careless driving is a very broad offence and it is common for drivers to be charged with it in situations where they fail to exercise reasonable care and attention.



## BEHIND THE WHEEL CARS AND THE LAW

### DRIVING OFFENCES CONT...

If you drive a motor vehicle carelessly, you could be allocated demerit points and be fined.

If you are convicted of careless driving while you are on your P-plates, you could also have your licence suspended and your probationary licence period extended by at least six months.

#### *Speeding*

Anyone who drives faster than the speed limit on any stretch of road is breaking the law.

If you speed, you could be fined, be allocated demerit points, or even lose your licence or be disqualified from getting a licence for a certain period, depending on how much over the speed limit you are.

You could also be charged with dangerous driving.

If you are convicted of speeding while you are on your P-plates, you could also have your licence suspended and your probationary licence period extended.

#### *What about races and speed trials?*

It is against the law to organise or take part in any kind of race or speed trial involving a motor vehicle.

This includes drag races and attempts to break speed records. The only exception is if the event has been officially authorised by the Minister.

You could be fined for this offence and also charged with other offences such as speeding or dangerous driving.

### DRIVING AND ALCOHOL

#### *Driving when you're over the limit*

Different blood alcohol limits apply to different people. It is an offence to drive if the amount of alcohol in your blood is over the limit that applies to you.

I'm a good driver.  
I never drive  
recklessly!



- *The penalties for culpable driving depend on the seriousness of the offence. They often involve imprisonment and can be very severe.*

**NOTE: IF YOU ARE ON YOUR P PLATES AND YOU GO 30KM/H OR MORE OVER THE SPEED LIMIT, YOUR LICENCE WILL AUTOMATICALLY BE SUSPENDED.**





## BEHIND THE WHEEL

## CARS AND THE LAW

## DRIVING AND ALCOHOL CONT...

A drink or two  
won't hurt...

**Blood alcohol limits – which one applies to me?**

If you are on your L-plates or your P-plates, the zero blood alcohol limit applies – in other words, you must have no alcohol at all in your blood while you are driving. You could be fined and possibly lose your licence if you break this law. In some cases, you might have to take part in a drink-driving education program before you will be able to get your licence back again.

The 0.05 blood alcohol limit applies to most other drivers and riders. Different penalties apply depending on how much over the limit you are, and whether it is your first drink-driving offence or not. You could be fined, lose your licence and even be imprisoned.

If you drive with a blood alcohol level between zero and 0.05 while you are on your L-plates or P-plates, your licence will automatically be suspended for at least one month.

**Breath tests**

The police have the power to ask you to have a breath test if you are driving a motor vehicle, or if they have a reasonable belief that you were the driver of a motor vehicle that was involved in an accident no more than three hours ago. (If the police are not sure who the driver of a vehicle involved in an accident was, they can ask anyone they reasonably believe was in the car at the time to have a breath test within three hours of the accident.)

You don't have to take a breath test if it has been more than three hours since you drove or were a passenger in the motor vehicle.

If the breath test shows that there is alcohol in your blood, the police have the power to arrest you and take you to a police station for the purposes of giving you a breath analysis.

**Driving under the influence**

It is an offence to drive while you are under the influence of alcohol. The police will look particularly at the way you are driving and will charge you if they think that you are so affected by alcohol that you cannot control the vehicle properly.





## BEHIND THE WHEEL CARS AND THE LAW

### ROAD RULES

You can be charged with driving under the influence in addition to other drink-driving offences, such as driving when you're over the limit.

#### *Driving under the influence of drugs*

It is against the law to drive while you are under the influence of drugs. The police will look particularly at the way you are driving and will charge you if they think that you are so affected by drugs that you cannot control the vehicle properly.

#### *Seat belts*

All car drivers and passengers in the Northern Territory must wear seat belts.

The driver of a car will be fined and will incur [or] be awarded demerit points for driving when not wearing a seat belt themselves, or for carrying passengers under the age of 16 who do not wear seat belts or approved child restraints. The driver may also lose his or her licence.

What else can I be charged with?



- *You can be charged with driving under the influence in addition to other drink-driving offences, such as driving when you're over the limit.*

**YOU WILL LOSE  
YOUR LICENCE  
AND COULD BE  
FINED HEAVILY AND  
EVEN IMPRISONED  
FOR DRINK  
DRIVING.**





## BEHIND THE WHEEL CAR ACCIDENTS

### WHAT SHOULD YOU DO AT THE SCENE OF AN ACCIDENT?

If there is debris strewn all over the road, do you leave it?

You must do the things set out below as soon as possible at the scene of an accident. You must also give the appropriate information to any police officer who is present at the scene of the accident. It is an offence to give false or misleading information.

Remember that you also have a right to get this information from other drivers or riders involved in the accident.

You do not have work out who is to blame for the accident at this stage. You also do not need to make or accept any offers of payment for damage caused.

#### **Stop**

You must stop immediately after you have had an accident, no matter how minor it may seem.

#### **Assist**

If you are driving a car or riding a motorcycle that is involved in an accident, you have a legal obligation to stop and to give any assistance which you are capable of giving to anyone who has been killed or injured in the accident. This is required by the law, regardless of whether the accident was your fault or not.

If you deliberately fail to stop, or give assistance, after an accident where someone has been killed or seriously injured, you could be fined heavily or even imprisoned. Even if no-one has been killed or injured, you could still be fined or imprisoned for failing to stop after an accident. If you are a P-plate driver, your licence will automatically be suspended.

#### **Remove debris**

If you are the driver of a vehicle that has been involved in an accident, you should try to remove anything that has fallen from your vehicle on to the road that may cause injury or damage to other people or vehicles.

If you are unable to do this because of injuries you have suffered in the accident, then the person who removes your vehicle from the scene will be responsible for clearing the debris.



- *No, you remove anything that might be a hazard to others.*

REMEMBER THAT YOU MUST NOT DRIVE A VEHICLE AFTER IT HAS BEEN DAMAGED AND IS LIKELY TO CAUSE DANGER TO YOURSELF OR OTHER PEOPLE.

IF YOU FAIL TO REPORT AN ACCIDENT WHEN YOU ARE REQUIRED TO, IT COULD AFFECT YOUR RIGHT TO CLAIM COMPENSATION.





## BEHIND THE WHEEL CAR ACCIDENTS

### REPORTING AN ACCIDENT

If you are a driver involved in an accident, you must report it as soon as possible to the police station nearest the scene of the accident:

- If someone has been killed or injured, and the police have not been called to the scene, or
  - If property (including an animal) has been damaged or destroyed and neither the owner of the property (nor a representative of the owner) nor the police are at the scene of the accident.

If someone has been killed or injured in an accident, you must also report. Under Regulation 138 of the Northern Territory *Traffic Regulations*, any crash which results in death, injury or property damage must be reported to Police.

#### *Call the police*

The police do not always have to be called to the scene of an accident. However, they should be called if someone has been injured or killed.

#### *Give and get details*

If you are a driver or rider involved in an accident in which someone has been injured or any property (including an animal) has been damaged or destroyed, you have a legal obligation to give the injured person or the owner of the property (or their representative):

- Your name and address;
- The registration number of your vehicle; and
- The name and address of the person who owns the vehicle (if you are not the owner).

What details have to be given after an accident?



- *Your name and address, registration number of your vehicle and name and number of the vehicle owner (if it is not your own vehicle).*

**NOTE: EVEN IF THE POLICE ARE NOT ACTUALLY CALLED TO THE SCENE OF AN ACCIDENT, YOU MAY STILL BE REQUIRED TO REPORT IT TO A POLICE STATION.**



## BEHIND THE WHEEL MOTORCYCLES AND THE LAW

### MOTORCYCLES

Helmets are uncomfortable to wear!



Motorcycles are classified as motor vehicles and are therefore subject to the same general road rules as cars, trucks and other motor vehicles.

#### *Specific road laws that apply to motorcycle riders*

- An approved helmet must always be worn
- Modern motor cycles must have two rear view mirrors to provide a clear view of the road behind
- Only one pillion passenger may be carried and then only if the bike is fitted with proper footrests and seating
- Pillion passengers must always sit astride the seat facing forwards and with both feet on the footrests. Learner riders and riders who have not held a motor cycle licence for 12 months continuously may not carry a pillion passenger
- Riders may ride two-abreast, but no more than 1.5 metres apart
- Both the rider and passenger are responsible for ensuring the passenger wears an approved helmet
- You may ride to the right of centre of a traffic lane
- Riding between two lanes of stationary vehicles where lane lines are marked is not permitted.

### BEING SEEN

The outline of a motorcycle is about one-third the size of a car, which makes it difficult for drivers to see them especially among other vehicles. Remember that a motorcycle rider can see a car much better than a driver can see a motorcycle.

To improve your chances of being seen by other road users, it is recommended that you:

- wear bright-coloured clothing;
- ride with your headlight on at all times;
- ride in a position on the road that provides maximum safety and visibility of your motor cycle to other road users (ie in position where driver of a car would normally be).

- *In the Northern Territory, it is compulsory for a rider and pillion passenger to wear an approved motorcycle helmet.*

*Approved motorcycle helmets carry the Standards Australia sticker.*



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## BEHIND THE WHEEL MOTORCYCLES AND THE LAW

### RIDING UNDER THE INFLUENCE

#### *Alcohol*

It is an offence to ride a motorcycle if you are over the blood alcohol limit. You could be fined and lose your licence.

#### *Drugs*

It is against the law to ride a motorcycle under the influence of drugs. You could be fined, lose your licence, and even be imprisoned. 'Drugs' include cannabis, amphetamines, barbiturates, heroin and most sedatives (e.g. valium).

#### **Remember:**

The police have the power to ask anyone who has been riding a motorcycle to have a breath test.



### EQUIPMENT AND CLOTHING

When choosing equipment and clothing, bear in mind the purpose: visibility as well as protection.

#### *Compulsory equipment*

Both motor cycle rider and any pillion passenger must wear an Approved Motorcycle Helmet.

A white or brightly coloured helmet provides good visibility both by day and night. The helmet must be a snug fit and fastened at all times. Chin cups are not recommended.

#### *Recommended equipment*

Clothing of strong, brightly coloured material covering arms and legs is recommended. Leather gloves offer good protection for hands and enclosed, sturdy footwear protects feet. You should never ride in sandals, thongs or bare feet.

- *Just as some riders choose to ride in unprotective casual clothing, many other riders wear 'the right stuff', but leave out gloves and boots. In a crash, it's not unusual for the hands and feet to flap about uncontrollably, striking the bitumen many times. Countless riders have survived a crash with almost no injuries except severe skin loss and lacerations to the hands and feet.*



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For contact information and websites about  
Behind the Wheel, please see **page 193**

# Banned Drinker Register

## Party Time!

Have fun  
**But please  
remember**

You must be 18+ to buy  
or drink alcohol in the NT.



To buy alcohol you need to show ID. Accepted forms of ID are Driver's Licence, Evidence of Age Card, Passport, NT Ochre Card and Australia Post Keypass Card.

The Banned Drinker Register prevents the sale of takeaway alcohol to banned drinkers.

**DO NOT** buy alcohol for someone on the register.

### Making our community safer

Find out more at [www.BannedDrinkerRegister.nt.gov.au](http://www.BannedDrinkerRegister.nt.gov.au)





## BULLYING



### WHY DO PEOPLE DO IT?

Bullies seek to hurt others for different reasons. Some think it is fun and are looking for a laugh, others are simply bored. Some bullies think it will make them popular, fit in with a group or fear that, if they don't go along, they will become the next target. Others want power.

Sometimes, bullying is a way for perpetrators take their frustration and anger out on others or seek revenge.

Bullying can not only occur within the school community, it can also occur in the home between siblings or by a young person bullying a parent, especially their mother. Bullying has direct links to domestic and family violence. Also, the likelihood a young person bullying others may increase if they see one parent subjected to abuse and violence by the other parent or partner.



### WHAT IS BULLYING BEHAVIOUR?

Bullying can include any of the following:

- teasing
- name calling
- making fun of or humiliating an individual
- deliberately excluding someone from groups or activities
- making negative comments about a person's race, sex or sexuality
  - pushing, hitting or being violent in some other way
  - making threats or saying things to scare someone
  - forcing someone to do silly or dangerous things
  - damaging, hiding or breaking a person's things
  - demanding money, food or other items
  - belittling someone's abilities and achievements
    - writing insulting or spiteful notes or graffiti
    - making fun of a person's appearance
- posting offensive messages on social networking sites
  - sending malicious or threatening text messages.

*Bullying is when a person, or a group of people, uses behaviour that is cruel or hurtful to you. This includes someone being physically violent, making threats or harassing you. Bullying means ongoing verbal or physical attacks against you.*

**BULLYING MUST  
BE TREATED  
SERIOUSLY**



## BULLYING

## BULLYING

## WHAT IS BULLYING BEHAVIOUR? CONT ...

If I keep quiet  
it might go  
away!

Bullying can happen anywhere: out of school, in the school grounds, in the toilets, going to and from school, in the classroom, by mobile phone or over the internet.

Bullying must be treated seriously. It can amount to a criminal offence when there is physical violence, intimidation or threats made to harm you.

Bullying happens a lot in Australian schools. Research suggests that about one in five students have been bullied or harassed at some stage of their time at school.

See these websites for more information

**Lawstuff** [www.lawstuff.org.au/](http://www.lawstuff.org.au/)

**Bullying No Way!** [www.bullyingnoway.com.au/](http://www.bullyingnoway.com.au/)

and

**Cybersmart** [www.cybersmart.gov.au](http://www.cybersmart.gov.au).

## WHAT CAN I DO IF I AM BEING BULLIED?

*Tell someone what is happening to you.*

If you are being bullied at school, or outside school, tell someone about what is happening to you. You can do any of the following:

- talk to the school counsellor and ask them to help you do something about it
- tell your parents so they can talk to the school about it
- tell your teachers or the principal, so they can talk to and identify the best approach to dealing with the bully/bullies and the bullying behaviour.
- keep telling people until someone helps you.

If you have a friend that is being bullied, try to support them. Talk to them about what is happening and ask them if you can help them to do something about it. You could offer to go with them to talk to the school counsellor, the teacher or the principal.

- You can also call the **Kids Helpline**, a counselling service specifically for people aged between 5 and 25, on 1800 55 1800.

*Make a Formal Complaint to the School*

Your school has a duty to make sure that students are not bullied or harassed and that it is a safe place for you to be. If telling people is not enough to stop the bully's behaviour, you can make a formal complaint to the school. Ask your parents or a trusted adult to help make the complaint, if you need to.

*Bullying is not OK, and you don't have to put up with it. You have the right to feel safe.*



## BULLYING BULLYING



WHAT CAN I DO IF I AM BEING BULLIED? CONT ...

### *Get Legal Advice*

If the school cannot or will not stop the bullying, you can contact a community legal centre and get legal advice. This is a free and confidential service.

For contact details of the **National Children's & Youth Law Centre** go to [www.lawstuff.org.au/](http://www.lawstuff.org.au/)

### *Call the Police*

If someone has been physically or sexually violent towards you, has threatened to be physically or sexually violent towards you or has damaged or stolen your property, you can involve the police.

These behaviours are against the law and if the bully is over 10 years of age, they could be charged or given a warning by the police.

**For further information, go to:  
Bullying No Way! [www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)**

## CYBER-BULLYING

WHAT IS CYBER-BULLYING?

Cyber-bullying occurs when people deliberately and repeatedly intend to hurt another person via communication technologies such as email, websites, message boards, instant messaging or mobile phones.

### *How is cyber-bullying different from other types of bullying?*

While physical and verbal bullying are done face to face, cyber-bullies hide behind a computer screen or phone, doing their damage anonymously. Cyber-bullying can be more vicious, because people are less inhibited when they think they can hide their identity. In addition to not knowing who is bullying them, sometimes the person doesn't even know it is happening.

While cyber-bullying is 'virtual', its repercussions are anything but. This form of bullying can be seen by more people because the internet has a worldwide audience and victims are no longer protected by the safety of their home.

Don't be part of the problem. Think before you type. Words are powerful. They can hurt people. Treat others as you want to be treated. Being unable to see a person is no excuse for rude behaviour.

How can I avoid online bullying?



*Be very careful about sharing personal information (address, phone number, etc), feelings or photos online. Stay as private as you can.*

**CYBER-BULLYING CAN HAPPEN AT ANY TIME OF DAY OR NIGHT, FROM ANY LOCATION.**



## BULLYING

## CYBER-BULLYING

## WHAT IS CYBER-BULLYING? CONT ...

Parents can handle cyber-bullying, can't they?



*NO ... Because most incidents of cyber-bullying occur out of adults' sight, it's important that you learn to protect yourself online and look to ways of responding to the cyber-bullying of others when you see it. However, it is still important to let a parent or other trusted adult know and to report incidents to your internet service provider (ISP), school or police.*

*Is cyber-bullying only a problem for young people or does it affect adults too?*

Anyone, at any age, can be a target of cyber-bullying, just as anyone, at any age, can be a cyber-bully. In fact, teachers have been cyber-bullied. We probably hear more about cyber-bullying in relation to young people, because they are often more tech-savvy than adults, spending many hours on the internet and using mobile phones.

*So what can we do?*

### Prevention

Cyber-bullying is everyone's business and the best response is a proactive or preventative one. Protecting your information is a good starting point for thwarting the random cyber-bully.

- **Do not give out any personal or identifying information** (i.e. your name, names of family/friends, home address, phone number, school, shopping centres, parks or other locations near your home, your favourite teams, email addresses or screen names, passwords, photos of yourself). Be cautious. You have no way of knowing if the person you're talking with is honest, no matter how nice they seem. When you fill out online profiles, don't give identifying information. You don't know who will see the information. If bullies don't know how to find you, it's harder for them to escalate to a physical attack. If they don't have your photo, they can't manipulate it to embarrass you.
- **Guard your contact information.** Only give your mobile phone number, instant messaging name or email address to trusted friends, and keep a note of who you've given it to. Consider using caller ID blocking to hide your phone number when making calls. Similarly, don't leave your name on your voicemail. Don't give your details to people you don't know – or don't want to know!
- **Use privacy settings.** Social network sites, web-based email accounts and web browsers all have privacy settings that you can use to help protect yourself from unwanted attention. For example, you can block people you don't know from accessing your photos or profile on Facebook.



## WHAT IS CYBER-BULLYING? CONT ...

- **Chatroom safety.** Only go to moderated chatrooms and observe chatroom conversations before chiming in. Select a screen name that doesn't reveal your name, age, sex, location or any other personal information. Don't select a screen name that can attract the wrong crowd or bring you negative attention.

Don't agree to have a private chat with anyone. If someone asks A/S/L (age/sex/location), say you are not comfortable revealing that information. Be polite and respectful, just as if you were talking in person.

- **Take a stand against cyber-bullying.** Speak out whenever you see someone being mean to another person online. Most people respond better to criticism from their peers, than to disapproval from adults.

## TEN STEPS TO STOP CYBER-BULLYING

If you are being harassed online, take the following actions immediately:

- 1. Assertively ask the bully to stop.** Otherwise, don't respond or argue with the bully. Don't answer emails, instant messages, text messages, or other messages from a bully. Don't visit the bully's blogs, web pages or other sites you know the bully uses. Your visit can be detected even if you don't type. People who bully get their kicks from knowing they've upset their target. Don't let them know they've upset you and you've taken away half their fun.
- 2. Tell your parents or a trusted adult,** this can be a teacher, older sibling or grandparent – someone who can help you to do something about it.
- 3. Save proof of cyber-bullying.** Don't delete anything. Copy and paste conversations or take a screen grab (use the "prt sc" button, or shift or control and "prt sc" or "fn" and "prt sc") and paste it into a document. Save emails. Save text messages and/or voicemails. Keep a record of witnesses.
- 4. Make changes.** Leave the area or stop the activity. Place the offender on block/ban/ignore. Log out. Change your email address, screen name, mobile phone number and any other ways the bully might contact you.

What is cyber-bullying?



*Cyber-bullying occurs when one or more people deliberately, and repeatedly, intend to hurt another person through communication technologies such as emails, chatrooms, websites, message boards, instant messaging, mobile phones or pagers.*



## BULLYING

## CYBER-BULLYING

## TEN STEPS TO STOP CYBER-BULLYING CONT ...

What can I do if someone is cyber-bullying me?



*Don't respond to the bully. Don't answer phone calls, read text messages, e-mails, or comments from cyber-bullies. Resist the urge to see or hear the latest insult. But do save the material in case a law enforcement authority needs it as evidence or to take action.*

**5. Report cyber-bullying to the moderator, the site, your internet service provider (ISP) or the mobile phone company.**

Most service providers have appropriate use policies that restrict users from harassing others. They can respond to reports of cyber-bullying over their networks, or help you track down the appropriate service provider to respond to.

**6. Have your parents or another trusted adult contact the bully's parents with evidence of cyber-bullying.**

Let them know this behaviour could be punishable by law and that you're willing to press charges.

**7. Contact your school.** If cyber-bullying doesn't occur on school property, your school may not be able to help; but, it's worth a try.

**8. Call the police.** If you feel that you are physically at risk in any way, including any criminal activity such as threats of violence, extortion, stalking, obscene or harassing phone calls or text messages. Explain the situation and let the police guide you. It's a criminal offence to use any form of communication to menace, or harass or offend another person.

**9. Download the Cybersafety Help Button where you can talk, report and learn about cyber-bullying.**

It provides links to Kids Helpline counselling services, links to the safety centres of social networking and online games sites to report abuse and bullying, and access to cybersafety websites for information about cyber-bullying. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)

**10. If all else fails, consider seeking legal advice.** Community legal centres offer a free and confidential service. For contact details of the National Children's & Youth Law Centre go to [www.lawstuff.org.au/](http://www.lawstuff.org.au/)



## BULLYING CYBER-BULLYING

### HOW CAN I TELL IF MY FRIEND IS BEING CYBER-BULLIED?

There are several warning signs: changes in your friend's mood or behaviour – such as crying, depression and fearfulness or changes in eating and sleep habits; uncharacteristic reactions while on the computer or mobile phone (quickly clears screen or stops talking on phone when anyone walks by); refusal to talk about their internet use; withdrawal from friends and family; not wanting to go to school or participate in school activities; and a decline in school marks.

#### *Support services*

#### **Cybersafety Help Button**

Download the Cybersafety Help Button so you can talk, report and learn about cyber-bullying. It provides links to Kids Helpline counselling services, links to the safety centres of social networking and online games sites to report abuse and bullying, and access to cybersafety websites for information about cyber-bullying. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at: [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)

**Kids Helpline (1800 55 1800)** is a free and confidential counselling service for 5 to 25 year olds in Australia. [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Lifeline (13 11 14)** is a free and confidential service, staffed by trained volunteer telephone counsellors, who are ready to take calls 24-hours a day, any day of the week, from anywhere in Australia. [www.lifeline.org.au](http://www.lifeline.org.au)



Download the **Cybersafety Help Button** where you can talk, report and learn about cyber-bullying. It provides links to Kids Helpline counselling services, links to the safety centres of social networking and online games sites to report abuse and bullying, and access to cybersafety websites for information about cyber-bullying. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)



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1300 785 646 | [firstatscene@stjohnnt.asn.au](mailto:firstatscene@stjohnnt.asn.au) | [firstatscene.com.au](http://firstatscene.com.au)

## Family Planning

Welfare Association of NT Inc.



Family Planning NT can help YOU. We offer a wide range of clinic services in female and male reproductive and sexual health. Our clinic's offer contraception, sexually transmitted infection checkups, pregnancy help including medical abortion services and more. We also deliver education to schools.

To make an appointment or to speak to one of our trained nurses please phone 89 480144  
Appointment times vary during the week. On Saturday mornings we offer a DROP-IN clinic open to everyone, especially YOU.

Clinic Locations: DARWIN Unit 2, the Clock Tower, Coconut Grove & PALMERSTON Health Precinct Website: [www.fpwnt.com.au](http://www.fpwnt.com.au)



## BULLYING

## CYBER-SAFETY

## LOOKING OUT FOR YOURSELF ONLINE

The internet is a great place to buy cool stuff, meet different people and find information on almost any topic. However, the internet also has attractions for con artists and criminals. Identity theft, phishing, scamming and other inappropriate behaviour has a real-life negative impact. It is important to know how to use the internet safely.

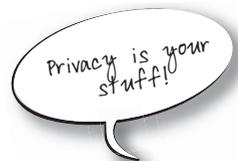
## IDENTITY THEFT

Identity theft online and through mobiles is a real problem. Using your details, scammers can steal your money and make illegal transactions. They manage to get information such as passwords, bank account and credit card numbers by making friends in chat rooms or by enticing people to hand over personal details through specially designed websites, or pop-up windows, that look like legitimate commercial sites.

The worst cases of identity theft have seen bank accounts get emptied, people denied employment or student loans, or end up with a criminal record resulting from a crime they did not commit! Identity theft is happening more and more in Australia. Young adults are frequently victims of identity theft: in the past 12 months, 28 per cent of the reported identity theft cases happened to 18–29 year olds.

## HOW TO PROTECT YOUR IDENTITY

- Don't ever give your password or login details out.
- Never carry your Tax File Number (TFN) or birth certificate with you. Keep them in a safe place at home.
- Don't lend your mobile phone, student card, bank card or credit card to anyone.
  - Don't leave your purse, wallet or backpack unattended.
- Don't use your mother's maiden name for a password. Choose only definite passwords that mean something to you only and change them often.
  - Never respond to emails asking for personal information, even if they appear to be from legitimate websites. If you're suspicious about your account, call the organisation or open a new browser window and type in the company's correct website address yourself.
  - Do not cut and paste the link from the message into your browser – phishers can make links look as if they go to a genuine organisation, but instead send you to a different site.
  - Never send personal or financial information via email.
- Use anti-virus software and a firewall, and keep them up to date.



- *Keep your private stuff private. Don't give out any information that might identify you, like telephone numbers, home address, school name, parents' office address, even the name of your local sporting club.*



## BULLYING

## CYBER-SAFETY

## PHISHING – WHAT IS IT?

Be wary of  
attachments!



- *Only open or run email attachments if you know where they come from and what they are. Never open attachments on spam mail, or mail that seems to come from you but that you don't remember sending.*

EMAIL IS ONE OF THE PRIME MOVERS FOR MALICIOUS VIRUSES.

REGARDLESS OF HOW ENTICING THE 'SUBJECT' OR ATTACHMENT MAY LOOK, BE CAUTIOUS.

Phishing is a common type of spam that can lead to the theft of your personal details, such as your bank account numbers or your online banking passwords. These attacks work through 'spoof' or fake emails that appear to come from a legitimate website such as a bank, credit card company or ISP – any site that requires users to have a personal identity or account. The email may ask you to reply with your account details in order to 'update security' or for some other reason.

*How can you protect yourself from scams like these?*

- Never respond to emails that ask for personal, banking or financial information.
- Don't click on banking URL details in emails – instead, type out the URL in your browser address bar.
- Keep a regular check on your accounts and notify the bank if anything bad seems to be happening.
- Check that the website you're visiting is secure by ensuring it has https:// ('s' for security) rather than the usual http://. Also, look for a lock icon in the status bar.
- Never give out your email and your personal details to people you are unfamiliar with.

*Who can you report a phishing scam to?*

- Your first contact should be the local police department.
- The Australian High Tech Crime Centre normally deals with this type of issue: You can email them at [onlinereport@ahfcc.gov.au](mailto:onlinereport@ahfcc.gov.au) or find info on the web at [www.ahfcc.gov.au](http://www.ahfcc.gov.au)
- You can anonymously report scammers by contacting **Crime Stoppers (Anonymous) 1800 333 000**
- You can report them to **SCAMwatch** at [www.scamwatch.gov.au](http://www.scamwatch.gov.au). You can also access **SCAMwatch** resources through the **Cybersafety Help Button**. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)
- Advise your bank or credit union as well so they can make sure all their customers are protected.



## KEEP YOUR COMPUTER SECURE

Besides slowing down your computer and subjecting you to annoying pop-ups, worm and virus attacks can do serious harm.

Hackers relentlessly bombard networks for fun and profit with viruses, worms and spyware, probing for weaknesses, turning computers into a battleground.

You can call on weapons of your own for protection:

*Install a firewall*

The first line of defence, a firewall, is a program that:

- Keeps hackers out. A state-of-the-art firewall 'hides your machine from hackers' so viruses can't enter.
- Keeps important stuff protected. A firewall prevents passwords, account numbers and other sensitive information from being transmitted without your permission.

Some firewalls are available free of charge and take just a few minutes to install. Just do a search for 'free firewalls' and see what you find, but be cautious and check that any the software is reputable before you install it. Free firewalls help a little, but the ones you pay for have many more features. These can be email attachment protection, advanced IP blocking, ad blocking or pop-up-window protection, and they provide more automatic functions.

*Use antivirus software*

Viruses are unauthorised computer codes attached to a program or portions of a computer system that reproduce and spread from one computer to another. They can destroy information stored on the computer and interrupt operations. No matter how vigilant you are, sooner or later a virus will worm its way into your computer. An antivirus program detects and destroys this rogue code.

Software makers often package antivirus programs with their firewall. It's a natural complement. Firewalls help prevent viruses from entering your system; an antivirus program searches for and destroys any that get through.

Firewalls are an especially useful defence against brand new worms that antivirus programs do not yet recognise. After the virus's code becomes known, the antivirus software can deal with it. Firewalls are important because there are so many new worms, viruses and variants.

There are reputable antivirus software companies. An internet search will produce a list for you to choose from and download. You can also purchase antivirus software from computer shops.

**Remember to keep your antivirus software up to date!**



- *When leaving your computer unattended, you should either shut it down or physically disconnect it from the internet connection. This lessens the chance that someone will be able to access your computer.*

**COMPUTER PROTECTION IS EVERYONE'S RESPONSIBILITY. SINCE WE'RE ALL PART OF A VAST INTERCONNECTED SYSTEM WE ALL HAVE TO BE PART OF THE SOLUTION.**



## BULLYING CYBER-SAFETY

KEEP YOUR COMPUTER SECURE CONT ...

Protect  
your  
computer!



- *Never accept files or downloads from people you don't know or from people you do know, if you weren't expecting them. This includes URLs.*

### *Use antispyware software*

Spyware is any software program that helps to gather details (such as personal information and browsing habits) about a person or organisation without their knowledge and, worse still, can install keystroke loggers that can steal personal/private information and relay it to a third party.

For the most part, users themselves open the door and invite spyware in by downloading free software indiscriminately or by clicking on pop-ups or dialogue boxes.

Some spyware will take over your browser so that every time you access the web it will go to a specific page rather than your normal home page. Other spyware will merely generate a spate of pop-up ads that can make web surfing a chore. But it's the keystroke logging spyware that can cause the most financial damage.

An internet search will come up with a list of both free software and software to purchase.

### *Take advantage of security updates*

Your internet service provider (ISP) and your browser periodically issue security updates. Often these are to patch holes that viruses can get through. Make sure you have all the latest fixes.

Reputable software vendors dedicate parts of their websites to patches; if you don't have or use auto-update mechanisms in your software you can go there.

Check for updates frequently at [www.microsoft.com/technet/security/default.msp](http://www.microsoft.com/technet/security/default.msp) or [support.apple.com/kb/HT1222](http://support.apple.com/kb/HT1222)

You can also register for free email notification for security update information at [www.microsoft.com/technet/security/bulletin/notify.msp](http://www.microsoft.com/technet/security/bulletin/notify.msp) or [lists.apple.com/](http://lists.apple.com/)

The **Stay Smart Online** website has a free alert service that informs you of the need to update software, provides information on scams and viruses. This is a free service and is available at [www.staysmartonline.gov.au](http://www.staysmartonline.gov.au).



## BULLYING CYBER-SAFETY



### CHAT ROOMS

#### *Choosing a user name*

Visiting chat rooms is good fun – however, it's advisable to choose a user name that doesn't have sexual or explicit connotations.

Suggestive names can attract people who want to talk about sex or other things that might make you feel uncomfortable.

When chatting online, select a user name that's not your real name. Your own name, address, telephone number, mobile number, private email address and picture might mean you attract the wrong sort of attention. The Internet is just another public place, so be careful who you trust online.

Remember that online friends are really strangers. Taking it slow and steady keeps you in control. Think carefully about what information you give out.

If the chat conversation starts to get sexual (like 'virgin') you might be straying into dangerous territory. This might make you uncomfortable and chat like this can put you at risk.

If the way the chat is going starts to make you uncomfortable, stop the conversation. You can close down the private conversation or logout of the chat room. If you don't want to see messages from a particular person or receive private messages from them, you can block them. To do this you right click on the name of the person in the contact list – this should give you a range of options, one of which is block, sometimes called 'ignore'. If right-clicking doesn't work, have a look in your preferences for this function, or there may be a block/ignore button in the chat room itself.



- *Don't use your real name as your login. Think carefully about the impression you want to give when you choose a login. Make it non-identifiable and non-gender-specific (and keep it clean).*

### MOBILE SMART

#### *Mobile hints*

**1. Keep your private stuff private.** Just as for chat rooms – Don't give out any personal information that might identify you.

**2. Mobile phone scams.** Free offers sent by text message often turn out to be scams, for example, having to pay to download ring tones each month so all your credit gets eaten up. If you respond to the text message, you can expose yourself to the danger of identity theft or being ripped off. A common scam is to get you to respond to a text message by offering you something for free, but signing you up for a premium-rate service that uses up all your pre-paid credit or gives you a huge bill at the end of the month. By deleting the message immediately, you are stopping these rip-off merchants. The basic rule of thumb is that if something seems too good to be true, it probably is.



## BULLYING CYBER-SAFETY

MOBILE SMART CONT ...

Not everyone  
you meet online is  
who they say  
they are.



- *Be careful. It's not a good idea to meet face to face but if you do, always make sure you tell someone you trust about your new online friend, and ensure they come with you if you are planning a meeting. Always arrange to meet in the daytime in a public place. Remember – not everyone is who they say they are.*

**3. Receiving rude, insulting or harassing text messages.** First you can ignore them – simply don't respond. Also it's a good idea to keep a record of the messages so that you have evidence if you decide to report them. If you continue to receive messages, you should always talk to a trusted adult (teacher or parent) and, if things get really bad, report it to the police. Also let your mobile phone provider know.

**4. Blocking text messages.** In cases where someone persists in sending you nuisance or harassing text messages, you can contact your mobile phone provider for help in blocking them. Mobile operators should provide their users with the possibility of blocking nuisance or malicious callers. If this is not possible for whatever reason, change your phone number. Again, contact your mobile phone service provider about this – some operators will give you a free replacement SIM card.

**5. Keep it real when texting.** The way you communicate with someone using text messages has similar manners and expectations as if you were meeting them face-to-face. For example, DON'T WRITE YOUR MESSAGE IN CAPITAL LETTERS BECAUSE THEY'LL ALL THINK YOU'RE SHOUTING AT THEM. Don't send mean messages, get involved in arguments or encourage others to do so.

### Cybersafety Help Button

Download the Cybersafety Help Button so you can talk, report and learn about cyber-bullying. It provides links to Kids Helpline counselling services, links to the safety centres of social networking and online games sites to report abuse and bullying, and access to cybersafety websites for information about cyber-bullying. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at: [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)



## BULLYING CYBER-SAFETY



### GETTING HELP WHEN THINGS GO WRONG

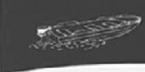
Do you know who to call if you see something illegal, a scam, inappropriate content or anything that makes you feel uncomfortable? Do you know what to do when you're feeling exploited or ripped off? Do you know who to contact if you think someone's bullying you or getting bullied? Do you know what to do if you're feeling abused, vulnerable or sexually harassed?

There are a few different places you can try. All of them are free and you can stay anonymous if you want. If you're not sure ... or you really feel like you need someone to talk to, tell your friends, a teacher or parent.

For contact information and websites about  
Bullying, please see **page 193**



Download the **Cybersafety Help Button** where you can talk, report and learn about cyber-bullying. It provides links to Kids Helpline counselling services, links to the safety centres of social networking and online games sites to report abuse and bullying, and access to cybersafety websites for information about cyber-bullying. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)



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Email: [reception@caama.com.au](mailto:reception@caama.com.au)

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## The Hon Warren Snowdon MP

*Federal Member for Lingjari*



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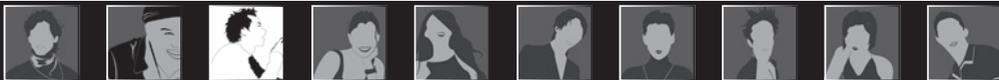
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Fyfe are proud to support the Streetsmart Handbook for the  
Youth in our local community. Helping to build a better NT.





## EATING PATTERNS



### EATING DISORDERS

Eating disorders are potentially fatal illnesses and greatly misunderstood in our community. Eating disorders cross gender and age, with the average onset getting younger. It is important to remember that eating disorders are serious mental illnesses, with wide-ranging and serious medical complications. They are not a lifestyle choice.

The incidence of eating disorders across the total Australian population cannot be estimated due to insufficient data but International data indicates the following prevalence as being:

- Anorexia Nervosa  
Women – 0.3%-1.5%, Men – 0.1%-0.5%
- Bulimia Nervosa  
Women – 0.9%-2.1%, Men – 0.1%-1.1%
- Binge Eating Disorder  
Women – 2.5%-4.5%, Men – 1.0%-3.0%

In fact, one in ten Australian women will suffer from an eating disorder (check this stat. Cannot find literature to support this figure). Eating disorders statistically affect more women than men, however eating disorders may be underdiagnosed in men due to them being less likely to seek help for an illness that is often within the community regarded as a 'women's issue'. This is certainly untrue. Eating disorders are not gender specific. For instance, the incidence of binge eating disorder is equal in both males and females.

Another common misconception regarding eating disorders is that they are a fad, a diet gone wrong, or an attention-seeking attempt.

This could not be further from the truth as eating disorders are serious, and in some cases, fatal mental illnesses which require psychological and/or physical intervention to promote recovery.

The mortality rate for people suffering from Eating Disorders is 12 times higher than the annual death rate in females aged 15-24 years. Up to 10% of sufferers will die as a direct result of their illness.

In the process of recovery, it is not uncommon for a person to move from one eating disorder to another, especially when the core issues underlying the illness have not been adequately addressed. For example somebody with Anorexia Nervosa may later develop Bulimia Nervosa or Binge Eating Disorder, and vice versa.



I know someone I think has an eating problem.



- *It's important to remember that, if allowed to continue unchecked, both anorexia and bulimia can be life-threatening conditions. Over time, they are harder to treat, and the effects become more serious. You should talk to them about seeking help.*



The Butterfly Foundation

Supporting the recovery of people with eating disorders

**The Butterfly Foundation**

Level 1, 1430 Malvern Road, Glen Iris, VIC, 3146

PO Box 453, Malvern, VIC, 3144

[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

**Butterfly Support Line**

1800-ED HOPE (1800 33 4673)

[support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## EATING DISORDERS

## EATING PATTERNS

## WHAT ARE EATING DISORDERS?

An eating disorder is a serious mental illness that involves preoccupation with control over one's body weight, shape, eating and exercising. It is often linked with low self esteem and negative body image. Eating disorders develop as a way of dealing with underlying unresolved emotional and psychological issues. They are in fact, coping strategies. Central to the mindset of Eating Disorder sufferers is very poor body image and self esteem

There are four different types of eating disorders, all with different characteristics and causes. The most commonly known eating disorders are anorexia nervosa, bulimia nervosa, binge-eating disorder and eating disorders not otherwise specified (EDNOS). EDNOS is the most commonly diagnosed Eating Disorder among the types.

## ANOREXIA NERVOSA

Anorexia Nervosa (AN) has the highest mortality rate of any mental illness. It is characterised by severe starvation and weight loss, sometimes with purging behaviours as well. An AN sufferer has a body weight 15% lower than normal and will have amenorrhea. Anorexia sufferers experience high body distortion and mistakenly believe and feel they are overweight, no matter how underweight they may actually be. Sufferers have an obsessive fear of gaining weight and tend to be intensely preoccupied with food, weight control and shape. . In conjunction with severe food restriction, obsessive and compulsive exercise may be introduced , in order to maintain a low weight or to encourage further weight loss. Anorexia Nervosa is usually developed during adolescence and generally has an earlier age of onset than Bulimia Nervosa and Binge Eating Disorder (the latter are often developed during late adolescence or early adulthood). However recent new research is indicating that key lifespan developmental stages, are potential trigger points for the development of Anorexia Nervosa in the female population, i.e. puberty, childbirth/post childbirth and menopause. Research and data on the onset of Anorexia for males is limited but there is evidence to suggest that one key trigger point may occur after a young male ceases to participate in organised sport or other similar activities, such as gymnastics or dance.

Why do people get eating disorders?



- *There are lots of reasons why someone's eating habits and weight might change. It's important to remember that eating disorders are more about feelings than food. Often the eating disorder is a symptom that someone is not feeling able to cope with what's going on in his or her life.*



The Butterfly Foundation

Supporting the development of eating disorders

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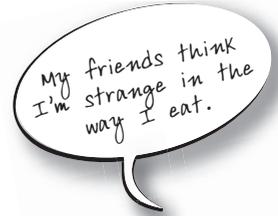
## EATING DISORDERS

### EATING PATTERNS

#### BULIMIA NERVOSA

Bulimia Nervosa is characterised by recurrent binge eating episodes followed by compensatory behaviours such as self induced vomiting, misuse of laxatives, diuretics, enemas and other medications, fasting and overexercising. A binge episode involves consuming a large amount of food in a short period of time, whilst also experiencing a loss of control and intense feelings of guilt. Bulimia is a secretive disorder – it is common for sufferers of Bulimia to keep their illness hidden for up to ten years.

A person with Bulimia Nervosa usually maintains an average weight, or may be slightly above or below average weight for height, which often makes it less recognisable than serious cases of Anorexia Nervosa. Many people, including some health professionals, incorrectly assume that a person must be underweight and thin if they have an eating disorder. Because of this, Bulimia Nervosa is often missed and can go undetected for a long period of time.



#### BINGE EATING DISORDER

Approximately 880,000 Australians suffer from Binge Eating Disorder. Binge Eating Disorder is characterised by periods of binge eating without compensatory behaviours. Bingeing normally involves eating excessive amounts of food, often when not hungry, followed by intense feelings of guilt, depression and shame. Bingeing often serves as a distraction for someone to avoid thinking about underlying emotional difficulties.

- *If you think you have an eating disorder: Many people have problems with their eating. If you do have an eating disorder, you have the right to get help. Remember that these disorders can be overcome.*

*Getting professional help and support from others is important.*

*Recovery may be slow as you learn to approach food in a more positive way and understand the reasons for your behavior, but the effort will be worthwhile.*

#### EATING DISORDERS NOT OTHERWISE SPECIFIED

Eating Disorders Not Otherwise Specified (EDNOS) is a term used to describe an atypical presentation of an eating disorder that does not meet all of the diagnostic criteria for anorexia, bulimia or binge eating disorder. For example, a person could show all of the psychological signs of anorexia and be losing weight, but still be menstruating and is not yet underweight for their height. Another example is someone who exercises excessively and consumes large quantities of protein.

This does not mean in any way that someone experiencing an EDNOS is any less unwell or deserving of help. EDNOS are very serious conditions that require professional treatment and support and as noted, are the most commonly diagnosed of all the Eating Disorder types.

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## EATING DISORDERS

### POSSIBLE WARNING SIGNS

#### HOW CAN AN EATING DISORDER AFFECT YOU?

As Eating Disorders are very serious physical and psychological complications they can impact severely on a person's mental and physical health which in turn end up impacting negatively on every aspect of a person's life – their studies, friendships, relationships and career. Eating Disorders are not a phase or a fad, or something that someone will grow out of and therefore they should be taken seriously, especially as Eating disorders are the most fatal of all psychiatric illnesses.

As each case is different what one person experiences may be different to another, which is why seeking professional support is so important for all sufferers in order for the journey of recovery to begin. Warning signs are reflected physically, behaviourally, and psychologically.

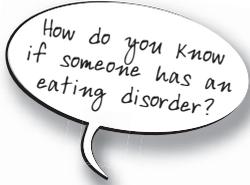
#### POSSIBLE WARNING SIGNS

It is important to be aware of the warning signs of an eating disorder. If you or someone you know are experiencing these symptoms it may mean that you are at risk of developing an eating disorder, or be experiencing one already. It is important to seek help and support as soon as possible for an eating disorder, as it has been shown that early intervention allows the chances of a shorter recovery time.

If you are concerned about a friend or family member, understanding what Eating Disorders are and are not and being aware of the warning signs can help you to support a person you care about to seek support, helping them to move to a much more positive and healthy place.

Here are some possible warning signs:

- Rapid changes in weight (loss or gains)
- Avoiding socialising, especially when eating is involved
- Preoccupation with food and weight (counting calories, recipes, cooking but not eating, constant commenting
- about people's weight and their own)
- Feeling consistently cold with poor circulation
- Poor sleep quality, tiredness
- Increasing isolation and loss of friends
- Frequent self weighing
- Excessive or extreme exercise
- Secretive behaviour and covering up the truth
- Changes in eating patterns, such as restrictive eating or reporting of food allergies or vegetarianism
- Dieting to lose weight



- *There can be lots of reasons for changes in eating habits or weight. Changes in personality and behaviour, like mood swings, along with weight loss or eating changes might indicate that things are not right. If someone has concerns it's worth getting it checked out.*



**the butterfly foundation**

Supporting individuals with Eating Disorders

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## EATING DISORDERS POSSIBLE WARNING SIGNS

### POSSIBLE WARNING SIGNS CONTINUED

- Trips to the bathroom after meals
  - Body image disturbance
  - Perfectionism and self criticism
- Life centres around food and need for control
- Depression, anxiety and moodiness

Please remember that Eating Disorders are not just about food or weight, they develop as a result of serious underlying issues and concerns. Food, exercise and other self punishing behaviours are the way in which the intense negative feelings and emotions are managed.

### WHO GETS AN EATING DISORDER AND WHY?

Why people develop eating disorders is highly complex.

There is no one single cause. Although eating disorders appear to be solely about weight, they are much more complicated and involve complex emotions and very low self esteem. Although eating disorders are usually developed during adolescence, the truth is, eating disorders and negative body image cut across all socioeconomic and cultural backgrounds, ages and genders. 1 in 4 children diagnosed with anorexia nervosa are male and children as young as 7 and adults as old as 70 have been diagnosed with eating disorders.

Eating disorders are a way of coping with difficult feelings, emotions and situations. They are often a sign that things are not right in your life and that you need some help. As stated, there is never one single cause or reason for developing an eating disorder. It is more likely to be a whole series of events which contribute to making you feel that you are unable to manage what's going on in your life. Contributing factors can be relationship breakdowns, family problems and other highly emotional situations. Today's fast paced environment has also altered the experiences of growing up and life in modern society. We live in a world that places a high level of importance on appearance driven in part by celebrity culture, the media and instant social connectivity.

The average child in Australia sees between 20,000 and 40,000 television advertisements per year. They are bombarded with images about how they should look and see between 2000-5000 photoshopped images in a week.

This alone is altering the perception of young people and what they think 'normal' looks like. Perfection has become the new normal and not even the celebrities can live up to the images in which they appear.

To suggest that the media is responsible for someone developing an eating disorder would trivialise the seriousness of this mental and physical illness.

However when it comes to negative body image, it is well researched that imagery used in the media can contribute to body dissatisfaction and feelings of inadequacy in people of all ages.

Some people think life would be a lot better if they could lose some weight.



- *Losing weight is unlikely to resolve other problems such as relationship issues and low self-esteem. Don't measure your self-worth by what's on the scales!*



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## EATING DISORDERS

### IF YOU THINK YOU MAY HAVE AN EATING DISORDER

#### MYTHS ABOUT LOSING WEIGHT AND FALSE REMEDIES

There are many myths and falsehoods surrounding losing weight which people engaged in dangerous eating habits practice. These misconceptions are harmful and detrimental to both mental and physical health.

Laxatives don't make you lose weight. Laxatives work in the lower bowel after the kilojoules have already been absorbed. Using laxatives excessively can cause permanent damage to your body, resulting in chronic irregular bowel movements and/or constipation or bloating.

Similarly, it is a myth that vomiting makes you lose weight, as the body begins to utilise the food very quickly after consumption. Vomiting to get rid of food can cause irreversible tooth enamel damage which can result in chipped teeth. Inflammation and or rupture of the esophagus is another consequence of frequent vomiting, as is indigestion and reflux. Other side-effects of frequent vomiting include anxiety and heart palpitations, puffy skin under the eyes, risk of osteoporosis, clammy hands and tremors.

Both vomiting and laxative misuse depletes your body of essential minerals and lead to chemical imbalances that can cause fluid and electrolyte disturbances which have very serious impacts on the body.

#### WHAT DO YOU DO IF YOU THINK YOU HAVE AN EATING DISORDER?

Negative stigma and shame often stand in the way of recovery, with many people suffering in silence. One of the hardest things about having an eating disorder is realising and admitting you have a problem. Sometimes an eating disorder develops so gradually, that you may not notice until things get extremely difficult for you. It is important that if you believe you have an eating disorder to seek professional assistance immediately. It can be scary to make this first step, however the earlier help is sought the quicker the road to recovery.

The first point of contact should be a General Practitioner (GP) who can provide an initial assessment of your physical state and diagnose the nature and severity of the eating disorder. A Psychiatrist or Clinical Psychologist are also able to diagnose in the event that you have an Eating Disorder. . Whether you choose to consult with a GP, Psychiatrist or Clinical Psychologist and in the event that you are diagnosed with an Eating Disorder, they can provide you with options and referrals for further treatment in light of your personal circumstances and current physical state.

Many sufferers learn or know about the consequences their behaviours can have on their physical health but engage in dangerous behaviours not because of lack of will power or choice, but more so because they are very unwell and believe they are deserving of self punishment. This why it is important that people suffering from eating disorders seek professional support to help them recover so that they can learn alternate positive coping strategies to manage the intense emotions they experience.

I feel like I'm the only person in the world who does these strange things around food.



- *Plenty of people have food, eating and body image concerns. You are not the only one — eating disorders affect many people — that's why there are support and information services specifically for eating disorders issues.*



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## EATING DISORDERS

## MY FRIEND MAY HAVE AN EATING DISORDER

## HOW CAN I HELP SOMEONE WITH AN EATING DISORDER?

If you have a friend or loved one with an Eating Disorder, there are several that you can do to help support them in their recovery journey.

The very first thing to remember is that the person may be feeling very guilty or ashamed of their behaviours and may have difficulty in discussing their illness with you. Therefore, it is really important that you are aware of how challenging this is and acknowledge their bravery in confiding in you. It is also critical that you do not judge anything they tell you. If you can try and listen to them with empathy and not judge them, that will be an enormous thing for you to do and will go a long way in helping your friend or loved one to feel more secure and understood.

You can also make sure that they stay engaged in the treatment process with their doctor/s, therapist and dietician. They may have days when they are sick and tired of the process and want to quit treatment, especially when things are tough, but encouraging them to keep their appointments and keep the end result in sight will help them. Recovery is extremely difficult and rarely achieved without treatment and support. Recovery time averages between 5-7 years, which indicates the severity and complexity of these illnesses. Another thing to remember is that some Eating Disorder behaviours can be very difficult to live with. If you cohabit with a child, or friend who is suffering from an Eating Disorder illness, it is OK to be tough on the Eating Disorder behaviours while being kind and soft on the person. Keep in mind that this is a mental illness and the sufferer has very limited capacity to control the behaviours. If you berate them for the behaviours, they will simply feel worse than ever. However you can gently but firmly work with them to develop a plan that will satisfy everyone's needs.

## WHERE TO GO FOR HELP

It is important that if you believe you or someone you know has an eating disorder to seek professional assistance immediately. It can be scary to make this first step, however the earlier help is sought the quicker the road to recovery. If you require a referral to a general practitioner or other health practitioner practicing in the eating disorder field, contact The Butterfly Foundation for a list of names and numbers. The Butterfly Foundation offers telephone and email support for those with eating disorders and their family and friends. This confidential and supportive counselling service is available on 1800 ED HOPE (1800 33 4673) or at [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au).

For contact information and websites about Eating Disorders, please see **page 193**

Ok, I need help, who can I turn to for help?



- *The Butterfly Foundation has telephone and online support for people experiencing an eating disorder and their family and friends. This is a confidential and supportive counselling service available on 1800 ED HOPE (1800 33 4673) or [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)*



**the butterfly foundation**

Supporting the recovery of people with eating disorders

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# Banned Drinker Register

## Party Time!

Have fun  
**But please  
remember**

You must be 18+ to buy  
or drink alcohol in the NT.



To buy alcohol you need to show ID. Accepted forms of ID are Driver's Licence, Evidence of Age Card, Passport, NT Ochre Card and Australia Post Keypass Card.

The Banned Drinker Register prevents the sale of takeaway alcohol to banned drinkers.

**DO NOT** buy alcohol for someone on the register.

### Making our community safer

Find out more at [www.BannedDrinkerRegister.nt.gov.au](http://www.BannedDrinkerRegister.nt.gov.au)





## WHAT IS A DRUG?



### WHAT IS A DRUG?

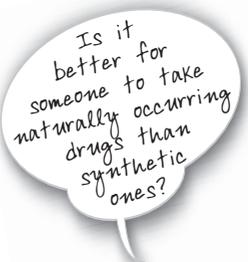
A drug is any substance, solid, liquid or gas, that brings about physical and/or psychological changes in a person's body.

The drugs that are most worrying, to parents in particular and to the wider community generally, are those that affect the central nervous system. They can change the way a person thinks, feels or behaves. These are the psychoactive drugs.

### WHERE DO DRUGS COME FROM?

Drugs come from a range of sources. Many are found in plants, for example, nicotine in tobacco; caffeine in coffee; and cocaine from the cocoa plant. Morphine and codeine are derived from the opium poppy, while heroin is chemically manufactured from morphine. Marijuana is the leaf, buds and seed heads of the cannabis plant, and hashish and hash oil are the plant's resin.

Alcohol is a product of the natural process of fermentation, which happens when fruit, grain or vegetables decompose. Fungi, such as magic mushrooms, and some types of cactus plants are considered drugs because of their hallucinogenic properties. Medicines are manufactured from both natural and artificial chemicals.



- All drugs, whether natural or synthetic, can cause harm.

### EFFECTS

There are three main types of drug, classified according to the effect the drug has on the central nervous system: depressant, stimulant and hallucinogen.

#### *Depressant drugs*

Depressant drugs don't necessarily make a person feel depressed.

They slow down the functions of the central nervous system. In small quantities they can cause the person to feel more relaxed and less inhibited. In larger quantities they may cause unconsciousness, vomiting and, in some cases, death. Depressants affect a person's concentration and co-ordination.



## HEALTHY BODY

## DRUG EFFECTS

## EFFECTS CONTINUED ...

They slow down a person's ability to respond to unexpected situations. Depressant drugs include:

- Alcohol, or 'booze', 'grog'
- Barbiturates, including Seconal, Tuinal and Amytal
- Benzodiazepines (minor tranquillisers), or 'benzos', 'tranx', with brand names such as Rohypnol, Valium, Serepax, Mogadon, Normison and Euhypnos
- Cannabis, or 'pot', 'mull', 'dope'
- GHB (Gamma-hydroxybutyrate), or 'GBH', 'fantasy'
- Opiates and opioids, including heroin, or 'H', 'smack', and morphine, codeine, methadone and pethidine
- Some solvents and inhalants, or glue, 'chroming'. Many inhalants are common household products.

*Stimulant drugs*

Stimulants act on the central nervous system to speed up the messages going to and from the brain. Stimulants can make a person feel more awake, alert or confident. Stimulants increase the heart rate, body temperature and blood pressure. Other physical effects include reduced appetite, dilated pupils, talkativeness, agitation and sleep disturbance.

Large quantities of stimulants can 'over-stimulate' the user, causing anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

Prolonged or sustained use of strong stimulants can also cause these effects. Strong stimulants can mask some of the effects of depressant drugs, such as alcohol, making it difficult for a person to judge exactly what effects the drugs are having on him or her.

*Mild stimulants include:*

- Caffeine in coffee, tea and cola drinks
- Ephedrine used in medicines for bronchitis, hay fever and asthma



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THERE IS NO  
 'SAFE' LEVEL  
 OF DRUG USE.



## HEALTHY BODY

## DRUG EFFECTS

## EFFECTS CONTINUED ...

- Nicotine in tobacco is also a stimulant, despite many smokers using it to relax.

*Stronger stimulants include:*

- Amphetamines, including illegal amphetamines, or 'speed', 'crystal meth', 'ice', 'shabu'
  - Cocaine, or 'coke', 'crack'
    - Ecstasy, or 'E', 'XTC'
- Slimming tablets such as Duromine, Tenuate Dospan.

*Hallucinogenic drugs*

Hallucinogens affect a person's perception. Someone taking them may see or hear things that aren't really there, or what he or she sees may be distorted in some way. The effects of hallucinogens vary greatly. It is impossible to predict how they will affect a particular person at a particular time.

Other effects of hallucinogenic drugs include dilation of pupils, loss of appetite, increased activity, talking or laughing, a sense of emotional and psychological euphoria and wellbeing, jaw clenching, sweating, panic, paranoia, loss of contact with reality, irrational or bizarre behaviour, stomach cramps and nausea.

*Hallucinogens include:*

- Datura
- Ketamine, or 'K', 'Special K'
- LSD (lysergic acid diethylamide), or 'trips', 'acid', 'microdots'
  - Magic mushrooms (psilocybin), or 'gold tops', 'mushies'
    - Mescaline (peyote cactus)
  - PCP, or 'angel dust' (phencyclidine).

Cannabis is a depressant as well as a hallucinogen. Ecstasy can also have hallucinogenic qualities.

How can a person predict how a drug will affect him or her?



- *People can never be sure how a particular drug will affect them, as effects can vary from person to person. And effects can be even more unpredictable when more than one drug is used.*



## HEALTHY BODY

## DRUG EFFECTS

## WHAT DETERMINES A DRUG'S EFFECTS?

As well as the effect the drug has on the central nervous system (depressant, stimulant, hallucinogen), there are a number of factors that will determine how a particular drug will affect an individual, including:

*How much of the drug is used*

Generally, if a large amount of a drug is used, there will be strong effects. A lesser amount taken will cause weaker effects. Overdose occurs when too much of the drug is taken and the user's body cannot cope.

*How the drug is used or administered*

Generally, drugs that are injected or inhaled act very quickly and the effects are intense. Snorting through the nose is the next fastest-acting method of administration, while the effects of drugs eaten or swallowed take longer to occur.

*Physical characteristics*

The height, weight and sex of the user also influence drug effects. The proportion of body fat, rate of metabolism, and the menstrual cycle can all affect the intensity and duration of drug effects.

*Mood and environment*

How a person is feeling can have a significant impact on the effects of drugs, as can the social setting of drug use. For example, a person is more likely to have a negative experience if he or she uses a drug in a threatening environment.

*Tolerance to the substance*

The first time a person uses a drug, he or she will have a very low tolerance to it and usually will feel the effects very strongly. The more often the drug is used, generally the less intense the effects will be. This results in a user needing to take larger amounts in order to obtain the desired effect.



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YOU CANNOT  
 'CANCEL' OUT THE  
 EFFECTS OF ONE  
 DRUG BY TAKING  
 ANOTHER DRUG.



## HEALTHY BODY

## DRUG EFFECTS

## WHAT DETERMINES A DRUG'S EFFECTS CONTINUED ...

*Polydrug use (using more than one drug)*

Often people who use drugs have one preferred drug, but they may use other drugs to increase or reduce the effects of their preferred one. They may also substitute other drugs. However, combining drugs can increase or alter the usual effects, often in unpredictable ways.

## WHAT PROBLEMS CAN DRUG USE CAUSE?

What concerns the community most about the harm caused by drugs is the death toll.

Drug use is a factor in about one in five of all deaths in Australia.

A common concern is that if a person uses drugs he or she will become dependent on them and become a 'drug addict'.

People often hear alarming stories that give the impression that illegal drugs are instantly addictive and are the drugs that cause the most harm.

While many deaths are caused by illicit drugs, in Australian society most drug-related deaths are caused by alcohol and tobacco.

Regardless of the drug used, there are many problems related to drug use such as:

*Family/relationship problems*

Drug use may lead to conflict with a user's family or friends. The people closest to him or her may be very frustrated and concerned when they are manipulated or pressured for money or possessions. Conflict also arises when someone using drugs can't or won't see that his or her drug use is causing problems.

Is it true that illegal drugs are harmful and legal drugs are OK?



- *Different drugs produce different effects and pose different risks. The legal status of any given drug is not necessarily a reliable indicator of its potential for harm. While marijuana has never been shown to cause an overdose death, alcohol poisoning kills more people every year than all illegal drugs combined.*



## HEALTHY BODY

## DRUG EFFECTS

## WHAT PROBLEMS CAN DRUG USE CAUSE?

*Work/school problems*

A person who takes drugs may need to take more sick days and be unable to work properly.

*Accidents*

Drug use may affect a person's ability to respond appropriately to a given situation, or affect his or her ability to think clearly and to maintain attention. Their drug use may cause physical symptoms such as blurred vision, cramps, and nausea. Such effects can increase the risks of car accidents or drownings, and reduce their ability to cross roads safely.

*Legal problems*

Each state and territory has laws governing the manufacture, possession, distribution and use of drugs. The four main types of offence related to illegal drugs are: use, possession, cultivation and trafficking of drugs.

*Financial problems*

The cost of ongoing drug use may mean that the user does not have enough money left to pay for other necessary things. This may include regular bills, food and clothing, and things that may increase his or her quality of life, such as entertainment and leisure activities.

*Health problems*

Tobacco, alcohol and illegal drugs can all have serious health effects. Lifestyle changes such as poor eating habits and inadequate sleep can increase the chances of the user experiencing a variety of health complications. If someone injects drugs, he or she is at risk of contracting Hepatitis B, Hepatitis C and HIV (the virus that causes AIDS).

*Sexual problems*

Certain types of drugs may lead a person to feel sexually aroused, but can actually reduce their ability to perform sexually.



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**THE LAW  
 CONSIDERS ANY  
 DRUG TRAFFICKING  
 TO BE A SERIOUS  
 OFFENCE,  
 AND PENALTIES  
 ARE HARSH.**



## HEALTHY BODY

## DRUG EFFECTS

## WHAT IS DRUG DEPENDENCE?

There are degrees of dependency, from mild dependency to compulsive drug use (often referred to as addiction). It is impossible to say how long or how often a person must use a drug before he or she becomes dependent on it.

Dependence can be psychological, physical, or both.

If a person is psychologically dependent on a drug then in different situations he or she feels has a need to use that drug in order to function effectively or to achieve emotional wellbeing.

Physical dependence is when a person's body adapts to a drug and becomes used to functioning with the drug present.

If a person is physically and/or psychologically dependent on drugs and suddenly stops taking them, he or she may experience withdrawal symptoms as their body readjusts to functioning without the drug. Withdrawal symptoms are different for different types of drugs and for each person. Withdrawal symptoms include depression, irritability, cramps, nausea, sweating and sleeping problems.

If someone is physically dependent on a drug, he or she usually develops a tolerance to it. This means that he or she needs to take more and more of the drug to get the same effect.

How long can drugs be detected in a person's body?



- *It varies from person to person as well as from drug to drug. Some drugs may only be detectable for a few days. Cannabis may remain detectable for weeks in heavy users.*

## TREATMENT

A number of treatment options are available in Australia. Some aim solely for the person to achieve a drug-free lifestyle, while others acknowledge abstinence as one option in an overall aim of reducing the harms and risks related to the person's drug use. Treatment options include individual counselling, group therapy, withdrawal (detoxification) and medication (pharmacotherapy). Residential and supervised/home-based programs are available. Treatment is more effective if tailored to suit a person's specific circumstances, and usually involves a combination of methods.



## HEALTHY BODY

## DRUG EFFECTS

## DRUGS AND DRIVING DON'T MIX

An increasing number of road crashes involve drivers who are under the influence of drugs. In fact, drugs are found to contribute to driver fatalities as often as alcohol. Both medicines and illegal drugs can impair driving and increase crash risk. This situation is of considerable concern to employers seeking to protect staff from injury in the workplace and beyond.

Like alcohol, drugs reduce a person's ability to operate any piece of machinery safely, particularly if more than one drug is used, or if other drugs are mixed with alcohol.

Many prescribed medicines carry labels warning of possible drowsiness and advising the user not to drive or operate machinery if they are affected.

Illegal drugs come with no such warning. However, it is always unsafe to drive after using any illegal drug because of the effects they have on mental and physical capacities.

Impairing drugs are detected in more than 30 per cent of drivers killed per year. However, drugs can also reduce a person's ability to act safely as a pedestrian. Research data shows that almost 30 per cent of pedestrians killed are affected by drugs.

## HOW DO DRUGS REDUCE DRIVING ABILITY?

*Drugs (whether medicinal or illicit) can decrease a driver's:*

- Mental alertness
- Vigilance and concentration
- Physical co-ordination
- Ability to react quickly and appropriately to what's happening on the road.

*Driving and medicines*

Both prescription and over-the-counter medicines (i.e. medicines a person can buy from the pharmacist without a prescription) can impair driving ability. This includes medicines used to treat common conditions like allergies, arthritis, diabetes, blood pressure, stress, and strong painkillers (particularly those containing codeine).



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**DRUGS AND  
 DRIVING CAN  
 BE A LETHAL  
 COMBINATION.**



## HEALTHY BODY

## DRUG EFFECTS

## HOW DO DRUGS REDUCE DRIVING ABILITY? CONTINUED ...

To help protect those taking them, medicines which cause drowsiness must display one of the following warning labels:

'This medicine may cause drowsiness and may increase the effects of alcohol. If affected, do not drive a motor vehicle or operate machinery', or 'This medicine may affect mental alertness and/or co-ordination. If affected, do not drive a motor vehicle or operate machinery'.

## HOW CAN YOU HELP YOURSELF?

- Ask your doctor or pharmacist how any current medicines can affect your ability to drive
- If you start taking a new medicine ask the doctor or pharmacist if it can affect your driving
- Always read and take notice of the warning labels on medicines, whether the medicine has been prescribed by your doctor or bought over the counter
- Ask your pharmacist if a Consumer Medical Information Sheet is available for the medicine you are taking.

**DO NOT DRIVE if you feel:**

- drowsy or tired
  - dizzy, light-headed or faint
  - vague, not thinking clearly
    - shaky or unsteady
    - angry or aggressive
    - nauseated/sick
  - or have blurred or double vision, or any problem with their eyesight.
- If your job involves driving a car or operating machinery, you should let yourr employer know if you are taking any prescribed medicines that may reduce your ability to carry out these activities safely

Can a drug conviction affect a person's chances of getting a job?



- *Yes. A drug conviction may reduce the chances of a person getting a job and getting a visa to travel overseas.*



## HEALTHY BODY

## DRUGS AND THE LAW

## HOW CAN YOU HELP YOURSELF? CONTINUED...

- If you think your medicine may be affecting your driving, stop driving but do NOT stop taking your medication, and consult your doctor
- Do not drive if you are affected by any illegal drug
- Plan ahead to avoid driving: take a taxi or public transport, stay the night or arrange to be picked up.

DO NOT DRIVE if:

- your mind is foggy
- you are feeling drowsy, edgy or sick
- you have blurred vision or trouble focusing.



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## DRIVING AND ILLEGAL DRUGS

Many illegal drugs, including heroin, cannabis, cocaine, ecstasy and amphetamines, impair the ability to drive safely.

Heroin and cannabis are both depressants, which means they slow down the brain and other parts of the nervous system. It is dangerous to drive after using these drugs because they can:

- Make it harder to concentrate
- Reduce a person's ability to make quick and correct decisions
- Reduce a person's ability to respond appropriately to unexpected events, or the actions of other road users.

Cocaine, ecstasy and amphetamines (speed) are stimulants, which means they speed up the activity of the brain and other parts of the central nervous system. It is dangerous to drive after using these drugs because they can:

- Give the person a false sense of alertness and confidence, while actually reducing their judgement

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IT IS ILLEGAL IN  
 THE NORTHERN  
 TERRITORY TO  
 GROW CANNABIS,  
 EVEN FOR  
 PERSONAL USE.



## HEALTHY BODY

## DRUGS AND THE LAW

## DRIVING AND ILLEGAL DRUGS CONTINUED...

- Increase risk taking, and cause the person to underestimate the consequences of risk
- Increase anxiety and aggression – particularly where cocaine and amphetamines are taken.

All drugs affect different people in different ways, depending on how much is used, how strong the drug is, a person's physical and psychological state and if the person is used to such drugs.

It is even more dangerous to drive after using illegal drugs because the variations in quality and strength make the effects very difficult to predict.

## MIXING DRUGS INCREASES THE DANGER

Mixing drugs can reduce your driving ability even further:

- If you are prescribed a medicine, ask your doctor or pharmacist how using alcohol (and/or other drugs) with your medicine is likely to affect your driving
  - DO NOT DRIVE if you have taken a combination of drugs, including alcohol.

## WHAT ARE THE LAWS ABOUT DRIVING AND DRUGS?

In the Northern Territory, it is against the law to drive a car or ride a motorcycle under the influence of drugs. The police will look at the way you are driving, your behaviour and your appearance, and will charge you if they think that you are so affected by alcohol that you cannot control the vehicle properly.

Your licence could automatically be cancelled and you could also be fined or imprisoned for this offence.

If the police think that someone is on drugs can they pull them over?



- *It is against the law to drive a car or ride a motorcycle under the influence of drugs. The police will look at the way you are driving, your behaviour and your appearance, and will charge you if they think that you are so affected by alcohol that you cannot control the vehicle properly.*



# First @ Scene



Would you know what to do?  
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St John Ambulance NT provide an online course designed to teach you all the skills required to apply First Aid at the scene of a road accident.

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1300 785 646

[firstatscene@stjohnnt.asn.au](mailto:firstatscene@stjohnnt.asn.au)

[firstatscene.com.au](http://firstatscene.com.au)

## Family Planning

Welfare Association of NT Inc.



Family Planning NT can help YOU. We offer a wide range of clinic services in female and male reproductive and sexual health. Our clinic's offer contraception, sexually transmitted infection checkups, pregnancy help including medical abortion services and more. We also deliver education to schools.

To make an appointment or to speak to one of our trained nurses please phone 89 480144  
Appointment times vary during the week. On Saturday mornings we offer a DROP-IN clinic open to everyone, especially YOU.

Clinic Locations: DARWIN Unit 2, the Clock Tower, Coconut Grove & PALMERSTON Health Precinct Website: [www.fpwnt.com.au](http://www.fpwnt.com.au)



## HEALTHY BODY

## ALCOHOL

## WHAT IS ALCOHOL?

Alcohol is produced by fermentation – the action of yeast on liquids containing sugars and starches. Pure alcohol has no colour or taste. In Australia, alcohol is the most widely used psychoactive, or mood-changing, recreational drug.

Will drinking water or coffee help reduce the level of alcohol in a person's body?

## WHAT HAPPENS AFTER USING ALCOHOL?



**1. After a few drinks...**  
Feel happy, more relaxed, it becomes harder to concentrate and your reactions become slower.



**2. A few more...** Fewer inhibitions, more confidence, less co-ordination, slurred speech, intense moods – e.g. sad, happy, angry.



**3. A few more...**  
Confusion, blurred vision, poor muscle control.



**4. More still...** Nausea, vomiting, sleep.



**5. Even more...** may cause coma or death.



- *No. The liver processes alcohol at a rate of about one standard drink per hour. There is nothing anyone can do to speed up this process.*



## HEALTHY BODY

## LONG-TERM EFFECTS

## LONG TERM EFFECTS OF ALCOHOL



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95% OF THE ALCOHOL CONSUMED BY YOUNG AUSTRALIAN MEN AGED 18-24 IS AT LEVELS THAT PUT THEM AT RISK OF SHORT AND LONG TERM HARM.

**Nervous system**

- tingling and loss of sensation in hands and feet

**Heart**

- high blood pressure
- irregular pulse
- enlarged heart

**Lungs**

- greater chance of infections, including Tuberculosis

**Muscles**

- weakness
- loss of muscle tissue

**Liver**

- severe swelling and pain
- hepatitis
- cirrhosis
- liver cancer

**Pancreas**

- inflamed pancreas causing pain

**Sexual organs****Males**

- impotence
- shrinking of testicles
- damaged/less sperm

**Females**

- greater risk of gynaecological problems
- damage to foetus if pregnant

**Blood**

- changes in red blood cells

**Brain**

- brain injury
- loss of memory
- confusion
- hallucinations

**Skin**

- flushing
- sweating
- bruising

**Stomach**

- inflamed lining
- bleeding
- ulcers

**Intestines**

- inflamed lining
- ulcers



## LONG-TERM EFFECTS

## ALCOHOL AND THE BODY

*How does a person's body deal with alcohol?*

Alcohol is absorbed into the bloodstream through the stomach and small intestine. If the stomach already has food in it, the rate at which alcohol is absorbed is slowed down. However, all alcohol that is drunk will eventually reach a person's bloodstream. The main organ purifying the blood (and breaking down the alcohol) is the liver. A person's breath, sweat and kidneys remove the remaining alcohol. The liver works at a fixed rate, removing about one standard drink (10 grams of alcohol) an hour. If a person drinks a lot at night, there may still be a high level of alcohol in his or her bloodstream the next day.

*What are the long-term effects of using alcohol?*

Drinking heavily over a long period of time can cause damage to many parts of a person's body.

*Can a person overdose on alcohol?*

Yes. An overdose of alcohol can result in a person having nausea, vomiting, falling into a coma, having shallow breathing, pale skin and loss of bladder control. Acute alcohol poisoning can lead to death.

*What does it mean to 'binge' drink?*

Binge drinking is when a person drinks heavily over a short period of time, drinking continuously over a number of days or weeks, or drinking with the intention of becoming intoxicated. Binge drinking is harmful. Besides the damage it can do to a person's body, it can lead the drinker to take risks or to put him or herself in dangerous situations. After binge drinking, people may suffer hangovers, headaches, nausea or vomiting and shakiness.

*What happens if someone mixes alcohol with other drugs?*

Mixing alcohol with other drugs (including prescribed medicines) can be dangerous. The effects of one drug may increase the effects of the other, or they may hide some of the effects, making it hard to tell exactly how the drug has affected the user. He or she may think they are OK without really knowing what is going on inside their body.

What happens if a person drinks a lot?



- *A person becomes intoxicated when the body is no longer able to break down the alcohol. Common symptoms are impaired co-ordination and judgement, loss of self-control, risk taking and signs of aggression, nausea and vomiting. In severe cases, coma and death can result from drinking to a point where breathing stops altogether.*



## HEALTHY BODY

## ALCOHOL AND THE LAW

## IS IT AGAINST THE LAW TO DRINK ALCOHOL?

If a person is under 18 years of age, he or she is breaking the law if they:

- Buy alcohol
- Receive or have alcohol in their possession
- Drink alcohol in a hotel or public place (such as a street, park or beach).

In some states, for example Victoria and the Northern Territory, a person is not breaking the law if he or she is under 18 and drinks alcohol while having a meal on licenced premises with a parent, guardian, husband or wife.

## UNDER-AGE DRINKING

Since laws tend to differ depending on where in Australia a person lives, it is best to contact a legal organisation to find out the laws that apply to their State or Territory.

## PEOPLE OVER 18

Alcohol consumption is legal for those aged 18 and over. However, there are laws governing how alcohol may be used:

- Hotels must not serve alcohol to people they believe are intoxicated, or people under the age of 18. Heavy penalties apply for breaking these laws
- In some areas, local by-laws make it illegal to drink alcohol in public places, such as beaches, parks or streets
- It is illegal to give alcohol to someone younger than 18, unless it is given by a parent, guardian, husband or wife
- It is illegal to buy alcohol for someone who is under 18.



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IF YOU DRINK A  
 LOT OF ALCOHOL  
 DURING THE  
 NIGHT, YOU CAN  
 STILL BE OVER  
 THE LEGAL LIMIT  
 FOR DRIVING THE  
 NEXT DAY.



## HEALTHY BODY

## ALCOHOL AND THE LAW

## BLOOD ALCOHOL CONCENTRATION (BAC)

Blood alcohol concentration (BAC) is the amount of alcohol in the bloodstream. A BAC of 0.05 means the person has 0.05 grams of alcohol in every 100 millilitres of their blood.

Since the liver metabolises alcohol at around one standard drink per hour, the BAC level drops over time, unless more alcohol is consumed.

BAC is measured with a breathalyser, or by analysing a sample of blood.

## FACTORS AFFECTING YOUR BAC

The more a person drinks, the higher their BAC. However, two people who drink the same amount might register quite different BACs:

- **Body size**

A smaller person will have a higher BAC than a larger person, because the alcohol is concentrated in a smaller body mass.

- **Empty stomach**

A person with an empty stomach will reach a higher BAC than someone who has just eaten a meal. Food in the stomach slows down the rate at which alcohol passes into the bloodstream.

- **Body fat**

People with a lot of body fat tend to have a higher BAC. Alcohol is not absorbed into fatty tissue, so the alcohol is concentrated in a smaller body mass.

- **Women**

After consuming the same amount of alcohol, a woman will almost always have a higher BAC than a man.

Is there an average age when people experience alcohol abuse?



- *People can 'abuse' alcohol at practically any age. Alcohol use is often reported as level of 'risk'. 'Low risk' drinking is up to 4 standard drinks per day for men, and 2 for women. Younger people are more likely to consume alcohol at high-risk levels than older people.*



## HEALTHY BODY

## ALCOHOL AND THE LAW

## FACTORS AFFECTING YOUR BAC CONTINUED ...

Because of all these variable factors, even counting the number of standard drinks a person consumes can only give a rough guide to his or her BAC.

## WOMEN AND ALCOHOL

Research has shown that alcohol affects women differently from men.

*Higher BAC*

If a man and a woman drink exactly the same amount of alcohol, the woman will almost always have a higher blood alcohol concentration (BAC). A woman's body contains more fatty tissue and less water than a man's body and women are often smaller than men. As a result, the alcohol will be more concentrated in a woman's body, producing a higher BAC.

*Health Problems*

Women may develop liver damage and other health problems with lower levels of alcohol consumption than men.

Women who drink alcohol are more likely to develop breast cancer and have gynaecological problems than women who don't drink.

For these reasons, health authorities recommend that women should drink less than men.



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DRINKING  
 CARBONATED  
 ALCOHOLIC  
 DRINKS SPEEDS  
 UP THE RATE  
 AT WHICH YOU  
 GET DRUNK.



## HEALTHY BODY

### ALCOHOL AND THE LAW

#### ALCOHOL AND DRIVING

If a person is going to drive, it is safest if he or she does NOT DRINK at all.

Alcohol is involved in about one-third of all serious motor vehicle accidents.

**If you are on your L's or your P's, or if you are under 25 and you have held a licence for less than 3 years (not including your L's), the zero blood alcohol limit applies to you.** This means that you must have no alcohol at all in your blood while you are driving a car or riding a motorcycle on a public street or in a public place. If you break this law, your licence could automatically be cancelled for a certain period, and you could also be fined or even imprisoned.

**The 0.05 blood alcohol limit applies to most other drivers and riders.** Different penalties apply depending on how much over the limit you are, and whether it is your first drink driving offence or not. Your licence could automatically be cancelled, and you could also be fined or imprisoned.

Some offences are known as "immediate suspension offences". If you are charged with an immediate suspension offence, you will have to hand your licence over to the police on the spot, and you will be disqualified from driving until a court decides whether you are guilty or not.

In order to stay below 0.05 BAC, drivers are advised to limit their drinking to:

- Men  
No more than two standard drinks in the first hour and no more than one standard drink every hour after that.

- Women  
No more than one standard drink in the first hour and no more than one every hour after that.

Can 'binge' drinking harm a person physically?



- *Yes. So as not to damage their health, a person should not drink more than 6 drinks (for men) and 4 drinks (for women) on any occasion.*

**IF YOU ARE GOING TO DRIVE IT IS BEST NOT TO DRINK AT ALL.**



## HEALTHY BODY

## ALCOHOL AND THE LAW

## ALCOHOL AND DRIVING CONTINUED ...

These conservative estimates are designed to minimise the risk of exceeding the legal limit to drive. Because everyone is different, some people would need to drink less to maintain a BAC level below the legal limit. This guide is based on advice from the Australian Transport Safety Bureau.

A person should not drive if there is any doubt about his or her BAC. He or she should make alternative arrangements: call a taxi, get a lift with someone who has not been drinking, or stay overnight.



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DRINKING TOO  
 MUCH ALCOHOL  
 MAY CAUSE  
 IMPOTENCE OR  
 OTHER SEXUAL  
 DYSFUNCTION.

**DF** Australian  
 Drug Foundation  
 • preventing drug problems •

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## STANDARD DRINKS

The use of standard drinks can help a person monitor his or her alcohol consumption and exercise control over the amount they drink.

Different types of alcoholic drinks contain different amounts of pure alcohol. A standard drink is defined as one that contains 10 grams of pure alcohol.

These are all equal to approximately one standard drink:

	<b>Low alcohol beer</b> 1.6 pots, 285ml		<b>Regular beer</b> 1 pot, 285ml
	<b>Table wine</b> 1 small glass, 100ml		<b>Alcoholic soda</b> 0.7 of a 330ml bottle
	<b>Mixed drinks</b> 1 glass, 30 ml of spirits plus mixer		<b>Spirits or liqueurs</b> 1 nip, 30ml
	<b>Low alcohol beer</b> 1 can, 375ml		<b>Regular beer</b> 3/4 stubby, 375ml



## HEALTHY BODY

## ALCOHOL AND THE LAW

## STANDARD DRINKS CONTINUED ...

*Keep in mind*

- The 'standard' size of drinks served in some hotels may be bigger than a standard drink. Large wine glasses can hold two standard drinks – or even more!
  - Drinks served at home often contain more alcohol than a standard drink
  - Cocktails can contain as many as five or six standard drinks, depending on the recipe.

How long does it take for a person's BAC to rise?



## MINIMISING THE RISKS FROM DRINKING ALCOHOL

*We know that drinking too much alcohol can cause problems, but how much is too much?*

The following guidelines are based on the National Health and Medical Research Council guidelines, which provide average acceptable levels of drinking over time and levels for occasional 'heavy' drinking days.

Drinking alcohol should be spread over several hours. Men, for example, should not consume more than two standard drinks in the first hour, and no more than one standard drink per hour thereafter. Women should not consume more than one standard drink per hour.

- *It may take up to 2 hours after their last drink for a person's BAC to peak, especially if he or she has eaten a substantial meal.*

## FOR MEN

An average of no more than 4 standard drinks a day, and no more than 28 standard drinks over a week  
 Not more than 6 standard drinks during any one occasional heavy drinking day  
 One or two alcohol-free days per week

## FOR WOMEN

An average of no more than 2 standard drinks a day, and no more than 14 standard drinks over a week  
 Not more than 4 standard drinks during any one occasional heavy drinking day  
 One or two alcohol-free days per week



## HEALTHY BODY

## ALCOHOL AND THE LAW

## MINIMISING THE RISKS FROM DRINKING ALCOHOL

*These guidelines assume that the person drinking alcohol:*

- Is not on medication
- Is not pregnant
- Will not be driving
- Will not be operating machinery.

The above drinking levels may also be too high for men who weigh less than 60 kilograms and for women who weigh less than 50 kilograms.

A lower amount of alcohol is recommended for women because alcohol tends to have a greater effect on women for the following reasons:

- Women tend to have a smaller bodies than men, so alcohol is distributed over a smaller volume. Women also tend to have more body fat than men, and alcohol is not taken up by body fat
- On average, women have smaller livers than men, and the ability to break down alcohol is limited by the size of the liver
- The level of hormones in a woman's body can possibly increase the effects of alcohol
- If a woman is taking the contraceptive pill, her body's ability to break down alcohol may be reduced.

## HOW TO DRINK LESS

- **Start with a non-alcoholic drink:** A person will drink much faster if he or she is thirsty. Before a person starts to drink alcohol, it's a good idea if he or she quenches their thirst with a non-alcoholic drink.
- **Use standard drinks:** A person should monitor how much alcohol he or she drinks. By converting the amount they are consuming into standard drinks, it is easier to keep track.
- **Drink slowly:** Take sips and not gulps. Put the glass down between sips.



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TRY TO  
 AVOID MIXING  
 PRESCRIPTION  
 MEDICATIONS AND  
 ALCOHOL:  
 ALCOHOL CAN  
 REDUCE THE  
 EFFECTIVENESS OF  
 THE MEDICINE AND  
 THE MEDICATION  
 CAN INCREASE  
 THE EFFECTS OF  
 ALCOHOL.



- **Eat before or while drinking:** Eating slows a person's drinking pace and fills him or her up. If someone has a full stomach, alcohol will be absorbed more slowly.
- **Avoid salty snacks:** Salty food like chips or nuts make a person thirsty, so he or she drinks more.
  - **Avoid 'shouts':** Don't get involved in 'shouts', or rounds. A person should drink at his or her own pace – not someone else's. If someone does get stuck in a shout, they should buy a non-alcoholic drink for themselves when it's their turn. One drink at a time: Don't let people top up the drinks. It is then harder to keep track of how much alcohol is drunk.
- **Pace the drinking:** Try having a 'spacer', a non-alcoholic drink every second or third drink.
- **Stay busy:** If a person has something to do, he or she tends to drink less. Play pool or dance – don't just sit and drink.
- **Try the low-alcohol alternative:** A wide range of light beers are available. Low-alcohol or non-alcoholic wines are also becoming more available. Most places that serve cocktails also serve non-alcoholic versions.
- **Have alcohol-free days:** People should have at least two days a week when they don't drink at all.
  - **Keep a diary:** If a person writes down how much he or she drinks each day, it will make them more aware of how much they drink.
  - **Be assertive:** A person should not be pressured into drinking more than he or she wants or intends to. They can tell their friends 'thanks, but no thanks'.

Alcohol can be an enjoyable part of life. However, as with all drugs, excessive drinking causes problems.

If someone feels sober, has their BAC fallen enough so that it's safe for them to drive?



- *No. A person may feel sober, especially if their BAC is decreasing, but he or she may still be above the legal limit and their driving skills may still be impaired.*



## HEALTHY BODY

## CANNABIS - (MARIJUANA)

## WHAT IS CANNABIS?

*Slang:*

Grass, pot, mull,  
dope, hash



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IN AUSTRALIA  
IN 2001, ONE  
THIRD OF THE  
POPULATION HAD  
TRIED CANNABIS  
AT SOME TIME.

Cannabis is a drug that comes from the cannabis sativa plant. The main active chemical in cannabis is THC (Delta-9 tetrahydrocannabinol). There are three main forms of cannabis: marijuana, hashish and hash oil.

**Marijuana** is the most common and least powerful form of cannabis, consisting of the dried leaves and flowers of the plant.

**Hashish** (hash) is small blocks of dried cannabis resin, ranging in colour from light brown to nearly black. THC in hashish is higher than in marijuana, producing stronger effects.

**Hash oil** is a thick, oily golden-brown to black liquid extracted from hashish. Hash oil is the most powerful form of cannabis.

*What happens after using cannabis?*

- Relaxation and loss of inhibition
- Increased appetite
- A change in the way a person hears and sees things. It can make time seem to slow down
- Reduced or impaired co-ordination
- Difficulty thinking and remembering things
- Other common effects include increased heart rate, low blood pressure, faintness and reddened eyes.

A person who takes large amounts of cannabis can feel confused, restless, excited, anxious or panicky. He or she may also have hallucinations and also slower reactions.

*What happens if someone mixes cannabis with other drugs?*

The effects of cannabis may increase the effects of the other drug(s) or they may hide some of the effects, making it hard to tell exactly how the drug has affected the user. He or she may think they are OK without knowing really what is going on inside their body.



*What are the long-term effects of using cannabis?*

Using cannabis regularly may lead to:

- Breathing problems: Marijuana 'joints' have more tar than tobacco, increasing the risk of lung cancer and other lung infections
  - Less motivation
- Concentration, memory and the ability to learn can all be reduced by regular cannabis use. These effects can linger for several months after a person's last use of cannabis
- Hormones: Cannabis can affect a person's hormone production
- Psychosis: Regular and heavy use may also lead to hallucinations, delusions, memory loss and confusion lasting up to a few days
- Cannabis use may also bring on schizophrenia in those who have a family history of a mental illness
- Cannabis use can trigger psychosis in those who already have a mental illness.

*Is smoking cannabis better for a person's health than smoking cigarettes?*



- *No. Cannabis smoke contains more tar and more carbon monoxide than standard cigarettes.*



## HEALTHY BODY

## BENZODIAZEPINES

## WHAT ARE BENZODIAZEPINES?

*Slang:**Minor tranquillisers**Benzo's, tranxs,  
downers and  
sleepers*

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*All benzodiazepines have  
 five primary effects.*

*They are:*

1. *hypnotic*
2. *anxiolytic*
3. *anti-seizure*
4. *muscle relaxant*
5. *amnesic*

Benzodiazepines are drugs commonly used to help a person to sleep, or to reduce worries or anxiety.

Non-medical uses include getting intoxicated, as a replacement for heroin, and to reduce certain unwanted side effects experienced due to the use of another drug (e.g. to help a person sleep after they have taken something to keep them awake). Examples of benzodiazepines are: Valium, Serepax, Normison, Rohypnol.

*What happens after using benzodiazepines?*

- Relaxation
- Calmness
- Relief from tension and anxiety
- Drowsiness
- Dizziness
- Tiredness
- Blurred vision
- Difficulty thinking and remembering things
- Difficulty talking properly
- Poor co-ordination.

Using large amounts of benzodiazepines may lead to increased drowsiness, sleep; and effects similar to alcohol intoxication. The user may experience mood swings and perhaps have aggressive outbursts.

*Can you overdose on benzodiazepines?*

Very high doses of benzodiazepines can cause unconsciousness, coma and death. Deaths are usually associated with the combined use of alcohol or other drugs.

*What happens if a person mixes benzodiazepines with other drugs?*

Mixing benzodiazepines with alcohol, antihistamines, antidepressants, cannabis or heroin can greatly increase the effects of the drugs taken. Such combinations can cause death.

*What are the long-term effects of using benzodiazepines?*

The use of benzodiazepines for longer than two weeks is not recommended. Benzodiazepines can help to relieve worries or anxiety in the short term, but they do not solve the problem that caused the anxiety in the first place. Long-term use of benzodiazepines may lead to drowsiness, lack of motivation, difficulty thinking and remembering things, mood changes, anxiety, irritability, aggression, sleeping difficulties, nausea, headaches, and rashes. If benzodiazepines are used illegally and injected, there is an increased risk of contracting Hepatitis and HIV from sharing needles and other injecting equipment.

Other health problems that can result from injecting include collapsed veins; red, swollen, infected skin; and in extreme cases, the amputation of limbs due to poor circulation and stroke.

How do benzodiazepines affect a person's body?



- *Benzodiazepines are general central nervous system (CNS) depressants. Taking these may reduce normal alertness, memory, muscle tone, co-ordination, emotional responses, heart rate and blood pressure control as well as a host of other functions.*



## HEALTHY BODY

## COCAINE

## WHAT IS COCAINE?

*Slang:*

Coke, C, flake,  
snow, crack



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ALL STIMULANTS  
SPEED UP  
MESSAGES FROM  
YOUR BODY TO  
YOUR BRAIN. AS  
A RESULT, YOUR  
HEART RATE  
INCREASES, BODY  
TEMPERATURE  
RISES, THOUGHT  
PROCESSES SPEED  
UP.

Cocaine most commonly comes in the form of a white odourless powder called cocaine hydrochloride. It has a bitter, numbing taste. The powder is extracted from the leaves of the cocoa bush, found mainly in Peru and Bolivia. The extract is then processed with various chemicals.

*What happens after using cocaine?*

- Increased body temperature, increased heart rate, enlarged pupils
- Alertness, feelings of well-being, decreased hunger
- Anxiety, panic
- Difficulty concentrating
- Making poorer judgements
- Reduced ability to feel pain, feelings of great physical strength and mental capacity
- Unpredictable and/or violent behaviour.

Using larger amounts may lead to extreme restlessness, worrying or anxiety, hallucinations, dizziness, nausea and vomiting, shakes, violent/aggressive behaviour, loss of concentration, loss of co-ordination, heart pain, heart attack, rapid, irregular and shallow breathing.

*Can a person overdose on cocaine?*

Yes. Overdose may include having a fit, heart attack, brain haemorrhage, kidney failure, or stroke.  
This may result in death.

*What happens if a person mixes cocaine with other drugs?*

Mixing cocaine with alcohol produces a substance in the blood called cocaethylene, which can be more toxic to the body than the cocaine itself. Injecting cocaine and heroin at the same time can affect the area of the brain that controls breathing, increasing the chances of the user going into a coma and, in extreme cases, causing death.

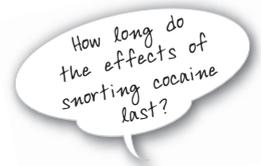


*What are the long-term effects of using cocaine?*

Effects such as restlessness, nausea, being over-excited and unable to sleep, weight loss, seeing and hearing things that don't exist, exhaustion, depression.

Repeated snorting of cocaine damages the lining in the nose and the structure separating the nostrils. Smoking cocaine can cause breathing difficulties, a chronic cough, chest pain and lung damage.

Injection into the skin causes severe tissue damage. Sharing needles, syringes and other injecting equipment can greatly increase the risk of the user contracting diseases such as Hepatitis and HIV.



- *Generally, the immediate effects peak after 15–30 minutes, then they diminish. Heavy users may also experience a 'crash' — when they have symptoms of depression, lethargy and hunger.*



## HEALTHY BODY

### AMPHETAMINES

#### WHAT ARE AMPHETAMINES?

#### Slang:

Speed, whiz,  
crystal, meth, ice,  
shabu



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SINCE THE  
EFFECTS OF A  
DRUG VARY WITH  
EACH PERSON, IT  
IS DIFFICULT TO  
PREDICT EXACTLY  
HOW A DRUG  
WILL AFFECT A  
PERSON'S ABILITY  
TO DRIVE.

Amphetamines are a family of related drugs – each with its own recipe – and are taken in different ways. Amphetamines have a strong smell and bitter taste.

#### *What happens after using amphetamines?*

- The heart rate, breathing and blood pressure increase. The person may have a dry mouth, sweat more, his or her pupils may increase in size and they may get a headache
- He or she feels they have more energy and are more alert. They feel more confident, are more talkative, restless, excited, and have difficulty sleeping
- He or she loses their appetite
- Irritability: Some people become tense, angry and aggressive.

Using large amounts may lead to the person having headaches, dizziness, blurred vision, shakes, irregular heartbeat, stomach cramps, sweating, restlessness, irregular breathing and paranoia, loss of co-ordination, collapsing, hallucinations and behaving in an aggressive or violent way.

#### *Can a person overdose on amphetamines?*

Street amphetamines usually contain a mixture of pure amphetamines and other substances or chemicals. Due to the unknown strength and mix of street amphetamines, some users have overdosed and experienced strokes, heart failure, seizures and high body temperature. Some have died as a result. If a person injects amphetamines, he or she runs a greater risk of overdosing due to large amounts of the drug entering the blood stream and quickly travelling to the brain.

#### *What happens if a person mixes amphetamines with other drugs?*

Taking other drugs as a way of coping with some of the undesirable effects of amphetamines may result in a 'roller coaster' dependence on several drugs.



For example, some people need amphetamines each day to get them going, and benzodiazepines each night to get them to sleep. This type of dependence can lead to a variety of serious physical, mental and emotional problems.

*What are the long-term effects of using amphetamines?*

Regular use of amphetamines may result in serious sleeping problems, anxiety and tension, high blood pressure and a rapid and irregular heartbeat. Malnutrition (as a result of people being less likely to eat properly), psychosis, less resistance to infections and violence may occur with long-term regular use.

There is some evidence that brain cells can be damaged, resulting in possible reduced memory function and other impairments in thinking. Sharing needles, syringes and other injecting equipment can greatly increase the risk of the user contracting Hepatitis and HIV (the virus that causes AIDS).

Can a person 'cancel' out the effects of one drug by taking another drug?



- *No. Combining drugs can only lead to potentially doubling the effects on a person's body and placing greater strain on his or her vital organs.*





## HEALTHY BODY

## ECSTASY

## WHAT IS ECSTASY?

Ecstasy is a street term for a range of drugs that are similar in structure to MDMA (methylenedioxymethamphetamine). Ecstasy is similar in structure and effect to amphetamines and hallucinogens. Manufacturers may substitute a wide range of substances when making the drug. In Australia, tablets sold as ecstasy often contain little or no MDMA.

*What happens after using ecstasy?*

- Increased heart rate, body temperature and blood pressure
- Increased confidence
- Jaw clenching, teeth grinding
- Feelings of wellbeing
- Nausea
- Feelings of closeness to others
- Anxiety
- Reduced hunger
- Sweating.

Using ecstasy is likely to increase the chances of problems for people with health problems such as heart disease, diabetes, liver problems, epilepsy, or with a history of mental illness or panic attacks. **Using larger amounts does not seem to increase the desirable effects and may cause convulsions (fits), vomiting, floating sensations, strange behaviour, and hallucinations.** The 'come down' after using ecstasy may include sleeping problems, mood swings, depression, anxiety, confusion, fatigue, and difficulty thinking.

*Can a person overdose on ecstasy?*

Yes. He or she can develop very high body temperature and blood pressure, hallucinations and fast heartbeat. Death may occur due to:

1. The stimulant effect: resulting in heart attack or brain haemorrhage.

*Slang:*

'E', XTC, 'Eccy',  
MDMA 'The Love  
Drug'



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EXPERTS  
CONCLUDE THAT  
SOME PARTS  
OF THE HUMAN  
BRAIN COULD  
BE DESTROYED  
BY THE USE OF  
ECSTASY. LONG  
TERM DEPRESSION  
AND SLEEP  
DISTURBANCES  
ARE THE MOST  
LIKELY PROBLEMS.



2. Overheating: when combined with dancing hard and fast for long periods of time without a break.

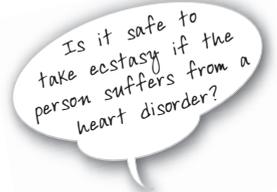
3. Drinking too much water (the brain swells from too much fluid). As a general rule, in dance or rave environments, a person who takes ecstasy should drink around 500 mL while dancing and 250 mL if resting.

*What happens if a person mixes ecstasy with other drugs?*

The mixing of ecstasy with other drugs can occur when the drug is being manufactured. It also occurs when a person takes other drugs to try to increase the effects, or to help him or her cope with the side effects of ecstasy. **It is known that combining ecstasy with amphetamines (such as 'speed') will increase heart rate, blood pressure, and anxiety.** Taking ecstasy with other hallucinogens, such as LSD, can result in the user experiencing severe mental disturbances. Taking ecstasy while using some antidepressant medications can also be dangerous.

*What are the long-term effects from using ecstasy?*

There is not a lot known about the long-term effects of ecstasy use. There is limited evidence suggesting that ecstasy causes damage to some parts of the brain.



- *No. If a person has a heart disorder or a cardiovascular disease, taking ecstasy will increase the risk of them doing their body greater harm. It is also risky if the person is taking medication for any of the following:*
- *psychiatric condition*
- *depression*
- *weight loss*
- *blood pressure problems*
- *neurological impairment.*





## HEALTHY BODY

## HEROIN

## WHAT IS HEROIN?

*Slang:*

'H', Smack, skag,  
junk, gear, horse



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IF A PERSON WHO  
IS DEPENDENT ON  
HEROIN SUDDENLY  
STOPS TAKING IT,  
IT IS LIKELY THEY  
WILL EXPERIENCE  
WITHDRAWAL  
SYMPTOMS  
BECAUSE THEIR  
BODY HAS TO  
RE-ADJUST TO  
FUNCTIONING  
WITHOUT THE DRUG.

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• preventing drug problems •

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A sticky resin (opium) is extracted from the seed pod of the opium poppy. When processed, the natural painkillers morphine and codeine are produced. Heroin is made from morphine by a chemical process.

*What happens after using heroin?*

- Intense pleasure and a strong feeling of wellbeing
- Feelings of pain, hunger are diminished
- Breathing, blood pressure and pulse become slower, the pupils of the eyes also get much smaller, the mouth dries out
- Drowsiness: As the amount used increases, the user may feel warm, heavy and sleepy
- Nausea and vomiting can occur.

Using larger amounts may lead to problems thinking, the user falling asleep ('on the nod'), slow and shallow breathing, nausea and vomiting, sweating, and itching.

*Can someone overdose on heroin?*

Yes. Breathing becomes very slow, body temperature drops, and heartbeat becomes irregular. The user may also have pinpoint pupils, blue lips and fingernails, cold skin, fits or convulsions and could start snoring. An overdose may result in death. Pure heroin has less damaging effects on the body than street heroin, which is usually a mixture of pure heroin and substances such as caffeine and sugar.

Some additives can be very poisonous, and can cause collapsed veins, tetanus, abscesses and damage to the heart, lungs, liver and brain. Because most users don't know the purity of the drugs they are taking and, as a consequence, the amount to take, it is easy to accidentally overdose.



## HEALTHY BODY

## HEROIN

## WHAT IS HEROIN? CONTINUED ...

*What happens if a person mixes heroin with other drugs?*

Combining heroin with other depressant drugs (such as alcohol, benzodiazepines, or other opiates) is dangerous as it greatly increases the risk of the user overdosing.

*What are the long-term effects of using heroin?*

Long-term effects include constipation, menstrual irregularity, infertility in women and loss of sex drive in men. To support his or her drug use a person may reduce spending on housing and food, and this combined with reduced hunger, can lead to malnutrition and being more likely to get infections. Sharing needles and other injecting equipment, increases the risk of contracting Hepatitis and HIV. Injecting may also lead to skin, heart and lung infections.

Can a person get addicted to heroin if he or she uses it only once?



- *No one-off use of any drug will result in addiction or dependence to that drug. Heroin, however, is very addictive, both psychologically and physically and, if used regularly, a person will develop a tolerance to it and require larger quantities to achieve its initial effects. This can quickly lead to physical dependence on heroin.*



## HEALTHY BODY

## LSD AND OTHER HALLUCINOGENS

## WHAT IS LSD?

*Slang:*

Acid, trips, pop,  
'angel dust'



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HALLUCINOGENS  
CAN SOMETIMES  
PRODUCE AN  
EFFECT CALLED  
SYNTHESIS - A  
MIXING OF THE  
SENSES, WHERE  
MUSIC MIGHT  
BE SEEN AND  
COLOURS MIGHT  
BE HEARD.

LSD (lysergic acid diethylamide) is one of the most commonly used hallucinogens in Australia. It usually comes in the form of liquid, tablets or capsules, squares of gelatine or blotting paper.

*What are other types of hallucinogens?*

Other hallucinogens include:

- PCP (angel dust).
- High doses of ecstasy (MDMA).
- Magic mushrooms (or 'golden top' mushrooms) are commonly found in Australia and have the active ingredient psilocybin. People can mistake poisonous mushrooms for those containing psilocybin. Certain kinds of poisonous mushrooms can cause death or permanent liver damage within hours of ingestion.
- Datura (the belladonna plant) and fly agaric
- Cannabis (marijuana).

*What happens after using LSD?*

- Pupils increase in size, heart rate speeds up, blood pressure increases, feelings of nausea, reduced hunger, chills, flushing, shaking, abnormal rapid breathing, stomach aches, and poor co-ordination.
- Changes to vision, hearing and other senses such as brighter colours, sharper sounds, colours are heard or sounds seen, time passes slowly, the space around the user seems to change, he or she may feel as though they are floating or sinking
- Strange thoughts, confusion, acute panic (a 'bad trip')
- Sense of relaxation and wellbeing.



## HEALTHY BODY

## LSD AND OTHER HALLUCINOGENS

## WHAT IS LSD? CONTINUED ...

*What is a 'bad trip'?*

The effects of hallucinogens vary greatly from person to person and each time they are used. Effects may be unpleasant – a person may experience 'bad trips', such as feeling like spiders crawling on the skin, feeling as if he or she is losing control and 'going crazy'; and strong feelings of anxiety or fear. Panic can lead to risky behaviour, such as running across a busy street. When a 'bad trip' occurs, the person having the bad trip needs to be gently talked to and told that they will be OK until the immediate effects have passed. This can take many hours. Usually the negative feelings go away when the drug wears off, however, there have been reports of unpleasant effects lasting for several days after taking the drug. Occasionally, these effects can last weeks or months.

*What happens if you mix LSD with other drugs?*

LSD can be dangerous when combined with drugs like alcohol or amphetamines ('speed'). This is because the effects of both drugs are often altered in unpredictable ways. Despite this, some users take benzodiazepines or cannabis to help them 'come down' after using LSD.

*What are the long-term effects of using LSD?*

You can have flashbacks: days, weeks or even years after using the drug, some people re-experience the effects. Flashbacks can be sparked off by the use of other drugs, and by stress, from being tired, or physical exercise. They usually last for a minute or two. There is some evidence that heavy use of LSD can impair a user's memory and concentration. Using LSD may increase the risk of certain people developing severe mental disturbances.

What other substances are known to be found in 'trips'?



- LSD is often diluted with substances such as sugar, or it is soaked in sheets of blotting paper.



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3 IGA supermarkets in Alice Springs, located at:**

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**Flynn Drive** – Flynn Drive, Gillen. Tel: **8952 2383**

**Eastside** – 10 Lindsay Avenue, Eastside. Tel: **8952 1740**

The **Store Support Office** number is **8952 0002**

Each store trades from 7:30am to 9:00pm,  
7 days a week and sells the following wide  
range of products:

- Grocery
- Fresh Meat
- Dairy and Frozen food
- Fresh fruit and vegetables
- Liquor
- Variety such as newspapers,  
magazines, cards, gifts and toys.



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to help raise awareness of drugs & alcohol, cyber-bullying  
& youth suicide, Preparing our kids for the future**



## HEALTHY BODY SMOKING KILLS

### IS SMOKING CIGARETTES REALLY THAT DANGEROUS?

Yes it is!  
 Hard to believe? You don't see people dropping dead in the streets from smoking do you?  
 Just because you don't see it though, doesn't mean that it doesn't happen!  
 Smoking is the single biggest cause of preventable death and disease in Australia.  
 Every year, about 16,000 Australians die from diseases related to their smoking.  
 One in two lifetime smokers will be killed by their habit.  
 Would you wear a deodorant that killed half the people who used it?  
 Half of these deaths will occur in middle age. That is probably about the age of one of your parents or guardians.

### WHY IS IT SO DANGEROUS?

Tobacco smoke contains over 4,000 chemicals. As well as tar and nicotine, there is also the gas carbon monoxide (found in car exhaust fumes and used in gas chambers), ammonia (found in floor cleaner), butane (that might be the fuel in a cigarette lighter, no wonder cigarettes light so easily!) and arsenic (found in rat poison). Then there is cadmium (batteries), acetone (nail polish remover), and formaldehyde (for embalming dead bodies) ... the list goes on.

Of those 4,000 + chemicals in tobacco smoke, 69 are known to cause cancers of the lung, throat, mouth, bladder and kidneys, in fact just about every part of the body.

Nicotine is the addictive drug in tobacco. The mixture of nicotine and carbon monoxide in each cigarette you smoke temporarily increases your heart rate and blood pressure, straining your heart and blood vessels. This can cause heart attacks and strokes. It slows your blood flow, cutting off oxygen to your feet and hands.

Some smokers end up having their limbs amputated.

Why does smoking cause the most cancers?



- *Cigarette smoke damages a gene called p53. The job of this gene is to prevent cancers from developing. The p53 gene does this by getting cancer cells to destroy themselves and by stopping these cells from reproducing themselves. When the p53 is damaged, cancer cells are allowed to develop and multiply. A collection of these cells becomes a lump, or in medical terms, a tumour.*

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## HEALTHY BODY

### SMOKING KILLS

WHY IS IT SO DANGEROUS? CONTINUED ...

It is the tar in tobacco smoke that causes lung cancer. Tar is made up of many chemicals, including gases and chemicals that cause cancer. It coats your lungs like soot in a chimney.

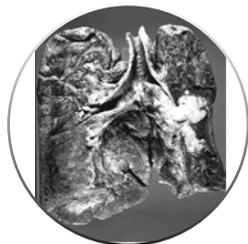
Emphysema is an illness that slowly and permanently rots your lungs. People with emphysema often get bronchitis again and again, and suffer lung and heart failure. They find it very difficult to breathe, a bit like being held under at the pool, and gasping to take a breath. That is a bit like living with emphysema.

Heart disease and strokes are also more common among smokers than non-smokers. Smoking makes the blood cells and blood vessel walls sticky which allows dangerous fatty deposits to build up.

For 10 years researchers were studying people who had died in car accidents in the USA. They could tell the difference between a smoker and non-smoker simply by the amount of this fatty build up in the aorta. Smokers had these deposits, even teenagers!

Girls who start smoking as teenagers are more likely to experience premenstrual tension, heavy periods, severe period pain and irregular periods. They are also more likely develop breast cancer as adults. Researchers found that breast tissue may be most vulnerable to cancer-causing chemicals during puberty. This is when the breast tissue cells are rapidly multiplying. Go back and read about the p53 gene again. It may help to explain to you why this happens.

You guys don't get away with it either. Smoking reduces the flow of blood to the extremities of the body, one of which is the penis. Males who smoke are far more likely to become impotent. You know what that is, can't get a hard on, can't get it up. That's impotence.



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AN ILLNESS THAT  
SLOWLY AND  
PERMANENTLY  
ROTS YOUR  
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## HEALTHY BODY SMOKING KILLS

### NICOTINE IS ADDICTIVE, BUT WHAT DOES THAT MEAN?

Nicotine is a very powerful drug. Some studies suggest that it is as addictive as heroin or cocaine. The latest research suggests that some people can become dependent on nicotine after smoking only a few cigarettes. In fact scientists now believe that younger brains are more sensitive to nicotine than the brains of older people and that young people may be more prone to becoming dependent on nicotine.

When smoking a cigarette, nicotine is delivered to the brain in just a few seconds. In fact ammonia (that's the toilet cleaner stuff), is added to the tobacco in cigarettes by the tobacco companies to speed up nicotine delivery. Cigarettes are the most efficient nicotine delivery system yet devised. It is just that it is also the filthiest and most dangerous system as well. Take another look at the section on the contents of tobacco smoke.

When you become dependent upon nicotine, your body "needs" nicotine to feel "normal". So as the nicotine leaves your body, your body lets you know that it is running short.

Your body sends you this information in a number of ways. You get "cravings" which is the urge to smoke. Your body is telling you that it is dependent upon nicotine to feel normal. You may feel irritable or anxious. This is another sign that you are not in control, but that you are dependent upon nicotine. Nicotine is telling you what to do. You are dependent upon nicotine.

What % of  
12-15 yr  
olds were  
smokers in  
2005 in  
Australia?



- 7% - *Contrary to what many young people think, not everybody smokes.*

### WHEN ARE YOU DEPENDENT ON NICOTINE?

- When you find yourself unable to go out without your packet of cigarettes
- When you get anxious when you do not have cigarettes with you
- If you have to have a cigarette, even if you don't feel like one, when you know that you will not be able to smoke for some time.

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## HEALTHY BODY SMOKING KILLS

WHEN ARE YOU DEPENDANT ON NICOTINE?

In 2005, how many young Australians aged 17 yrs had never smoked, not even one puff?



- Just under half (45%) of all students aged 17 years reported to had never smoked.

Try this are you hooked on nicotine test?  
(adapted from HONC test with permission  
John R. Polito)

### *Nicotine Dependence 10 Warning Signs*

1. Do you normally inhale the cigarette smoke deeply into your lungs?
2. Do you enjoy cigarettes more when you inhale the smoke deeply into your lungs?
3. Do you find it difficult not to have a cigarette when you are with friends who are smoking?
4. Is it hard to keep from smoking in places where you are not supposed to, like school?
5. Do you smoke more than 10 cigarettes a day?
6. Do you normally have your first cigarette within 30 minutes of getting up in the morning?

### *How dependent are you?*

If you answered YES to:

- |     |                        |
|-----|------------------------|
| 0-1 | Probably not dependent |
| 2   | Possibly dependent     |
| 3-4 | Dependent              |
| 5-6 | Strong dependence      |



## HEALTHY BODY SMOKING KILLS

### SOME BENEFITS OF QUITTING

You will feel the benefits of quitting straight away as your body repairs itself.

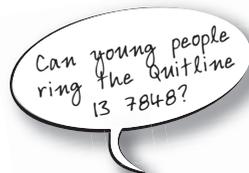
You will have more money.

And it can improve your social life, not to mention your chances in attracting a partner.

#### *Health Benefits*

*You probably don't need to read all this.  
You know it already, right?*

- After twelve hours almost all of the nicotine is out of your system
- After twenty-four hours the level of carbon monoxide in your blood has dropped dramatically. You now have more oxygen in your bloodstream
- After five days most nicotine by-products have gone
- Within days your sense of taste and smell improves
- Within a month your blood pressure returns to its normal level and your immune system begins to show signs of recovery
- Within three months the blood flow to your hands and feet improves
- After twelve months your increased risk of dying from heart disease is half that of a continuing smoker
- Stopping smoking reduces the incidence and progression of diseases including chronic bronchitis and emphysema
- After ten years of stopping your risk of lung cancer is less than half that of a continuing smoker and continues to decline (provided the disease is not already present)
- After fifteen years your risk of heart attack and stroke is almost the same as that of a person who has never smoked.



- *Sure can. In fact, the advisers on the Quitline have had special training to work with young people.*

For contact information and websites about  
Healthy Body, please see **page 193**

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# Banned Drinker Register

## Party Time!

Have fun  
**But please  
remember**

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or drink alcohol in the NT.



To buy alcohol you need to show ID. Accepted forms of ID are Driver's Licence, Evidence of Age Card, Passport, NT Ochre Card and Australia Post Keypass Card.

The Banned Drinker Register prevents the sale of takeaway alcohol to banned drinkers.

**DO NOT** buy alcohol for someone on the register.

### Making our community safer

Find out more at [www.BannedDrinkerRegister.nt.gov.au](http://www.BannedDrinkerRegister.nt.gov.au)





## DEPRESSION



## WHAT IS DEPRESSION?

Sometimes people tell us that being young is the best time of our lives. For many young people it is. For others it can be a really challenging time - wanting independence, trying to fit in, new relationships, working things out with family and friends, and just coping with the day-to-day highs and lows.

Depression isn't just going through a tough time and it isn't the same as everyday sadness or anger.

Everyone feels sad or angry at times - because of break-ups, losing someone they care about or because things go wrong at work or school. These feelings are all a part of life. We all experience them sometimes, but just because you're feeling sad or down, doesn't mean you're depressed.

If you've got depression - the clinical illness - you'll generally feel sad, down or miserable most of the time and you'll find it hard to cope from day to day.

You may find you stop enjoying life, playing sport, achieving at school or work, or hanging out with friends and family. If you're sad for a day or two, that's not depression, however when the symptoms go on for two weeks or longer, that could be depression.

It's important for us all to **Look** for the symptoms of depression so we can get help for ourselves or for others when it's needed. Getting the right type of help and getting it early can assist you with getting back on track and teach you new ways to deal with depression.

## HOW COMMON IS DEPRESSION IN YOUNG PEOPLE?

Depression is the most common mental health problem for young people.

- Over 160,000 young people aged 16 – 24 experience depression each year.
- Around one in five young people will have experienced depression by the time they get to adulthood.
- Girls are nearly twice as likely to experience depression as boys. (Girls -15 per cent Boys 9 per cent)
- Up to 40 per cent of young people experience a depressed mood in any six month period, which puts them at risk of depression.



## HEALTHY MIND

## DEPRESSION

## HOW COMMON IS DEPRESSION IN YOUNG PEOPLE?

Depression is an illness, which can lead to binge drinking, problems with alcohol and other drugs, low self-esteem and taking health risks.

**A research study funded by *beyondblue* showed that about one quarter of young people experiencing severe depression later developed substance and alcohol disorders. (Three to eight year follow up of adolescents treated for depression and their families: Predictors of treatment outcome. Professor Bruce Tonge, Monash University, 2007)**

Depression can also have long-term effects. Depressed young people might drop out of school or quit their jobs, which further affects their social lives and work options.

Young people who experience depression are often at risk of depression in adulthood as well - and depression is a well-recognised risk factor for suicidal behaviour.

It is important to understand that depression can be treated. If you're concerned about yourself, a friend or family member *Look, Listen, Talk and Seek Help Together*. **LOOK** for the signs of depression, **LISTEN** to your friends' experiences, **TALK** about what's going on and **SEEK HELP** together.

## WHAT CAUSES DEPRESSION?

People often think you "get depressed" because something's gone wrong with your life - you've gone through a bad break-up or failed an exam. But research shows that there is usually more than one reason for depression. It's more usually caused by a combination of several of the factors below that put young people at risk of developing depression.

- family history of mental illness
- anxiety as a kid
- family arguments, separation, divorce, brothers or sisters moving out
- physical or emotional abuse
- mum or dad having depression or another mental illness
- poor self esteem
- not getting on with friends or family
- not coping
- stress
- not being able to talk to people



## HEALTHY MIND

## DEPRESSION

## WHAT CAUSES DEPRESSION? CONTINUED ...

- not having people to talk to
  - bullying
- not doing well at school or work
  - being in debt
  - putting oneself down
  - feeling lonely

Young people who experience a head injury or another illness, such as epilepsy or cancer, can also be at more risk of developing depression. Sometimes depression occurs for no obvious reason. Regardless of what causes depression, it's a very real illness that requires detection, treatment and a plan to get through it.

**Remember to Look, Listen, Talk and Seek help together.**

## HOW DO I KNOW IF SOMEONE HAS DEPRESSION?

According to the mental health experts, a young person is probably experiencing depression if he or she:

- appears unhappy, down or miserable, or cries regularly
  - complains of feeling sad or empty, OR
- has lost interest or enjoyment in things he/she used to enjoy.

Everyone feels unhappy from time to time, but the thoughts, feelings, behaviour and physical symptoms of depression last for **more than two weeks.**

Young people experiencing depression might also be:

- not doing so well at work, school or university AND/OR
- experiencing changes in relationships with family and friends.

At the same time, they will have **four or more** of the following symptoms:

- Their appetite or weight has changed considerably - have lost or gained lots of weight.
  - They are restless, agitated or slowed down.
- They have lost a lot of energy and/or complain of feeling tired all the time.
- They find it difficult to concentrate, think things through or can't make up their minds.
  - They feel worthless or guilty about things that aren't their fault.
- They believe that life is not worth living, that there is no future or they'd be better off dead.



## HEALTHY MIND

## DEPRESSION

## HOW DO I KNOW IF SOMEONE HAS DEPRESSION?

What we're talking about here is the most common type of depression, known by doctors as **major depression**. Major depression is experienced by 3 per cent of young people.

Apart from **major depression**, there are two other main types of depression.

*Dysthymia*

Someone with dysthymia will have feelings of sadness or a depressed mood for most days of the week **for a year or more**, as well as some of the symptoms of major depression (though usually these are not as severe). Dysthymia often has an early onset (in childhood, teen years, early adult life) and can lead to major depression.

*Bipolar disorder (previously called manic depression)*

Someone with bipolar disorder experiences distinct times of depression (lows) and mania (extreme highs). Young people are more likely to first experience the lows of bipolar disorder. Less than 1 per cent of young people experience bipolar disorder, which usually has its onset in adolescence. It is not often recognised or treated until the young person reaches adulthood.

## HOW TO GET HELP

If you or someone you know, is in need of help consult a doctor, the emergency department of a hospital or a mental health professional - like a psychologist or counsellor. If you're concerned about yourself or a friend, you can also phone Lifeline or Kids Help Line to speak to trained counsellors.

**Lifeline 13 11 14**

Lifeline is a 24-hour telephone counselling service where you can talk about a wide range of problems.

**Kids Help Line 1800 55 1800 (freecall)**

Kids Help Line is a 24-hour counselling service for people aged between five and 25. There is also online counselling available at their website:

[www.kidshelp.com.au](http://www.kidshelp.com.au)



## HEALTHY MIND DEPRESSION

HOW TO GET HELP

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**Youthbeyondblue** is the youth arm of *beyondblue: the national depression initiative*. Youthbeyondblue encourages young people, their families and friends to get help when it's needed and to understand that it's okay to talk about depression. Check out: [www.youthbeyondblue.com](http://www.youthbeyondblue.com) for information about depression and anxiety, resources and interactive features or call the ***beyondblue* info line on 1300 22 4636**.

**headspace** is Australia's National Youth Mental Health Foundation. It was established in order to respond more effectively to young people with mental health, alcohol and substance use problems. **headspace** has sites across Australia where young people can access friendly staff and be referred to places where help is available for mental health and other health problems. Call **03 8346 8213** to find a **headspace** near you or go to [www.headspace.org.au](http://www.headspace.org.au)

**ReachOut.com** - [www.reachout.com](http://www.reachout.com) - provides information, support and resources to improve young people's understanding of mental health issues, develop resilience, increase coping skills and facilitate help-seeking behaviour. With *beyondblue's* support they have developed an online game for young people called Reach Out Central (ROC). [www.reachoutcentral.com.au](http://www.reachoutcentral.com.au)

You can also help yourself and your mates. One of the most powerful ways to fight depression is to learn how to help yourself and your friends. The key messages to remember are:

- **Look** for the signs of depression
- **Listen** to your friends' experiences
  - **Talk** about what's going on
  - **Seek Help** together.



## HEALTHY MIND

## STRESS AND RELAXATION

## STRESS AND RELAXATION

Is life speeding up? It seems everyone needs to do more and more just to keep up. There's always new technology to learn about, there's loads of school work, homework, exams, training and Uni work to complete to get a good job. Then there's job-hunting, working, making ends meet, relationships with friends, partners and family. Life can all get pretty heavy at times. So what's the answer? This topic is about stress, how to recognise it and how to stay on top.

## WHAT IS STRESS?

First of all, everyone has stress in their lives. It's normal. Stress is something everyone needs in order to survive. Imagine standing under a gum tree after a windy, rainy night and suddenly hearing a *crrrraack!* from above. Looking up they realise that a branch of a gum tree right above their head is about to drop. Their response is made up of thought (*danger! I'm about to be flattened*), physical responses (*heart beats faster, breathing is quicker, blood rushes through their body*) and a reaction (*I'm outta here!*).

If the tree limb falling didn't stress that person at all, he or she wouldn't bother to move out of the way. (*Splat!*) A certain amount of stress gets a person going and motivates him or her to do things. Stress is simply their responses and reactions to a stressor (something stressful). The tree limb falling was the stressor in the last example. The response was for the mind to think and the body to get ready. The reaction was to run for their life.

## TOO MUCH STRESS

So stress is OK, stress is normal. Usually when people talk about being stressed it means stress levels are too high or the stress goes on too long to cope well. What everyone needs is enough skills to be able to cope with different levels of stress.

When someone is stressed, do they find it difficult to relax?



- *Stress is something everyone needs in order to survive. A certain amount of stress gets a person going and motivates them to do things. Stress is simply their responses and reactions to a stressor (something stressful).*



## HEALTHY MIND STRESS AND RELAXATION

### TOO MUCH STRESS CONTINUED ...

This is a person's coping capacity. When the stress in their lives becomes greater than their individual coping capacity, he or she can become ill from stress. It's like a scale that needs to balance.

When stress outweighs the coping capacity, people say things, like 'I'm getting stressed', or 'I'm stressed out' or 'I'm stressed to the max'.

Sometimes a person feels that pressure from other people around them is forcing them to keep going. They can be made to believe that they're weak if they say they're feeling stressed. This isn't true — everyone gets stressed — some people just need more ways to deal with it or they might need to make changes to their lifestyle.

• [www.cyh.com](http://www.cyh.com)



### WHAT CAUSES STRESS (STRESSORS)?

Everyone is different and everyone responds differently to situations that make them feel angry or worried or overloaded. This means that some people will become highly stressed about things that don't worry other people like:

- Exams
- Arguments
- Homework
- Being harassed
- Being left out of a group
  - A new school
- Being stuck in traffic
  - Getting married
  - Having a baby
- Moving out of home
- Going to the dentist
  - A job interview
- Taking on a new responsibility.

- *If someone tries to pretend to themselves that they aren't affected by stress, he or she can get to the stage where their body sends them strong messages to stop.*

**PEOPLE SHOULD  
DEAL WITH THEIR  
STRESS BEFORE IT  
MAKES THEM ILL.**



## HEALTHY MIND

## STRESS AND RELAXATION

## WHAT ARE THE EFFECTS OF STRESS IF IT GOES ON TOO LONG?

How do I know if I'm stressed?



It's different for everyone but there are some things that all people get highly stressed about — things like a family breakdown, the death of someone close, going to jail, too many responsibilities or being a victim of violent crime.

Crises like living through bushfire, a cyclone, an earthquake or living through a drought (especially for country people) are stressful events for everyone.

There are signs that tell a person that they're over-stressed. That's the time to deal with it. If he or she doesn't deal with it they can eventually become quite ill. **Some people say that experiencing high stress over a long time, and not dealing with it effectively contributes to high blood pressure, cancer and heart attacks.**

It is important to acknowledge those first signs. If someone is trying to pretend to themselves that stress isn't affecting them and keeps on pretending for too long, he or she can get to the stage where their body sends them strong messages to stop whatever it is that's stressing them. If that person doesn't have effective ways to deal with stress, he or she can become quite ill.

- *Some feelings indicating someone is stressed could be:*
  - nervousness
  - anxiety
  - sadness
  - aggression and anger
  - tiredness
  - tension.

EVERYONE  
SHOULD LEARN  
TO RECOGNISE  
STRESS SIGNS IN  
THEMSELVES.



### SELF-ESTEEM AND CONFIDENCE

#### SELF-ESTEEM AND CONFIDENCE

Sometimes people feel as though there is something pulling them back from being successful and happy. This could have something to do with their level of confidence or self-esteem. This section is written to make people think about their choices. It discusses the things they might be doing to let misery take over their life and keep self-esteem out. Mostly it looks at how a person can build up self-esteem, and then work on it so that they can achieve the things that they want to do. The way a person feels about themselves and their life is entirely up to them!

Sometimes, even though they don't realise it, people actively choose to be miserable! In reality, they would prefer to boost their self-esteem and feel happier about themselves. How can people build self-esteem and get on with living their life to the fullest?

Self-esteem is about how a person sees themselves. It is how valuable and worthwhile they think they are as a person and how good they feel about it. It's not about boasting or trying to prove how good they are to other people. It is about believing in themselves and what they think they can achieve.

High self-esteem can be a great helper in a person's life. It can also make others feel safe, at ease, valued and stimulated when they are around that person.

#### *How can people attract self-esteem?*

There are many ways people can boost their self-esteem. Below are some tips to think about. They might all be useful, people can choose the ones best suited to them:

- Everyone should be nice to themselves! They should stop giving themselves a hard time and start appreciating themselves as unique individuals. People who compare themselves to others will always find things missing from themselves and their own life!



- *The way a person feels about themselves and their life is entirely up to them!*



## HEALTHY MIND

## SELF-ESTEEM AND CONFIDENCE

## SELF-ESTEEM AND CONFIDENCE CONTINUED ...

Just see me now!



- *If people feel more energetic about things it shows!*
- *If people do things they love doing and they know they're good at, life can be more fun!*

People should:

- Think of the times when they tried something new and succeeded. What did they do? Were there any specific steps they had to take? How were they able to succeed? How did it affect the relationships they had (friends, family, partner, workmates etc.)? How did they feel about themselves? What did they learn about themselves? How might they incorporate what they learnt about themselves into being a big part of their life and their future?
- Dream. Think about how they would like their life to be. Set themselves goals. Identify one thing at a time and start there. Beware of 'biting off more than they can chew' as sometimes people can set themselves up to fail by taking on too much
- Try new skills. This could be anything from assertiveness to learning how to play chess. They should challenge themselves. They should try to test things out and learn what works for them and what doesn't. People should celebrate their successes
- Make a list of their past successes. These don't have to be as big as 'When I became Prime Minister' or 'When I got gold at the Olympics'. Success can be 'small victories' to 'huge accomplishments'. Ringing and making an appointment that a person has been putting off for months, receiving an award or doing well in a job interview are all examples of successes in life. People should read their list over and over again!
- Think about the personal qualities that have helped them in their life. Make a list and think about how they might use these qualities in the future
- Get involved in life. Join a sporting team or join in other things in their community. Allow themselves to 'give'. Help someone do something. Tell someone they look nice or that they did a good job at something. Make a note of their contribution and the way it makes them feel about themselves



- Do things that they love doing and that they know they are good at. If they can't think of anything, look around for new things to learn. There are free things people can get involved in or many activities that are cheap and easy
- Take action. People mustn't let the black cloud of 'low self-esteem' rule their life. They should take control of themselves. When a person takes action, makes changes and has successes, he or she will start to feel a lot better about themselves.

As one young woman recently discovered:

***'I have realised that I am the boss of my life. I am not going to let other people who treat me badly or my past experiences take over. I want to be happy and I want to do heaps of things with my life.'***

Anna , 16 years

- Accept compliments when people give them. Reply with a 'thank you'. Doing this gets easier with practice
- Everyone should give themselves the right to make a mistake or to not be 'perfect' — whatever 'perfect' is! Mistakes are a great opportunity to learn. Don't waste the chance
- Everyone should be true to themselves. They will never be able to make everyone happy or meet everyone's expectations about how they 'should' be. They should trust, look out for and protect themselves. Learn what makes them happy.



- *Go on. Everyone should take control of their life. Do it now!*

*Note: this topic gives some practical suggestions and information about social health. It is important that a person sees their doctor or health professional for information specific to a health concern they may have about themselves.*

For contact information and websites about Healthy Mind, please see **page 195**

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## Darwin Skills Development Scheme

Darwin Skills Development Scheme Inc is a community based not for profit organisation that is the Sponsor for Project Employment, the Indigenous Employment Program, and Emergency Relief funds.

Darwin Skills Development Scheme (DSDS) evolved from a Community Youth Support Scheme (CYSS) Program that had closed in December 1982, and then re-opened in February 1983 with a new focus to provide vocational training for youth in areas where local industry had identified skill shortages.

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## DECIDING ON A CAREER



## CAREERS SERVICES AND INFORMATION

Most tertiary institutions have careers services and a variety of resources that enable students at the institution to research career information. These services are sometimes available to prospective students as well. Contact the prospective students' office at the institution you wish to apply to for details.

The Australian Association of Careers Counsellors is the peak body for career practitioners in Australia.

Careers professionals work with a variety of clients to help them make decisions about current or future career development needs. Careers practitioners can help you identify what your needs are and the resources that may be most beneficial in helping you achieve your aims. Find a careers adviser on [www.aacc.org.au](http://www.aacc.org.au)

*The Job Guide*

The Job Guide is Australia's premier career information guide providing extensive information on individual occupations. For each entry there is a job description, personal qualities required, education and training requirements, a brief summary of employment opportunities and sources of further information. Also included is advice on career choice, applying for a job, post-secondary education and training and government help (both State and Federal).

[www.jobguide.dest.gov.au](http://www.jobguide.dest.gov.au)

*My future*

It provides career information, and offers unique features that enable users to create individual profiles that relate to possible occupations.

[www.myfuture.edu.au](http://www.myfuture.edu.au)

*Centrelink Career Information*

You can get career information from Centrelink's Career Information Centre.

[www.centrelink.gov.au](http://www.centrelink.gov.au)

There is only one Career Information Centre that you can visit in NT, or you can contact the service centre by telephone or email. Centrelink's Career Information Centres are 'one-stop-shops' providing a comprehensive free service. Specialist staff can help make informed decisions about education, training and employment options and pathways.

- *Check your local newspaper for information on careers information evenings or the Yellow Pages for private career counsellors.*

- *Work with a career practitioners*

- *The Job Guide is available on the internet at*

[www.jobguide.dest.gov.au](http://www.jobguide.dest.gov.au)

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## LEAVING SCHOOL

## FURTHERING YOUR EDUCATION

## GOING TO UNI &amp; VET (SATAC)

*Decided to go on with your education?*

Once you have a career in mind for which you require tertiary education, you will have to research the kinds of courses you will need and the education providers available to you. This is where a body called SATAC can help.

*What is SATAC?*

SATAC is an invaluable source of information on current courses and prerequisites to courses.

The South Australian Tertiary Admissions Centre (SATAC) acts on behalf of participating institutions, universities, VET SA institutes and other providers, facilitating and co-ordinating the joint selection system.

Applications and documentation are received from applicants, processed and forwarded on to the chosen institutions. Once course authorities have made offers for course places, SATAC sends an offer letter to the applicant.

Most education providers (including VET SA) require applications to courses through SATAC, so it is good to get acquainted with their system as soon as you decide on a career.

SATAC GUIDES ARE  
AVAILABLE TO  
BORROW AT YOUR  
SCHOOL AND  
PUBLIC LIBRARIES  
OR ONLINE AT:

[www.satac.edu.au](http://www.satac.edu.au)



LEAVING SCHOOL

## ENTERING UNIVERSITY

TYPES OF COURSES AVAILABLE

### *Undergraduate and postgraduate*

The undergraduate courses available include Bachelor Degrees, Advanced Diplomas, Diplomas and Certificate IV.

- Bachelor Degrees generally require a minimum of three to four years full-time study
  - Advanced Diplomas generally require at least two years full-time study
  - Diplomas generally require two years of full-time study
- Certificate IV courses can be, but are not always, the first year qualification of a Diploma.

METHODS OF STUDY

### *Full-time*

All courses vary in the time commitment they require from students, so it is best to check with the institutions you are applying to in order to be clear about what they mean by 'full-time study'. Depending on the content and level of the course, this could be anything between twelve and thirty-five 'contact hours' (that is hours in tutorials and lectures) per week. In addition to this, you are expected to devote equal time to private study. Again, this varies from course to course and even from subject to subject.

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Do Universities offer accomadation?



- *A range of accommodation is offered by institutions. Contact the institution at the time you apply - do not wait to apply for accommodation until you have received an offer, you may miss out.*

## CHILD EDUCATION AND PSYCHOLOGY CENTRE

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LEAVING SCHOOL

## STUDYING IN THE TERRITORY

CHARLES DARWIN UNIVERSITY

Diversity and opportunity are the hallmarks of Charles Darwin University (CDU), Australia's most youthful University.

CDU spans the Northern Territory with campuses in Darwin, Palmerston, Katherine, Nhulunbuy and Alice Springs and study centres in Yulara, Jabiru and Tennant Creek.

At CDU students have the choice of courses in either Vocational Education and Training (VET) or Higher Education (HE). This means that at CDU you could begin your studies in a VET certificate course and go on to study for a diploma, advanced diploma, bachelors degree, graduate certificate, graduate diploma, masters degree or a doctorate. Dependent on qualifications students can start at any level along the way.

### CDU CAMPUS AND CENTRE LOCATIONS

#### Casuarina Campus

Ellengowan Drive  
Casuarina, NT, 0909  
Phone: 1800 061 963  
[www.cdu.edu.au](http://www.cdu.edu.au)

#### Palmerston Campus

University Avenue  
Palmerston, NT, 0830  
Phone: 8946 7885

#### Alice Springs Campus

Grevillea Drive  
Alice Springs, NT, 0871  
Phone: 8959 5238

#### Katherine Campus

19 Second Street  
Katherine, NT, 0852  
Phone: 8973 9901

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**SATAC**

Ph: 1300 138 440  
(cost of a local call)

[www.satac.edu.au](http://www.satac.edu.au)



[www.cdu.edu.au](http://www.cdu.edu.au)



[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## LEAVING SCHOOL

## STUDYING IN THE TERRITORY

CDU CAMPUS AND CENTRE LOCATIONS CONTINUED...

What kind of courses can I do?



- *At CDU students have the choice of courses in either Vocational Education and Training (VET) or Higher Education (HE). This means that at CDU you could begin your studies in a VET certificate course and go on to study for a diploma, advanced diploma, bachelors degree, graduate certificate, graduate diploma, masters degree or a doctorate.*

**Jabiru Centre**

Van Delft Street  
Jabiru, NT, 0886  
Phone: 8938 3800

**Nhulunbuy Campus**

Chesterfield Circuit  
Nhulunbuy, NT, 0881  
Phone: 8986 8600

**Tennant Creek Centre**

Staunton Street  
Tennant Creek, NT, 0861  
Phone: 8962 4396

**Yulara Centre**

Winmati Street  
Yulara, NT, 0872  
Phone: 8957 7902

## STUDY PATHWAYS

The University's flexible approach to education allows you to progress your studies as your needs develop and as time permits. As well as being an excellent provider of individual courses, CDU offers students well-mapped flexible pathways to move between courses and subjects of interest.

**Studying a VET course**

To study a Vocational Education and Training (VET) course you need to enrol through CDU. To enrol, you must be 15 years of age or older, and you must fill out a form with your details and the course you want to do. Enrolment forms are available in the VET Student Guide. You can pick up a copy of the VET Student Guide from your closest CDU Campus or Centre, or you can down-load a copy.

[www.cdu.edu.au/studentnet/vet-info.html](http://www.cdu.edu.au/studentnet/vet-info.html)



Once you have completed your enrolment form, either post it or deliver it by hand to your nearest CDU Campus or Centre.

You can enrol in some VET courses at any time. Some other VET courses are taught over a semester or a year, and you must enrol in these courses before they start. Enrolment times are usually in February and July. Check relevant dates for your course by checking the current VET Course Guide or by contacting the Uni Info Shop on (08) 8946 7766 or 1800 061 963.

#### *Tertiary Enabling Program*

CDU's Tertiary Enabling Program (TEP) provides bridging-studies to prepare students for a Higher Education undergraduate course. You enrol in this program at Casuarina, Alice Spring or Palmerston Campuses.

The TEP Course Co-ordinator will help you to determine which TEP units will be appropriate to your individual needs. Successful completion of the TEP allows students to apply for admission to most bachelor degrees at CDU. TEP is available both internally and externally during Semester 1 and 2. For further information contact the Uni Info Shop on (08) 8946 7766 or 1800 061 963.

#### *Undergraduate courses - Admission*

Application for admission to CDU's Higher Education undergraduate courses are received and processed by the South Australian Tertiary Admissions Centre (SATAC).

The minimum admission requirement for undergraduate courses is met by:

- successful completion of the Northern Territory Certificate of Education (or equivalent) and a Tertiary Entrance Rank of 60 or higher, or
- successful completion of a VET Certificate IV or higher, or
  - attainment of a STAT score of 145 or greater, or
- successful completion of at least 0.5 of a year of full-time study (or equivalent) of a higher education degree/diploma, or
  - successful completion of 40 credit points in the Tertiary Enabling Program (TEP) or other recognised bridging or tertiary preparation course.

*I meet all of the minimum admission requirements!*



- *Certain courses have a limit on the number of students in the course; this is called a quota, and offers for admission into these courses will be based on merit. This means that even though you may meet the minimum admission requirement to the University, your score may not be competitive enough to receive an offer to a course that has a quota.*



## LEAVING SCHOOL

## STUDYING IN THE TERRITORY

## STUDY PATHWAYS CONTINUED...

Are there any other requirements?

Students applying to study music must audition, and students applying to study in art and design courses will need to provide a portfolio of their work. For further information about these requirements, please refer to the particular course descriptions in the Undergraduate Course Guide.

Certain courses have a limit on the number of students in the course; this is called a quota, and offers for admission into these courses will be based on merit. This means that even though you may meet the minimum admission requirement to the University, your score may not be competitive enough to receive an offer to a course that has a quota.

**Consideration for Northern Territory school leavers**

Charles Darwin University is committed to meeting the needs of students in the Northern Territory. CDU offers a number of prizes and scholarships each year to recognise the achievements of selected Northern Territory school leavers who choose to study here. Current information for NT school leavers is available from the Uni Info Shop on (08) 8946 7766 or 1800 061 963.

**Aboriginal and Torres Strait Islanders**

The University has a Guaranteed Indigenous Entry Provision scheme which provides alternative admission assessments for Indigenous students. For further information on either the Guaranteed Indigenous Entry Provision scheme or the Indigenous Pre-Law, Pre-Business, and Pre-Arts Program contact the Uni Info Shop on (08) 8946 7766 or 1800 061 963.

**Bonus points for undergraduate course entry**

CDU offers bonus points to students who have completed studies in a high school in the Northern Territory, or a high school in a selected rural area from another State. The bonus points are added to the University aggregate and the Tertiary Entrance Rank will be adjusted accordingly and used for selection to courses at CDU.

Students who have commenced and/or completed studies at CDU will also receive bonus points. Students do not need to apply to be considered for bonus points because they are automatically added to the scores of eligible applicants through the SATAC process.

You can check if your school is included in the area for bonus points and consideration on the web page at

[www.cdu.edu.au/careers/school-leaver-bonus-points-scheme.html](http://www.cdu.edu.au/careers/school-leaver-bonus-points-scheme.html)



- *Students applying to study music must audition, and students applying to study in art and design courses will need to provide a portfolio of their work.*



[www.cdu.edu.au](http://www.cdu.edu.au)



[www.satac.edu.au](http://www.satac.edu.au)



## LEAVING SCHOOL

## STUDYING IN THE TERRITORY

### INFORMATION FOR STUDENTS

The Uni Info Shop is a 'one-stop-shop' which provides help and information for all student enquiries. It is the first point-of-contact if you have any questions about studying at CDU.

You can access information about the University's facilities, services and procedures, or ask a member of Student Services any questions you might have. Contact details for the Uni Info Shops at Casuarina (Darwin) and Alice Springs are below:

#### Uni Info Shop- Casuarina

Building 29 Casuarina Campus  
Charles Darwin University  
Ellengowan Drive  
DARWIN NT 0909

Telephone: (08) 8946 7766 or 1800 061 963 (freecall)

Facsimile: (08) 8946 6642

Email: [student.admin@cdu.edu.au](mailto:student.admin@cdu.edu.au)

[www.cdu.edu.au](http://www.cdu.edu.au)

#### Uni Info Shop- Alice Springs

Alice Springs Campus  
Charles Darwin University  
Grevillea Drive  
ALICE SPRINGS NT 0870

Telephone: (08) 8959 5311  
or 1800 654 865 (freecall)

Facsimile: (08) 8959 5343

Email: [student.admin@cdu.edu.au](mailto:student.admin@cdu.edu.au)

[www.cdu.edu.au](http://www.cdu.edu.au)

### APPLYING FOR ADMISSION THROUGH SATAC

You must apply for admission to all CDU undergraduate courses and postgraduate courses by coursework through the South Australian Tertiary Admissions Centre (SATAC). Full details of how to apply for admission are on the website:

[www.satac.edu.au](http://www.satac.edu.au)

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- *You must apply for admission to all CDU undergraduate courses and postgraduate courses by coursework through the South Australian Tertiary Admissions Centre (SATAC). Full details of how to apply for admission are on the website:*

[www.satac.edu.au](http://www.satac.edu.au)



[www.cdu.edu.au](http://www.cdu.edu.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## LEAVING SCHOOL

## STUDYING IN THE TERRITORY

## APPLYING FOR ADMISSION THROUGH SATAC CONT...

Do SATAC decide whether I am successful in my application?

SATAC assesses the academic and non-academic qualifications presented by applicants and ranks eligible applicants in merit order for each course according to the rules and guidelines provided by the institution offering the course. SATAC generates offers based on the number of applicants required to fill each course, as set by the institutions. SATAC acts as a 'one-stop shop' for enquiries about the outcomes of applications.

SATAC **does not** decide on the relative merits of different qualifications, exactly how they are assessed or how eligible applicants are ranked. These selection issues are the responsibility of the institution offering each course.

*Where can I get a copy of the SATAC Guide?*

The *SATAC University Guide* is published by SATAC on behalf of the three universities in SA and CDU in the Northern Territory. It is a convenient single volume explaining the requirements for entry to courses and how to go about lodging an application. The *Guide* also includes descriptions of all university courses offered through SATAC.

The *SATAC University Guide* contains information which will assist you in:

- Identifying courses of interest to you
- Determining whether you are eligible for entry
- Making an application
- Understanding the SATAC admissions system

Each university publishes a range of booklets which contain more detail about their academic programs/courses. These should be consulted along with the Guide.

The *SATAC University Guide* will be available from newsagents throughout Australia in early August. If copies are not in stock, your newsagent can order a copy for you using Gordon & Gotch product code 22215.

Current year 12 students in South Australia and the Northern Territory receive a copy of the 'schools edition' of the Guide through their school.



- SATAC assesses the academic and non-academic qualifications presented by applicants and ranks eligible applicants in merit order for each course according to the rules and guidelines provided by the institution offering the course. SATAC does not decide on the relative merits of different qualifications, These selection issues are the responsibility of the institution offering each course.



LEAVING SCHOOL

## STUDYING IN THE TERRITORY

APPLYING FOR ADMISSION THROUGH SATAC CONT...

A single copy of the Guide is sent to every secondary school with year 12 enrolments throughout Australia.

### South Australian Tertiary Admission Centre (SATAC)

contact details:

Phone (08) 8224 4000 or 1300 138 440 (local call charge)

Fax (08) 8224 4099

Postal address PO Box 2, Rundle Mall, Adelaide, SA, 5000

Street address Ground Floor, 104 Frome St, Adelaide

[www.satac.edu.au](http://www.satac.edu.au)

### Academic year commencement dates

Complete details of all CDU semester dates may be obtained from the current Course Guide, or online from

[www.cdu.edu.au/studentnet/calendar.html](http://www.cdu.edu.au/studentnet/calendar.html).

## SCHOLARSHIPS

Each year, Charles Darwin University awards a number of scholarships to students studying either VET or Higher Education courses. These scholarships are supported by donations from CDU, individuals, community organisations, businesses or government.

Scholarships are awarded for criteria including academic achievement, research potential, demonstrated commitment to a field of study or low socioeconomic status. Scholarships are available in two categories: students entering CDU, and students already enrolled at CDU. Within these categories, scholarships can be awarded to either VET or Higher Education students in categories such as Indigenous students, students who want to study architecture, engineering or information technology, students studying biology or environmental science, and students studying business or law.

To apply for a scholarship or for further information visit the website:

[www.cdu.edu.au/scholarships](http://www.cdu.edu.au/scholarships)

or contact the Scholarships Officer on (08) 8946 6194.

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- Each year, Charles Darwin University awards a number of scholarships to students studying either VET or Higher Education courses. Scholarships are available in two categories: students entering CDU, and students already enrolled at CDU.



[www.cdu.edu.au](http://www.cdu.edu.au)



Can I study part-time?



- See the course descriptions in course search to determine whether the course is available full-time, part-time, evening or by distance education. Some institutions allow you to change your attendance pattern; some don't.

Offers of a place in a course depend on your eligibility to be considered and your level of competitiveness with other eligible applicants. To be eligible to be considered for a course you must:

- Meet the admission requirements of the institution offering the course. Each institution sets its own admission requirements so you are advised to contact the institutions directly or take the corresponding links to the participating institutions' web sites for further details.
- Meet the entrance requirements of the course. Some courses have prerequisites or additional selection criteria. Check the participating institutions' web sites and check Admission Requirements in each institution's entry

#### *How do universities select students?*

Your admission to most tertiary courses is based on performance in high school with applicants ranked on the basis of their Tertiary Entrance Rank.

[www.satac.edu.au](http://www.satac.edu.au)

#### *Enrolling into a suitable course*

If I get a job, can I do the course I want by part-time, evening or distance education study? See the course descriptions in course search to determine whether the course is available full-time, part-time, evening or by distance education. Some institutions allow you to change your attendance pattern; some don't.

#### *What do the institutions take into account if I have taken studies since finishing my Year 12?*

Most institutions take into account any or all of the following when considering your application - tertiary studies, secondary studies, postsecondary studies, professional and paraprofessional studies, STAT, and other relevant factors such as maturity, employment history and special circumstances. Check with the institutions for more information.



## LEAVING SCHOOL

### STUDYING IN THE TERRITORY

#### ADMISSION REQUIREMENTS AND SELECTION CONT...

#### *When will I know the result of my application?*

Offers will be announced during January and February, with the Main Round of offers made in January.

#### *What if I don't receive an offer?*

*If I don't receive an offer, how can I find out why I was unsuccessful?*

You will be sent a notice which sets out the reasons why your application was unsuccessful. You will need to speak to the admissions office at the institution concerned about why you were not made an offer and what your study options are. It is the institutions, not SATAC, who decide who will receive offers to courses based on the preferences expressed on your SATAC application.

#### COURSE FEES

HECS courses require you to contribute to the cost of your studies through the Higher Education Contribution Scheme (HECS). Contributions vary between \$3,998 and \$8,331 per year of full time study.

Fee-paying courses require you to fund the full cost of your course. Fee courses vary between \$5,199 and \$10,926 per year of full time study.

#### VOCATIONAL EDUCATION AND TRAINING (VET)

Vocational Education and Training (VET) courses offer flexible learning pathways, recognising that you may have gained skills that might help you to do your course. CDU has worked intensively with industry and industry training advisory boards to ensure that courses are kept up-to-date and relevant and that delivery methods are appropriate.



How do Uni's select students?



- *Your admission to most tertiary courses is based on performance in high school with applicants ranked on the basis of their Tertiary Entrance Rank.*



## LEAVING SCHOOL

## STUDYING IN THE TERRITORY

## VOCATIONAL EDUCATION AND TRAINING CONT ...

What about VET?

CDU believes in a hands-on teaching approach, which means each student can develop practical skills that can be applied in the real world so you can be assured that your skills and knowledge are the ones sought after by industry. At Charles Darwin University we have paved the way for you to continue to study after you have finished your course. So, while you might begin your studies through VET, you might finish by doing a degree or doctoral studies.

## ENTERING VET

Every VET qualification has a set of Minimum Entrance Requirements which you must meet before your application will be considered.

To study a Vocational Technical Education (VET) course you need to enrol through CDU. To enroll, you must be 15 years of age or older, and you must fill out a form with your details and the course you want to do. Enrolment forms are available in the VET Student Guide. You can pick up a copy of the guide from your closest CDU Campus or Centre, or you can down-load a copy from the CDU website:

[www.cdu.edu.au/studentnet/vet-info.html](http://www.cdu.edu.au/studentnet/vet-info.html)

Once you have completed your enrolment form, either post it or deliver it by hand to your nearest CDU Campus or Centre.

*Length of courses*

You can enrol in some VET courses at any time. Some other VET courses are taught over a semester or a year, and you must enrol in these courses before they start. Enrolment times are usually in February and July. Check relevant dates for your course by checking the current VET Course Guide or by contacting the Uni Info Shop on (08) 8946 7766 or 1800 061 963.



- *CDU believes in a hands-on teaching approach, Vocational Education and Training (VET) courses offer flexible learning pathways.*



## LEAVING SCHOOL

## STUDYING IN THE TERRITORY

## DISABILITY SUPPORT

The Student Facilitator, Disabilities provides various options of assistance and support to students who have particular needs as a result of an illness or disability. As well as providing general support during transition to university, a range of service and support options can be discussed to ensure that students can perform at their optimum level. For more information visit the Support and Equity website at

<http://www.cdu.edu.au/ses/>

or contact Student Facilitator, Disabilities on 08 8946 6288.

## FURTHER INFORMATION

The Uni Info Shop at Charles Darwin University is a 'one-stop-shop' for students. If you have any questions about studying at Charles Darwin University, or would like to speak to a Careers Advisor please contact:

## Uni Info Shop

Building 29 - Casuarina campus  
Charles Darwin University  
Ellengowan Drive  
Darwin NT 0909

Phone: 08 8946 7766 or 1800 061 963 (freecall)

Fax: 08 8946 6642

Email: [student.admin@cdu.edu.au](mailto:student.admin@cdu.edu.au)

[www.cdu.edu.au/](http://www.cdu.edu.au/)

## TRAINING FOR AUSTRALIAN APPRENTICESHIPS

Charles Darwin University offers flexible training for Australian Apprenticeships. Australian Apprenticeships combines the flexible, hands-on training that we provide with a paid job. You get a qualification that is recognised anywhere in Australia and the experience you need to get the job you want.

Australian Apprenticeships are competency based, so rather than the traditional three to four years it used to take to complete



- *The Student Facilitator, Disabilities provides various options of assistance and support to students who have particular needs as a result of an illness or disability.*



## LEAVING SCHOOL

## STUDYING IN THE TERRITORY

## TRAINING FOR AUSTRALIAN APPRENTICESHIPS CONT...

Am I too old  
to start an  
Apprenticeship?

an apprenticeship (one to two years for a traineeship), it is now possible for you to complete your training sooner. You negotiate a training program with your employer and a Registered Training Organisation such as Charles Darwin University.

Australian Apprenticeships offer you a real advantage by providing a nationally recognised qualification and skills that will provide the basis for further education and training over the course of your working life. The training can be delivered on-the-job, off-the-job, or a combination of both.

For more information visit the Australian Apprenticeships website at:  
[www.australianapprenticeships.gov.au](http://www.australianapprenticeships.gov.au)

*Training Packages*

Training in Vocational Education and Training (VET) and Australian Apprenticeships often refers to training package qualifications. If business and industry supports this pathway, qualifications in a Training Package can be achieved through an apprenticeship or traineeship.

Training Packages are developed by individual industries and each Training Package identifies the skills and knowledge used in that industry, and how these will be assessed. These are referred to as units of competency. They cover a range of levels within an industry from entry-level through to trade, technical and managerial levels. Some skills and knowledge apply across industries as well as within specific industries.

The other major advantage of Training Packages is the flexibility. This gives you the choice on how, when and where your training is undertaken. It also means you can be trained and gain qualifications in areas which specifically meet your needs.

For more information about Training Packages visit:

[http://www.dest.gov.au/sectors/training\\_skills/policy\\_issues\\_reviews/key\\_issues/nts](http://www.dest.gov.au/sectors/training_skills/policy_issues_reviews/key_issues/nts)



- *There are no age limits for Australian Apprenticeships. Australian Apprenticeships offer you a real advantage by providing a nationally recognised qualification and skills that will provide the basis for further education and training over the course of your working life.*



## LEAVING SCHOOL ENTERING VET

### ABOUT VET

When you finish school there are many different paths you can choose to get to where you want to go. If you decide you want to do further study, VET is a great option.

### TOP 5 REASONS TO TRY VET:

#### *1. VET gives you up-to-date training*

VET courses are designed and updated with help from industry - the employers who may be your future managers. Courses are up-to-date and directly related to specific jobs and careers. In addition, they equip you to meet the changing demands of the work place, while allowing you to get ahead in your career.

#### *2. VET choices are endless*

The variety of courses offered in VET are endless and exciting – in over 30 broad study areas, from Agriculture and Natural Resources, Computing and Information Systems to Hospitality.

#### *3. VET gets you ready for work*

When you leave school, VET courses can teach you practical skills and knowledge so that you perform well on your first day on the job. VET can also increase your job choices down the track.

#### *4. VET is a stepping-stone on the path to your career*

VET is an 'open ended' way to gain qualifications and to advance your career. In some study areas there may be pathways to University. Discussions with a VET will clarify pathway requirements.

#### *5. VET is an affordable option!*

VET is free of the Higher Education Contribution Scheme (HECS), so you avoid deferred debts.

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*I'll just turn up on the day!*



- *Make sure you know exactly what the enrolment procedures are for your particular institution.*

CHANCE WOULD  
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UNIVERSITY

[www.cdu.edu.au](http://www.cdu.edu.au)

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[www.satac.edu.au](http://www.satac.edu.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)

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www.ieproject.com.au  
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## ARNHEM EARTHMOVING AND MECHANICAL PTY LTD

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AEM offers a complete Civil and Mining earthworks project package. AEM can provide you with multi skilled, local personnel, reliable earthmoving equipment including a self sufficient transport service AND a crew of highly experienced maintenance crew to minimise downtime and increase productivity. AEM is proud to provide a high level complete maintenance services, whether it be interval servicing or minor repairs of your light vehicles, to heavy machinery component rebuilds and major repairs.

10 Spencely Rd, Humpty Doo, NT, 0836 • Ph: 08 8988 5890

## MUGAVIN CONTRACTING

Mugavin Contracting Pty Ltd is a leading Darwin civil earthworks and drainage contractor. Established more than 13 years ago, our local directors and operators have extensive industry experience and knowledge of the Northern Territory. Our collective experience and network of tradespeople allows us to provide a comprehensive range of services.

Howard Springs, NT, 0835 • Mob: 0418 858 411

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## ALAWA PLUMBING

Proudly Territory-owned civil & hydraulic construction specialists and excavations  
Plumbing Excavating Civil contracting Hydraulic contracting Vacuum excavation  
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9 Secrett Road, Berrimah, NT, 0828 • Ph: 08 8947 3317

Proudly supporting Streetsmart

## TOP END RACE

Refrigeration, Air Conditioning & Electrical  
Service & Repairs  
8 Butler Place Holtze, NT, 0829  
Ph: 08 8984 4800  
Proudly Supporting the Streetsmart

This space is kindly donated by an anonymous supporter.

CareFlight is an Australian aeromedical charity, established in 1986. CareFlight's mission is to save lives, speed recovery and serve the community by providing the highest standard of rapid response critical care.

Please Donate to Careflight Ph: 08 8928 9777

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Mob: 0439 559 998

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www.jimstermitepestcontrol.com.au

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## Virginia Plumbing Services Pty Ltd

New Residential \*Commercial \*Industrial \*Unit Developments \*No domestic plumbing maintenance  
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Ph: 08 8932 6511

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Ph: 08 8981 6758 Proudly Supporting Streetsmart



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For all Your Civil Construction Needs

## NT TYRE SERVICE

NT Tyre Service is a commercial tyre dealer located in Darwin. We pride ourselves in delivering quality tyre products and accessories backed with an excellent service to all valued customers. We are located at 10 Dennis Cr., Berrimah just off the Stuart Highway, it is a convenient location to service Trucks, Buses, Earthmover, Industrial, 4x4 and Passenger vehicles.

Ph: 08 8935 3500 Proudly supporting Streetsmart

## CELOTTI WORKFORCE

CELOTTI WORKFORCE is a labour hire and recruitment agency supplying blue and white collar workers to projects and companies operating in the building, infrastructure, resources and agribusiness sectors across Australia.

Whether you are seeking work or are looking to employ top quality staff, CELOTTI WORKFORCE has the network and capability to meet your needs.

Darwin Office, Fannie Bay, Northern Territory  
Call us today on 1300 CELOTTI (1300 235 688)

Proudly supporting Streetsmart



12 Mel Rd Berrimah NT 0828  
Ph: 13 0072 9872

From Government to Public Safety projects, Security & Technology Services has been involved in a number of different projects. Security & Technology Services can provide the ultimate quality system and installation, whether your requirements are small, or a large networked solution.

Proudly supporting the Streetsmart Handbook for the Youth in our local community

## PROJECT PLUMBING

Project Plumbing has operated in the construction industry in the Northern Territory for more than 20 years.

Based in Darwin, the company specialises in commercial plumbing installations and civil pipelines.

Project Plumbing services include: Major Construction Projects, Government Projects, Defence Projects, Group Housing Projects, Residential & Commercial Projects.

4 Downes St Winnellie NT 0821 • Ph: 08 8947 2828

Proudly Supporting Streetsmart

## BLACK CAT CIVIL PTY LTD

Black Cat Civil has been operating in the civil, mining and construction industry since 2006, with a growing list of sites throughout Queensland and the Northern Territory. Professionals in the civil, mining and construction industry

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Proudly Supporting Streetsmart



## LEAVING SCHOOL ENTERING VET

### TOP 5 REASONS TO TRY VET CONTINUED...

A tuition fee is charged by the VET courses and charges may also be made for personal-use items such as tools of the trade, student services fees and take-home goods. Concessions and exemptions are available depending on eligibility.

How long will a VET course take?

### TYPES OF COURSES AVAILABLE

In VET you can study either on-campus, or off-campus. Off-campus courses are also called 'distance learning' or 'flexible learning'. These courses give you the same qualifications you would receive if you studied full-time on-campus. It is also possible to have a mix of on-campus and off-campus studies.

VET qualifications are in the form of Certificates (four levels) and Advanced Diploma courses, all of which are fully nationally accredited to qualify people for all kinds of jobs. The level at which you enter your career may depend on the VET qualification you receive when you finish your course and the position you obtain.



- *VET Diplomas and Advanced Diplomas are normally equivalent to two years full-time study.*

### CREDIT TRANSFER, PATHWAYS AND ARTICULATION

Some VET courses offer pathways and links between qualifications – for example from a Certificate IV to a Diploma – enabling you to get credit for subjects you've already completed. This is called 'credit transfer' and can reduce the length of time you study. It may also reduce your study costs.

VET can be used as a pathway into degree courses offered by universities and vice versa. You can begin your studies at VET, obtain credit for the work you've done, then apply for university admission. Many university students also look to VET to gain vocational training once they have finished their degree – as a way of improving their employment prospects.

### *Recognition of prior learning*

Where formal credit transfer arrangements do not exist, it can still be possible to get recognition for previous study or relevant work/life experience. You can ask the VET provider for an assessment. This may result in the allocation of credit for some subjects/units of the course.

FOR FURTHER  
INFORMATION  
AND VET  
CONTACT DETAILS  
PLEASE SEE  
OUR CONTACTS  
SECTION AT THE  
BACK OF THIS  
BOOK UNDER  
VET.



[www.cdu.edu.au](http://www.cdu.edu.au)



[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)

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## Central Car Rentals

9 Railway Tce, 0870 Alice Springs

Ph: 08 8952 0099

Proudly Supporting Streetsmart

## Imparja Television

Cnr of Leichhardt & Stott St, Alice Springs, NT, 0872  
Ph: (08) 8950 1411

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## Uber Air Pty Ltd Ph: 08 8952 4847

Uber Air Pty Ltd is the leading CASA certified and fully insured aerial imagery solutions provider in the Northern Territory and is based in Alice Springs, with an additional office at the Darwin Innovation Hub, Darwin.

TAKING REMOTE AUSTRALIA BEYOND  
INNOVATIVE SOLUTIONS FOR REMOTE AUSTRALIA 101 Lackman Terrace Alice Springs NT  
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## Scatts Plumbing Services

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54 Chardon Street, Katherine, NT, 0850  
Ph: 08 8972 3610  
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## Centre Funeral Services

12 Kidman St, Alice Springs, NT, 0870  
Email: admin@centrefunerals.com.au

Ph: (08) 8952 2953 • Fax: (08) 8952 4518

## Rumah Kitchen

Open Mon-Sat 9am-5pm  
Shop 26A, Yeperenye Shopping Centre, Alice Springs

Ph: 08 8952 2910  
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## Todd Hunter

Proudly Supporting Streetsmart

## Subway Mt Gillen

Ph: 08 8952 2246

6 LARAPINTA DRV ALICE SPRINGS NT 0870

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## Dr. Jacob Koshy

C/- Alice Springs Hospital

Ph: 08 8952 0793

Proudly supporting NTW and the Streetsmart Handbook

## Kurundi Station

Kurundi Station is located 90 kilometres south of Tennant Creek and is owned and operated by the Saint family.

Kurundi Station Via Tennant Creek, NT, 0861  
Ph: 08 8964 1964

Proudly supporting Streetsmart

An anonymous sponsor is proud to support the youth in the community through Streetsmart

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Mob: 0466 917 517 • jimbad@outlook.com  
www.badetreeservices.com.au

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### *What are Australian Apprenticeships?*

Australian Apprenticeships is the new name for the scheme formerly known as 'New Apprenticeships'.

Australian Apprenticeships still encompass all apprenticeships and traineeships. They combine time at work with training and can be full-time, part-time or school-based.

### *Where can I find detailed information about specific apprenticeships and traineeships?*

Find the Australian Apprenticeships Centre closest to you by telephoning 13 38 73, or visit:

[www.australianapprenticeships.gov.au/search/aacsearch.asp](http://www.australianapprenticeships.gov.au/search/aacsearch.asp)

They can help with:

- the apprenticeships or traineeships available in that industry
  - how to employ an apprentice or trainee
  - the roles of the various players
- financial incentives, both State and Commonwealth
  - useful contacts
- how to find a registered training organisation
  - sample training plans
  - your responsibilities
  - training tips.

### *What industries are apprenticeships and traineeships available in?*

Apprenticeships and traineeships are available in the following industries:

- Aeroskills • Agriculture • Arts, Media & Entertainment
  - Automotive • Building & Constructio • Business
- Carpentry • Community Services & Health • Electrician
- Electrotechnology • Engineering • Finance • Food Production
- Forests • Furnishing • Horticulture • Hospitality & Tourism
- Information Technology • Minerals, Energy & Environment
  - Plumbing • Printing • Process Manufacturing
- Public Administration • Racing / Veterinary • Seafood
  - Sport Industry & Outdoor Recreation Industry
- Textiles, Clothing & Footwear • Transport & Distribution
  - Wholesale, Retail & Personal Services

Where can I find help during my apprenticeship?



- Find the Australian apprenticeships centre closest to you by telephoning 13 38 73 or visit:

[www.australianapprenticeships.gov.au/search/aacsearch.asp](http://www.australianapprenticeships.gov.au/search/aacsearch.asp)

*This information is correct at the time of printing. Please refer to [www.australianapprenticeships.gov.au/](http://www.australianapprenticeships.gov.au/) for the latest information*





## LEAVING SCHOOL

## AUSTRALIAN APPRENTICESHIPS &amp; TRAINEESHIPS

## PRE-APPRENTICESHIP COURSES

Where can  
I find  
out more?

***What are Pre-Apprenticeship courses?***

Contact your local training provider for more information on Pre-Apprenticeship Courses that they may offer. PACs are not very common in NT and not every RTO does them or does them on a regular basis.

A list of approved Pre-Apprenticeship courses and the related reduction in nominal duration of the apprenticeship training contract they provide can be found through:

[www.australianapprenticeships.gov.au](http://www.australianapprenticeships.gov.au)

## TRAINING CONTRACT

***How much will I be paid?***

As an apprentice/trainee, you are generally covered by the same employment rights as other employees. However, you are also subject to the conditions of your training contract. You will be paid an apprentice or trainee wage depending on the relevant industrial award or agreement.

The training contract is an agreement that you and your employer sign detailing the training provided, the qualification to be achieved and explains your obligations to your employer and your employer's obligations to you. It also confirms any off-the-job training you will get, which is delivered by a registered training organisation (this may also be your employer if they are a registered training organisation).

You can expect to be taken away from routine work duties for structured training. Talk to your registered training organisation and employer about how this works.

***Can a training contract be changed?***

During the probationary period the training contract can be cancelled by either the apprentice or trainee or their employer.

- You can obtain useful information from your nearest Australian Apprenticeships Centre (AAC). They provide one-stop shops for those seeking to employ apprentices and trainees or take up an apprenticeship or traineeship as a career path. You can locate an AAC at:

[www.australianapprenticeships.gov.au/search/aacsearch.asp](http://www.australianapprenticeships.gov.au/search/aacsearch.asp)

or contact the Australian Apprenticeships Referral line on 13 38 73



## LEAVING SCHOOL

## AUSTRALIAN APPRENTICESHIPS &amp; TRAINEESHIPS

## TRAINING CONTRACT CONT ...

After this period:

- An apprenticeship or traineeship can be cancelled or suspended by either the employer or the apprentice/trainee.
- An apprenticeship or traineeship can only be varied by mutual consent from both the employer and apprentice/trainee.

If you are unsure if you are an apprentice or trainee, ask an Australian Apprenticeships Centre (AAC).

Find the Australian apprenticeships centre closest to you by telephoning 13 38 73, or visit

[www.australianapprenticeships.gov.au/search/aacsearch.asp](http://www.australianapprenticeships.gov.au/search/aacsearch.asp)

FURTHER  
INFORMATION  
ON WAGES AND  
CONDITIONS IS  
AVAILABLE BY  
CALLING

## SCHOOL BASED APPRENTICESHIP &amp; TRAINEESHIP

*Can I do an apprenticeship or traineeship while I'm still at secondary school?*

The Australian School-based Apprenticeships program (formerly known as School Based New Apprenticeships) for secondary school students is open to students in Years 11 or 12 who are Australian citizens or permanent residents of Australia. The program involves the student undertaking their final years at school as well as being employed and trained under the following arrangements:

- Covered by a training contract, which links to an industrial award or agreement
- A negotiated training plan leading to a nationally recognised qualification
- Paid a training wage or apprentice wage for the time you spend on-the-job with your employer.

Contact your school's careers adviser for more detail.

WORKCHOICES  
INFOLINE ON  
**1300 363 264**

OR ONLINE AT THE  
WAGENET WEBSITE  
<http://www.wagenet.gov.au/wagenet/>

*This information is correct at the time of printing. Please refer to [www.australianapprenticeships.gov.au/](http://www.australianapprenticeships.gov.au/) for the latest information*



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## LEAVING SCHOOL

## AUSTRALIAN APPRENTICESHIPS &amp; TRAINEESHIPS

## WHERE TO BEGIN

I can do my  
traineeship at  
school!



- *The Australian School-based Apprenticeships program (formerly called School Based New Apprenticeships) for secondary school students is open to students in Years 11 and 12 who are Australian citizens or permanent residents of Australia.*

Contact your school's careers adviser for more detail.

### *How can I start to look for an apprenticeship or traineeship?*

If you are thinking of becoming an apprentice or trainee, the best place to start is the "Steps to find an Australian Apprenticeship" section of the Australian Apprenticeships website.

[www.australianapprenticeships.gov.au/jobseeker/how\\_to.asp](http://www.australianapprenticeships.gov.au/jobseeker/how_to.asp)

The Australian Apprenticeships website clearly lays out, step by step, what to do to find an apprenticeship or traineeship, including:

- useful websites to help you decide on an industry you want to work in, as well as information on job prospects and weekly earnings
- ways to find job vacancies
- how to market yourself
- how to apply for positions and write an application
- ways to increase your chances of success at interviews.

It also provides information about Commonwealth incentives and personal assistance available when an employer hires an Australian Apprentice.

### *How do I find an employer who is willing to offer me an apprenticeship or traineeship?*

Finding an apprenticeship or traineeship is the same as looking for any job. You can:

- look at job advertisements in newspapers
- tell everyone you know that you are looking for an apprenticeship or traineeship
- search the Internet jobs database at [www.jobsearch.gov.au](http://www.jobsearch.gov.au)
- contact your local Australian Apprenticeships Centre  
[www.australianapprenticeships.gov.au/search/aacsearch.asp](http://www.australianapprenticeships.gov.au/search/aacsearch.asp)
- ask your careers counsellor at school
- check local and state newspapers.

If you are finding it difficult to find an employer who will offer you an apprenticeship or traineeship, contact your nearest Australian Apprenticeships Centre.

Find the Australian apprenticeships centre closest to you by telephoning 13 38 73, or visit:

[www.australianapprenticeships.gov.au](http://www.australianapprenticeships.gov.au)

Check out the section of Job Guide website for useful tips on writing a job application and making a good impression at job interviews:

<http://www.jobjuice.gov.au>



## LEAVING SCHOOL

### AUSTRALIAN APPRENTICESHIPS & TRAINEESHIPS

#### AUSTRALIAN APPRENTICESHIPS NT

*Australian Apprenticeships NT*  
Local call in NT: 1300 137 130

#### Darwin

Phone: 08 8935 8200 Fax: 08 8935 8231

Email: [enquiry@aacnt.com.au](mailto:enquiry@aacnt.com.au)

[www.australianapprenticeshipsnt.com.au](http://www.australianapprenticeshipsnt.com.au)  
6 Searcy Street, Darwin, NT, 800

#### Alice Springs

Phone: 08 8953 3311 Fax: 08 8953 4090

Email: [enquiry@aacnt.com.au](mailto:enquiry@aacnt.com.au)

[www.australianapprenticeshipsnt.com.au](http://www.australianapprenticeshipsnt.com.au)  
19 Hartley Street, Alice Springs, NT, 870

#### Katherine

Phone: 08 8935 8200 Fax: 08 8935 8231

Email: [enquiry@aacnt.com.au](mailto:enquiry@aacnt.com.au)

[www.australianapprenticeshipsnt.com.au](http://www.australianapprenticeshipsnt.com.au)  
Katherine Training Centre  
19 Second Street, Katherine, NT, 850

#### Nhulunbuy

Phone: 08 8935 8200 Fax: 08 8935 8231

Email Address: [enquiry@aacnt.com.au](mailto:enquiry@aacnt.com.au)

[www.australianapprenticeshipsnt.com.au](http://www.australianapprenticeshipsnt.com.au)  
Westral Street, Nhulunbuy, NT, 881

#### Tennant Creek

Phone: 08 8953 3311 Fax: 08 8953 4090

Email: [enquiry@aacnt.com.au](mailto:enquiry@aacnt.com.au)

[www.australianapprenticeshipsnt.com.au](http://www.australianapprenticeshipsnt.com.au)  
TBA Tennant Creek, NT, 860

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*I can't find an apprenticeship.*



- *If you need help, find the Australian Apprenticeships Centre closest to you by telephoning 13 38 73, or visit:*

[www.australianapprenticeships.gov.au/search/aacsearch.asp](http://www.australianapprenticeships.gov.au/search/aacsearch.asp)

*This information is correct at the time of printing. Please refer to [www.australianapprenticeships.gov.au/](http://www.australianapprenticeships.gov.au/) for the latest information*

For contact information and websites about Leaving School, please see **page 195**



Phone. **8947 2332**

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[www.allymod.com.au](http://www.allymod.com.au)  
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[www.caama.com.au](http://www.caama.com.au)

## Central Australian Aboriginal Media Association

101 Todd St, Alice Spring, NT, 0872  
Ph: (08) 8951 9700  
Email: [reception@caama.com.au](mailto:reception@caama.com.au)

**CAAMA.**  
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## Katherine Seventh Day Adventist Church

Services every Saturday at 10:00am • Bible study (adults and childrens classes) •  
Worship service - 11:30am • Prayer meeting every Wednesday at 7:30pm

**Mob: 0438 280 781 Find us on Facebook**

70 Victoria Hwy Katherine South Entrance off Cholsh Court, Katherine South.

Proudly Supporting Our Local Kids and Neighbourhood Watch



Wuri-Wurlinjang is an Aboriginal community controlled organisation. We are governed by a Board of Directors elected by our members who live in Katherine and the surrounding community living areas we service.

25 Third Street  
Katherine, NT, 0850

**Ph: 08 8972 9123**

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## YINGWATI PTY LTD

Proudly Supporting Streetsmart

YINGWATI IS PASSIONATE ABOUT UPSKILLING, TRAINING AND EMPLOYING ABORIGINAL PEOPLE IN THE CIVIL CONSTRUCTION INDUSTRY.

Yingwati goal is to secure long term, substantial contracts and joint ventures with remote and regional organisations, leading to the training and employment of local Indigenous residents.

36 COONAWARA ROAD, WINNELLIE, NT, 0821

**Ph: 08 8947 4988**

## The Hon Warren Snowdon MP Federal Member for Lingjari



Contact me:  
[www.warrensnowdon.com](http://www.warrensnowdon.com)

[facebook.com/snowdonmp](https://facebook.com/snowdonmp)

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Darwin • Ph: (08) 8942 3830

Coolalinga • Ph: (08) 8983 3129

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**Ph: 08 8922 2300**

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631 Stuart Highway Berrimah, NT, 0828

**Ph: 08 8924 0888**

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Tenancy 412 - Building 4 Level 1/631 Stuart Hwy Berrimah NT 0820

**Ph: 08 8944 7888**

Fyfe are proud to support the Streetsmart Handbook for the Youth in our local community. Helping to build a better NT.





## LOANS



### NEEDING A LOAN

The first thing to look at when deciding on a loan is whether a fixed rate of interest or a variable rate of interest applies. Fixed interest rates will remain the same for a set period of time. This should be stipulated in the credit contract. Variable interest rates will move up or down depending on the market.

Fixed interest rate loans will give you greater control over your finances because the repayment amount will remain the same for the fixed interest period. However, generally with fixed interest rate loans you will not be allowed to make more than the agreed repayments (pay off the loan quicker), without incurring a penalty. Check with the lender on any conditions that apply.

You can also choose to split the type of interest rate that applies to a loan. This can be done in two ways:

1. when a fixed interest rate applies to the loan for a period of time only and can then be changed to a variable interest rate
2. where part of the amount borrowed attracts a fixed interest rate and the remainder a variable interest rate.

[www.moneystuff.fairtrading.nsw.gov.au](http://www.moneystuff.fairtrading.nsw.gov.au)

### CONSOLIDATION LOANS

Some lenders will offer consolidation loans.

These loans allow you to group together your smaller loans. The advantage of a consolidation loan is that you only have to make one repayment per month. The disadvantage is that you will usually be paying the loan off for a longer period of time.

### PRINCIPAL AND INTEREST

When you use credit you are using someone else's money (the lender's). You will need to pay the amount you borrowed back — this amount is called the principal.

You will also be charged interest by the lender for using their money. The interest rate charged will usually be expressed as a yearly rate (the annual percentage rate), for example 14% p.a.

How do you know what loan is best for you?



- *Financial counsellors can advise you on the kind of loan best suited to your repayment ability and the time you have to pay it back. Ask for advice on fixed and variable rates of interest and consolidation loans.*

*Debt Helpline:*

*Tel: 1800 652 949  
(freecall)*

[www.caba.nt.gov.au](http://www.caba.nt.gov.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## MONEY

## LOANS

## PRINCIPAL AND INTEREST CONTINUED

The total amount that you will need to pay back to the lender (the debt) will depend on the amount you borrowed, the interest rate charged and the length of time that you borrowed the money (the term of the loan).

Lenders will usually calculate interest charges on a daily basis. The interest is calculated by multiplying the debt that you owe each day by the annual percentage rate and then dividing it by 365. These interest charges are usually added to your loan account each month.

[www.moneystuff.fairtrading.nsw.gov.au](http://www.moneystuff.fairtrading.nsw.gov.au)

## CREDIT

## WHAT IS CREDIT?

You may want to go on a holiday or buy a new car but you haven't got the cash.

One way to get things you want now is with credit. Credit is the promise to repay, plus interest, money borrowed from another. Examples of credit include housing loans, credit cards, personal loans and store cards.

Credit providers or lenders include banks, credit unions, finance companies and other businesses.

[www.moneystuff.fairtrading.nsw.gov.au](http://www.moneystuff.fairtrading.nsw.gov.au)

## SHOPPING FOR CREDIT

Before shopping for credit you should ask the lender or credit providers for the following information:

- The interest rate(s) applicable
- How the interest is calculated and when it is charged
- The amount of fees and charges payable
- Details of any commission.

You can use this information to compare different credit products.

## HINTS ON CHOOSING CREDIT

- Shop around — this can save you money
- Don't automatically take the credit suggested by a sales person. It may not be the best deal for you
- Check out the interest rates offered by different lenders such as banks, credit unions, building societies and other businesses

When do you have to pay interest on your loan?



- *Interest is usually charged every month — check your loan account statement.*

**Debt Helpline:**

Tel: 1800 652 949  
(freecall)



## MONEY

## CREDIT

## HINTS ON CHOOSING CREDIT CONTINUED

- Don't fall for low interest rates without checking out the fees and charges. It may work out to be more costly
- Don't sign anything unless you are sure of the credit that is being offered.

A credit contract is a legally enforceable document. Read all the documents carefully and don't be pressured to sign there and then — there is no need to.

## BUDGETING

Managing credit or simply covering expenses is not always easy.

A budget can help you plan for your expenses. It involves adding up your earnings each week (or fortnight or month) and subtracting the amount that you spend on essentials. Examples of essentials are rent, food, phone/electricity/water bills, petrol, fares and loan repayments. The amount of money that is left can be used to buy things that you want or you can save it.

You should include yearly expenses such as car registration and insurance in your budget. You can divide these totals by 52 for the amount to budget for each week (or divide by 26 for the amount to budget each fortnight or by 12 if your budget is calculated on a monthly basis).

## BEFORE YOU SIGN A CREDIT CONTRACT

The law provides that lenders must give you the following written information before you sign a credit contract:

- The credit provider's name
- The amount of credit that is to be provided
  - The annual percentage rate(s)
  - How interest is calculated and when it is charged
- The total amount of interest if the loan is paid within 7 years
  - Any enforcement expenses that may become payable
    - Credit fees and charges
  - How you will be informed of changes to the contract
  - Any default rate of interest and how this is calculated
    - How often statements will be provided
    - Commission charges
- Any related insurance that is financed under the contract.

[www.moneystuff.fairtrading.nsw.gov.au](http://www.moneystuff.fairtrading.nsw.gov.au)

I need some extra money!



- *Credit providers can help you get what you want right away, but read the fine print carefully and be fully aware of all the fees and charges you are up for — on top of the amount you are borrowing.*

**Debt Helpline:**

Tel: 1800 652 949  
(freecall)



## CREDIT CARDS AND STORE CARDS

## CREDIT CARDS

The biggest danger with credit cards is the temptation to buy things you can't afford and don't need. The secret to smart money management is a budget and a limit on your credit card that you know you can afford.

## WHICH CARD?

Regardless of the financial institution or company you go to, there are basically two types of credit cards available:

- One charging an annual fee but offering an interest free period of up to 55 days – after which interest charges are quite high
- One with no annual fee but interest charged from the date of purchase. The interest rate on this card is usually lower and may suit you if you cannot pay off your credit card debt at the end of each month.

## QUICK TIPS ON CREDIT CARDS

- Ask yourself what kind of scheme will best meet your needs
- Shop around for the lowest rate of interest
- Be aware of financial charges
- Check the fine print and understand all the terms and conditions before you sign up.

## Once you find a card:

- Work out your budget and fix a realistic limit
- Pay bills promptly to keep interest charges to a minimum
- Avoid cash advances. With most schemes you pay interest charges from the date of the advance
- Keep all your receipts to check the charges when your bill arrives
- Protect your card and account numbers to prevent unauthorised use.

*I need some credit advice!*



- *If you need help with budgeting, calculating your repayment ability or to just get some advice on credit before you sign a contract, you can contact a financial counsellor.*

*Financial counsellors provide free, confidential services and are available through some local neighbourhood centres, church groups and some community legal centres.*



## MONEY ACCOUNTS

### HANDLING MONEY

There are many different kinds of accounts available to you, from basic savings accounts that earn interest to transaction accounts with keycards for ATM access.

Many accounts incur fees, which are generally charged monthly. Since all banks and their accounts differ, it is a good idea to shop around for the most appropriate account type and 'deal' for you. You can contact a bank by phone or the Internet to find out about the accounts and fees they offer. Most banks cater for their younger customers with accounts suited to younger people's needs.

### OPENING AN ACCOUNT

To open any new account the bank will require several important details from you. Apart from details like your name, address and your occupation, you'll need to supply the following information:

- The name you wish the account to be in
- Whether the account will be held in trust (if so, other details may be required)
- The name and residential address of all people who will operate the account (signatories)
- Any other name that you or the account's other signatories may be known by (such as a stage name or maiden name).

If this is your first account with your chosen bank:

As part of the Financial Transaction Reports Act (FTRA), it's required that everyone who opens an account, along with all signatories to the account, must be identified, so if you're opening an account for the first time this applies to you. You can meet the identification requirements by either:

- a) providing certain identity documents — the 100 points identification system; or see the next section on proving your identity.
- b) providing a reference from an acceptable referee. See next page for section on 'Acceptable references'.

Is it a good idea to have a credit card?



- *Credit cards can be very useful but they have their drawbacks — you can be tempted into making more impulse purchases and spending beyond your means.*  
*If you are very disciplined in your spending and pay back what you've spent on the credit card within the credit period, then they can work well for you.*



## MONEY ACCOUNTS

### PROVING YOUR IDENTITY

How can you open a bank account?



- You can open a bank account in your name over the phone, on the Internet or by visiting your local branch.

#### a) The 100 points identification system (FTRA).

The Commonwealth Government has allocated a 'points value' to each form of identification, ranging from 25 to 100 points. To open a bank account, you need to provide a total of at least 100 points of identification for you and any other signatories.

Acceptable forms of identification that you may possess include the following:

(Remember, you only need to bring documentation totalling 100 points or more.)

The 100 points identification system (FTRA).

**100 pts** Centrelink personalised letter

**100 pts** Acceptable reference

OR

**70 pts** Passport, full birth certificate, citizenship certificate

*PLUS any of the acceptable forms of identification listed below:*

**40 pts** Driver's Licence/Permit (Australian)

– must have your signature and/or photo

**40 pts** Identification card issued to a student at university or TAFE

**40 pts** Pensioner Concession Card or Health Care Card issued by Centrelink

**25 pts** Current credit card or ATM access card from any financial institution (more than one can be used if issued by different financial institutions)

**25 pts** Store card, Medicare Card, Keypass photo identification card, passbook from any financial institution containing a black light signature (more than one can be used if issued by different financial institutions).

#### b) Acceptable references

The Commonwealth Government has an **approved list of acceptable referees** who you can use to verify your identity when opening an account. Some examples are a medical doctor, Justice of the Peace, Member of Parliament, solicitor or bank manager.



## PROVING YOUR IDENTITY CONTINUED

Your referee must have known you for at least 12 months and have sighted your passport, birth certificate or citizenship certificate. Their reference must be in writing on the correct, specified form. (Your bank will provide you with this.)

**IF YOU ARE UNDER 18 OR A SPECIAL CASE**

If you do not have enough identification to make 100 points your bank will usually have special identification provisions for:

**People under the age of 18**

A letter from an educational institution, written on its letterhead and signed by the Principal or Deputy, confirming you attend the institution. The letter must include:

- your name and date of birth; OR
- a travel document (e.g. passport); OR
- a birth certificate; OR
- a citizenship certificate.

**People who have arrived in Australia within six weeks of their application**

A passport showing the date of your arrival, and evidence of arrival (e.g. airline ticket).

**Aborigines or Torres Strait Islanders in isolated areas**

A recognised community leader can verify a signatory (two verifications are required to make up 100 points).  
Certain people who receive Centrelink benefits.

A letter on Centrelink letterhead and addressed to the Manager of the branch where you want to open your account should be provided to your bank. It should be signed by the recipient of the letter and the Manager or Deputy of the Centrelink customer service centre, and dated less than 3 months prior to when it is used.

Any tips on proving your 100 points.



- A passport and full birth certificate plus a driver's licence is an easy way to make up 100 points of identification that suits most people.
- If you need help working out what identification to bring, just ask your bank, Telephone Banking or branch staff.
- You'll only need to go through the 100 points of identification procedure with your bank once.



## MONEY

## BUDGETING

## IF YOU GET INTO HOT WATER

## Take action:

- Discuss the situation with family and friends
- Speak to your credit card provider and see what you can negotiate
- Seek advice.

Credit needs some **BRAVE** steps:

**Budget** for your repayments

**Research** the deals and charges

**Avoid** the “impulse buys”

**Value** your freedom – fix a realistic limit for your card

**Every** credit charge is a debt – try alternatives to credit.

## BEGIN WITH A BUDGET

If you're moving out or staying at home you may have to start paying some new bills including rent or board, electricity, phone, mobile phone and gas, to name just a few. If you have a car there could be more.

Budgeting to pay these bills is not as easy as it sounds, especially if you are only relying on income from part-time work, Youth Allowance or Abstudy. Keep track of your budget so you can make sure you have the money to not only pay the bills when they arrive, but also have money on hand for the unexpected.

*First, look at how much you really spend each week and then work out how much you have coming in.* Write down and add up how much you spend each day, week, month or quarter on:

- Your home – rent, board, gas, electricity telephone, insurance
- Food and clothes – don't forget take-away meals and any clothes you buy for work
- Travel – list the costs of running a vehicle (insurance, rego, petrol, service costs) or any public transport costs
- Financial commitments – include the repayments you should be making on any loans or credit cards
- Entertainment, videos, movies, restaurants, cafes etc

I need some credit advice!



- *If you need help with budgeting, calculating your repayment ability or to just get some advice on credit before you sign a contract, you can contact a financial counsellor. Financial counsellors provide free confidential services and are available through some local neighbourhood centres, church groups and some community legal centres.*



- Other things – cigarettes, alcohol, study fees, CDs, magazines, gifts etc.  
Don't forget regular occasional items like haircuts or video rental. And do you have any pets? A mobile phone? Do you buy scratch-its or lotto?

Be honest! This can only help you make it as complete as possible.

Now add up all the money you have coming in:

- Wages – include any money from casual work you do
- Government assistance – Youth Allowance or Abstudly
  - Student loans
- Share dividends, interest from term deposits etc.

If your outgoing is more than your income, you will need to work out how you can get more money coming in than going out and where. You may have to make some sacrifices.

Look carefully at all the things you buy that are not strictly necessary and find ways to spend less. You might be able to get more money coming in too, either regularly or a one-off.

By keeping your income higher than your spending, you'll have enough money to not only pay the bills, but to also put some aside. It's a good idea, especially when you're faced with the unexpected, like your fridge blowing up or your car breaking down.

If the borrower does not do what they promised to do in the credit contract (i.e. not repaying the debt), this is called 'a default'. A lender must give a borrower written notice before they take legal action if the borrower defaults. This notice is called a 'default notice'.

*The types of legal action that lenders can take include:*

- Repossessing the mortgaged property
- Applying to the Court for it to decide how much the borrower owes the lender (this is called a judgment).

The default notice must set out what you, the borrower, have not done and what you must do for the lender not to take legal action.



- *If you need help with budgeting, calculating your repayment ability or to just get some advice on credit before you sign a contract, you can contact a financial counsellor. Financial counsellors provide free confidential services and are available through some local neighbourhood centres, church groups and some community legal centres.*

For contact information and websites about Money, please see **page 197**

# Banned Drinker Register

## Party Time!

Have fun  
**But please  
remember**

You must be 18+ to buy  
or drink alcohol in the NT.



To buy alcohol you need to show ID. Accepted forms of ID are Driver's Licence, Evidence of Age Card, Passport, NT Ochre Card and Australia Post Keypass Card.

The Banned Drinker Register prevents the sale of takeaway alcohol to banned drinkers.

**DO NOT** buy alcohol for someone on the register.

### Making our community safer

Find out more at [www.BannedDrinkerRegister.nt.gov.au](http://www.BannedDrinkerRegister.nt.gov.au)





## LEAVING HOME



### DECIDING TO MOVE OUT OF HOME

For lots of young people looking for more independence 'moving out' and away from parents seems a good idea, but if you are a 'first-time renter' there are a few things you should know so the experience doesn't become a nightmare.

#### *Can you afford it?*

Renting a house or unit is expensive. Before you think of moving out do a budget on your income and expenses. You will in most cases be asked to pay two weeks rent in advance and a bond (usually four weeks rent) as a security deposit.

There are costs associated with connecting the electricity and telephone. Most of these utilities require an initial deposit or a connection fee. The other big expense is for furniture, household goods, electrical and electronic equipment. Then you have to add your living expenses such as food, phone, entertainment, clothes, fuel etc, AND don't forget if you have a credit card, you need to keep up these regular payments.

Are you eligible for rent assistance? Check with your local Centrelink office.



- *If there are problems where you are living, moving out can be an expensive decision and may not be the best solution.*

### SHARING

Probably you will want to share with other young people to save money but first you need to find a place. Check out real estate agents or the rental section in the local paper.

#### *Who do you share with?*

This is best done before you move into a place so that you can choose the people you think you can live with, and you can all agree on the place to rent and the house rules. When you are ready to join the others make sure you agree on how the household costs will be shared, who is responsible for paying the bills and the consequences of not keeping up the rental payments.



## MOVING OUT

## HOUSING

## SHARING CONTINUED ...

Where do  
I look  
for a  
house?



- *When you have an idea of a location, features and costs, you are ready to look for a house. Houses and flats that are available for rent are advertised in:*

1. *The 'to let' sections of local and metropolitan newspapers*
2. *Real estate agents' shop windows and their Internet sites*
3. *Uni, TAFE and community noticeboards.*

Make sure the other people have regular incomes because at any time during the tenancy, if they can't pay their share of the rent, then it is up to the other people to make up the difference, as the rent is due payable by the collective tenants, irrespective of how many people are on the lease.

It may be cheaper to move into an already established share house. Hopefully the other tenants will have already furnished the common areas like the kitchen, laundry and lounge room. Find out which areas of the house you are able to use.

If you decide on moving into an established share house you will need to find out what your legal status will be. Doing this at the beginning, during the interview would be ideal. Make sure you fully understand what you're getting yourself into. Ask as many questions as you need to. If you are going to sign the lease with the other tenants then you will become a co-tenant and share all the rights and responsibilities of the tenancy. Make sure you receive written receipts for any payments you make.

If you are going to live in the house but your name will not be put on the lease then you are a sub-tenant. In this situation you will generally share all the same rights as the others whose names appear on the lease.

If there is only one person's name on the lease they become the head-tenant and are responsible to the landlord for the place that you're living in.

### *Establishing your own share house*

If you decide to set up a house with a few friends, get together to decide the sort of place you want to live in. You may want to consider:

- the rent that you can afford;
- how much money you will need to cover up front costs;
- what furniture you will need (fridge, bed, cooking utensils);
- if there is car parking space or a garden;
- how many people you want to live with.



## MOVING OUT

## HOUSING

## SHARING CONTINUED ...

When sharing a house or unit with others, and share the bond, it is important to ensure that all of the people's names who are contributing to the bond appears on the receipt.

## WHERE TO LOOK FOR A HOUSE

When you have an idea of a location, features and costs, you are ready to look for a house. Houses and flats that are available for rent are advertised in:

The 'to rent' sections of local newspapers;  
Real estate agents shop windows and their internet sites  
Uni, TAFE and community noticeboards.

Consider the distance you have to travel to Uni or work. If you have a car, then fuel costs and parking expenses will be a consideration, if not, you may have to choose a house or unit near public bus services.

## WHAT WILL IT COST TO MOVE?

There is a lot of money involved in renting a house or flat. Firstly, you will be asked to pay two weeks rent in advance and a bond (usually four weeks rent) as a security deposit.

There are costs associated with connecting the electricity and telephone. Most of these utilities require an initial deposit or connection fee.

The other big expense is for furniture, household goods and electrical and electronic equipment.



- *Remember in private board you have to fit in with the other people in the house.*

**IF YOU WANT TO SHARE A HOUSE THAT IS ALREADY ESTABLISHED, LOOK IN:**

- *The 'share accommodation' section of daily and metropolitan newspapers*
- *Uni, Tafe and community noticeboards.*



## MOVING OUT

## APPLYING FOR A PROPERTY

## THE RENTAL APPLICATION

*Candles don't last very long these days!*



- *Don't live in the dark! It's your responsibility to get services connected.*

In the Northern Territory when you find a house or flat you would like to rent, you may be asked by the real estate agent to fill out an application form.

The application form will ask questions about your address, work, previous renting situation and to supply the names of people that will give you a reference.

You cannot be forced to fill out this form but if you don't, you may not be considered for the tenancy.

## THE LEASE (RESIDENTIAL TENANCY AGREEMENT) IN NT

The lease or residential tenancy agreement is an agreement between you (the tenant) and the landlord. It is made up of two parts. The first part sets out both the tenant's and the landlord's rights and responsibilities. If you sign the lease it means that you agree to abide by its terms and conditions. It is a legal document and you should read it before you sign it. The second part of the lease is the condition report.

There are two types of tenancy agreements - fixed-term and periodic. A fixed-term agreement is for a set period of time, whereas a periodic agreement goes from week to week or month to month.

Before you sign the lease you must be given a written copy of the lease. You should ask for a copy of the booklet '*Guide to Renting in the NT*'. This booklet explains both your rights and responsibilities as a tenant and those of the landlord. It is available online or free from Consumer Affairs (1800 019 319).



**'GUIDE TO RENTING  
IN THE NT'**

*Is available online or  
free from  
Consumer Affairs  
Ph: 1800 019 319*

***You should check the following on the lease:***

- the amount of rent that is payable;
- the amount of bond money required;
- the term of the lease;
- if any tradespeople are nominated on the lease to call in case of an urgent repair;
- any additional terms.



## MOVING OUT

## WHAT YOU NEED TO KNOW

## THE LEASE (RESIDENTIAL TENANCY AGREEMENT) CONT ...

An inspection and condition report should be done which you can attend. A copy of a condition report must be given to you no later than 3 business days after you take possession of the property.

***The lease term***

A lease (residential tenancy agreement) will usually be valid for a specified period of time and this will be noted on the lease itself.

This period can be 3, 6, 12 months or longer and is called the fixed term of the lease. Once the fixed term ends the tenancy itself continues and it becomes a continuing or periodic agreement. If you choose to stay in the place under a continuing or periodic agreement you must still abide by the terms and conditions of the lease.

In the Northern Territory, under a periodic tenancy, a tenant can give 14 days notice in writing to leave the property without stipulating a reason. A landlord can give a tenant 42 days notice in writing requesting the tenant leave the property without stipulating a reason.

To terminate a tenancy at the end of a fixed term, the tenant or landlord may give 14 days notice in writing. A tenancy may be terminated during the fixed term if either party does the wrong thing under the lease agreement.

For further information, refer to the booklet 'Guide to Renting in the NT' available online or call Consumer Affairs on 1800 019 319.

***Additional terms in the lease***

Most of the lease (residential tenancy agreement) is made up of standard terms that have been taken from the Residential Tenancies Act (NT). They cannot be changed or deleted. However, you as the tenant or the landlord can add additional terms to the lease as long as these terms do not contradict the Act.

One common additional term added by the landlord is that no pets are allowed. If you intend to get a pet or already have one, then ask the landlord's permission to keep the animal(s) before you sign the lease and have it mentioned as an additional term.



- Remember, put all agreements in writing. There can be less disputes this way.



'GUIDE TO RENTING  
IN THE NT'  
Is available online or  
free from  
Consumer Affairs  
Ph: 1800 019 319



## MOVING OUT

## WHAT YOU NEED TO KNOW

## YOUR RIGHTS AND RESPONSIBILITIES UNDER THE LEASE

If your name is the only one nominated on the lease (residential tenancy agreement) then you are a head-tenant. If you are one of a number of people listed on the lease then each of you are co-tenants. The head-tenant and co-tenants all share the same rights and responsibilities under a lease.

**Your Rights**

- To start the tenancy with the premises in a reasonable condition (clean and fit to live in and meet all health and safety requirements)
- To be given a copy of the lease
- To be given rent receipts if you pay rent in person
- To be given appropriate notice of inspections
- To be given 30 days written notice of a rent increase during a fixed term lease if your agreement allows for a rent increase
- To be given the required notice if the landlord/agent wants to end the lease
- To enjoy peace and privacy
- To have the bond lodged in an account in a financial institution in the Northern Territory. Or, if lodged with a Real Estate Agent, to have the Bond held in a trust account until the end of the tenancy.

**Your Responsibilities**

- To keep the place that you are renting reasonably clean, including the garden
- To pay rent on time
- To let the landlord/agent know of any repairs that are needed or damage that has been caused
- Not to change the place you are renting or add anything without the written permission of the landlord/agent
- To return to the landlord/agent a signed copy of the condition report within five business days of receiving it
- To leave the premises in the same condition as set out in the condition report (except for normal wear and tear)
- To ask the landlord/agent to allow someone else to take over your place on the lease if you want to move out
- Not to interfere with the peace, comfort and privacy of the neighbours.

I am behind in my rent. What will happen to me?



- *If you have not paid the rent, you should contact the owner/agent by letter. If you do not pay the rent, the owner could evict you.*

**MONEYSTUFF**

a website for students and teachers about buying stuff and renting

[www.moneystuff.net.au](http://www.moneystuff.net.au)

[www.caba.nt.gov.au](http://www.caba.nt.gov.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## WHAT YOU NEED TO KNOW

## THE CONDITION REPORT

Whenever you start a tenancy you will have to sign off on a condition report. The report describes the condition of the place you are renting at the start of the tenancy and it will be used again at the end of the tenancy to check if the property has been left in the same condition as it was at the beginning.

Initially, within 3 days of the start of the tenancy, the landlord or agent will complete the report and then give you, the tenant, one copy. You need to indicate on the report if you agree or don't agree with their description of the house and its contents. If you don't agree then you need to mention this on the condition report and give a reason. You can attach a separate page to the report if you need to.

You must return the completed condition report to the agent/landlord within 5 business days of moving in. If the landlord returns the condition report with any changes initialled within 5 business days, the report is taken to be accepted. It is also taken to be accepted if the condition report is not returned.

You should keep a copy of the condition report until the end of the tenancy when you and the landlord/agent will make a final inspection of the place. You will need to compare the final inspection with the inspection made at the start of the tenancy, and if there are any differences you may have to do more cleaning or pay for cleaning and repairs that can be taken from your bond money.

***Things to include on the condition report are:***

- any promises that the landlord or agent makes about a repair or to have the place painted;
- the water meter reading, particularly if the lease asks you, the tenant, to pay for excess water usage.

At the beginning of a lease you will need to pay a security deposit, commonly known as a bond, which is equivalent to 4 weeks rent.

Once you give the landlord or real estate agent the bond, they must give you a receipt and deposit your money in a bank or other financial institution account in the Northern Territory.

How long do you have to do the condition report?



- *You must return the completed condition report to the agent/landlord within 5 business days of moving in.*



## MOVING OUT

## WHAT YOU NEED TO KNOW

## THE BOND

The bond money is held for the time that you are renting the place. At the end of your tenancy you and the real estate agent carry out a final inspection on the place. If there are no disputes over the condition of the place at the end of the tenancy the agent shall return your bond within 7 business days of you moving out.

*Avoiding problems with the bond*

You can do a few things to avoid having problems with the refund of the entire bond money at the end of the tenancy.

- Within 3 days of you moving in to the property, the landlord may give you a signed condition report. The report describes the condition of the place you are renting at the start of the tenancy and it will be used again at the end of the tenancy to check if the property has been left in the same condition as it was at the beginning. Make sure you note on it any damage, faults or repairs that are needed and remember to sign and return the condition report to the real estate agent within 5 days of receiving it. If the landlord returns the condition report with any changes initialled within 5 business days, the report is taken to be accepted. It is also taken to be accepted if the condition report is not returned.
- Take photographs of faults/repairs that you think may cause a dispute later.
- Look after the place and leave it in the same condition to when you moved in (fair wear and tear excepted).

*Getting the bond back at the end of the tenancy*

As soon as the tenancy ends, if there is no dispute over the condition of the place, the landlord/agent must return your security deposit within 7 business days of you vacating the premises.



**'GUIDE TO RENTING  
IN THE NT'**

*Is available online or  
free from  
Consumer Affairs  
Ph: 1800 019 319*



## MOVING OUT

## WHAT YOU NEED TO KNOW

## THE BOND

If the landlord/agent is withholding security deposit (bond) monies for such things as unpaid rent, damages, cleaning, electricity or gas, he/she must advise you in writing within 7 business days after you vacate the premises. This notice must be accompanied with copies of receipts or quotes proving the costs incurred by the landlord that he/she is wanting to withhold.

If you do not agree with the reasons the agent or landlord has given for withholding the bond, you should first discuss the matter and if you still cannot agree phone Consumer Affairs on 1800 019 319 for further advice.

For contact information and websites about Moving Out, please see **page 197**



- *As soon as the tenancy ends, if there is no dispute over the condition of the place, the landlord/agent must return your security deposit within 7 business days of you vacating the premises.*



**Australian Government**  
**Department of Defence**

# UNEXPLODED ORDNANCE

## (UXO)

### A QUICK TEST (WITH ANSWERS)

Q1. What are these?



*Answer: (a) Cricket Ball; (b) Baseball; (c) Grenade*

Q2. Which one is not to be played with?

*Answer: C (Grenade)*

Q3. Why?

*Answer: A and B are used to play sport and to have fun, C the grenade and other UXO are used to injure and kill people and must never be played with. Even very old UXO are still dangerous. Australian children playing with UXO have been killed or injured so badly their lives were ruined.*



Q4. These are all UXO. What should you do if you find something that may be a UXO.

*Answer: If you find something that may be a UXO, DO NOT DISTURB IT, tell your parents, teachers or police. Police will arrange for military experts to attend and dispose of it.*

Q5. Where can you get more information on UXO in Australia?

*Answer: From the internet at [defence.gov.au/uxo](http://defence.gov.au/uxo).*

**Results: Congratulations you aced it there were no wrong answers. UXO should not cause you any problems.**

# PROTECTING YOURSELF 161



## SCHOOLIES



### BE SAFE AND WATCH YOUR MATES

Don't go it alone. Watching your mates, and making sure they're safe, is the best way to have a great time at Schoolies.

Here are some handy tips to help make your Schoolies' memories good ones.

- Stick together. Always go out with at least one other person you know and make sure your friends know who you want them to call in an emergency.
- Be aware of your surroundings. If you sense danger from someone or some place, trust your instincts and leave immediately.
- If someone pays you unwanted attention, move to another area or get help from a friend, volunteer, security guard or police officer.
- If a friend is acting strangely, or unable to control themselves because they have drunk too much or they may have been drugged, seek immediate medical attention. Never leave them alone or with a stranger.
  - It's OK to walk away from a confrontation. You have a choice.

Avoid violence or risk serious physical, emotional and criminal consequences.

Remember, one punch can kill. So be smart and support people who don't fight!

- No means no! Unwanted or forced sexual behaviour is a crime.
- You don't need to drink or take drugs to have fun. If you do drink, give your body a break — enjoy some alcohol-free days and make every second drink a non-alcoholic one.
- Expensive fines apply for underage drinking, drinking in a public place and for possession and supply of alcohol to minors. You may also be fined for possession of a fake ID. Don't risk it — it could cost you thousands.
- Drink-spiking can happen anywhere, including quiet premises and private parties. Chances are you won't see or smell any difference. Buy your own drink and never leave it unattended. Report any incidents of drink-spiking to the police.
  - If you think a friend may have had their drink spiked, seek immediate medical attention. Do not leave them alone or with a stranger. If you are alone, a volunteer or ambulance officer can help.
- It is illegal to possess or consume drugs. In Queensland, 17 year olds have their drug offences determined in the adult court system.

No one will know  
I'm not 18 yet.



- *Make it your business to know the facts about underage drinking. Not only will a fine hurt your hip pocket but a drug or alcohol related conviction could affect your employability and ability to travel overseas in future.*



Queensland  
Government



## PROTECTING YOURSELF SCHOOLIES

### CALL TRIPLE ZERO (000)

If you need urgent help from the police, ambulance or fire brigade CALL triple zero (000). Ambulance officers will not notify police unless they are prevented from performing their duties or a crime is being committed. If you need both an ambulance AND the police make sure you tell the operator this before you hang up, or call triple zero (000) again and ask for the services you need.

### PROTECT YOUR PRIVACY

Any personal information shared online via social networking websites can affect your safety and even your future job prospects. Set your profiles to private or friends only and only accept friend requests from people you know and trust.

If you receive a sexually suggestive or explicit photo do not send it to anyone else. Posting or emailing inappropriate images of other people, particularly those under 18, is a criminal offence. You could face child pornography charges if the photograph or footage is of someone under the age of 18.

What about the danger of drink spiking?



- *Be conscious that drink spiking could happen and take precautions: buy your own drinks and never leave your drink unattended. If you notice one of your friends is unwell, get medical help immediately.*



## PROTECTING YOURSELF SCHOOLIES

### ACCOMMODATION

If you're travelling with friends for the first time, there are a few things you need to know about booking accommodation.

- It's a good idea to discuss costs and house rules, and make sure everyone in your group agrees before you leave home.
- A **security bond** is money you pay (in addition to your accommodation costs) as insurance against any damage caused to the accommodation (room, furniture or fittings). If there is no damage, the bond is returned to you after your stay.
- Read your responsibilities under the booking terms and conditions, house rules and accommodation agreement.
  - Inspect the accommodation carefully when you arrive and report any damage immediately so that you can't be blamed for it later. Take photos of any damage so you have proof as to what state the items/accommodation was in before your stay.

Check out [www.schoolies.qld.gov.au](http://www.schoolies.qld.gov.au) for more useful information on how to have a safe Schoolies.

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No one will know if we have people over.



- *Make it your business to know the house rules at your accommodation. Some house rules say that you cannot have any visitors. If you breach the rules you may be evicted and your Schoolies experience could be ruined.*





## PROTECTING YOURSELF OUT AND ABOUT

### SAFETY IN THE SOCIAL SCENE

Is it safe to go  
out at night?



- *For many people, attending cafes, nightclubs, bars and other public venues is a regular part of their social routine. By considering a number of simple personal safety strategies, these outings can be both enjoyable and safe.*

#### **Before you go:**

- Decide what you need to take, and leave everything else behind. Don't take lots of credit cards and only take the money you expect to spend.
- Keep everything you need to take in a safe place – don't carry your mobile or wallet loose.
- If you're meeting friends at a club later, tell them where you're going first and what time you expect to meet up with them.
- Save the number of a reputable taxi service on your mobile, or keep their card or number written down in your wallet and know how much it'll cost to get back home.
- Before going out, plan how you are to get home (which may include the use of cabs, not accepting a lift with someone who has been drinking and letting others know when you are leaving, what time you will get home and a text message that all is OK when you arrive home).

#### **At the venue:**

- Remember that alcohol and drugs can make you lose control. Watch the number of drinks you have – know your limit.
- Try not to leave your glass unattended, this will prevent your drink being spiked. When drinking out of a bottle, keep it always in sight.
- Your body can't handle too many different chemicals and could react badly to mixing different types of alcohol or drugs.
- Clubs provide water and chill-out areas – use them. When drinking alcohol your body gets dehydrated and needs water to help wash out the toxins. It's a good idea to drink water, a little and often.
- It is a criminal offence to possess or use ecstasy (E or MDMA). If you have taken E, make sure you drink cola or orange juice as well as water. Avoid diet drinks, as some artificial sweeteners react badly with MDMA.



## PROTECTING YOURSELF OUT AND ABOUT

### SAFETY IN THE SOCIAL SCENE CONTINUED

#### *Leaving the venue:*

- Don't accept a lift from anyone you don't know or if you know he or she has been drinking.
- It's best to either phone for a taxi and meet in a busy populated area, or go to the nearest taxi rank. Trying to hail a taxi is far riskier.
  - All taxis, including those that you pre-book, have to be registered. They display their registration number on the inside and outside of the cab. If you take an unregistered taxi you are getting into the car of someone who hasn't been vetted and you have no way of being able to identify them. It's safer to go with a licensed taxi.
- When you've got home safely, send a text message or call one of your friends to let them know you're OK.
  - Never hitchhike, whether alone or with a friend.

#### *Avoiding trouble:*

- People always feel more confident when they are part of a group and after they've had a few drinks. This can often lead to a false sense of security and aggression or conflict among people who otherwise are perfectly harmless.
- If you are hassled or feel threatened by someone, then it's often best just to move rather than attempt to argue. Move as far away as you can: stay near the bar or security staff. There is no shame in retreating from a possible violent situation.
- Practice saying 'NO' assertively. Don't involve anyone else: 'I've got a cold coming on. I feel awful. I want to go home as soon as possible'.
  - If a friend looks like they might be about to get into a fight, attempt to talk them out of it. Ignore the other party or their friends and simply concentrate on reasoning with your mate. Stand behind or to one side of them; never get between the two parties. Again, there is no shame in walking away from circumstances where you, your friend or others may be hurt, seriously injured or worse.
- Don't argue with the security staff – they may ask you to leave at the first sign of trouble. Crowd controllers have to be registered. If there is an issue then take their controller's number then later you can take up the issue with the venue management. It's much better to accept what they say and either leave or just calm down.

I hate it when my friend has too much to drink!



- *If you are out with a friend who has had too much to drink, remember that their reasoning and sense of self-preservation are impaired. It may be up to you to look out for their safety.*



## PROTECTING YOURSELF

### SAFETY TIPS

#### SAFETY IN THE SOCIAL SCENE CONTINUED

How do you  
sober up?



- *Whether it's alcohol or drugs that are affecting you, it's important to remember that only time can sober you up. Food, coffee, a cold shower, fresh air, vomiting etc. do not work.*

#### *Alcohol*

Your judgement, physical responses and awareness of surroundings are all affected by drinking alcohol and/or using drugs. This reduces your instinct of self-preservation and ability to control and react to situations.

- If someone gives you drugs or alcohol without your knowledge, often by simply giving you drinks that are much stronger than you expect, and, as a result, you are not capable of freely consenting to sexual activity, this is an offence.
- Alcohol and other drug facilitated sexual assault is often planned crime and regardless of what you may have voluntarily taken or had to drink, it is not your fault. There are laws to protect you and services that can provide support and information about your rights and options.
- It is common for victims of drug-facilitated sexual assault to have unclear, or only partial, recollections of what happened to them. As a result, victims are not always confident about reporting the suspected incident to the police. It is advisable that victims report these incidents regardless of how much they can remember. Police may discover other evidence to identify the offender.

#### *If you think your drink has been spiked*

People have been known to use recreational or prescription drugs to render someone unconscious in order to sexually assault them.

#### *Tips for avoiding spiked drinks*

Taking a few simple precautions may reduce the likelihood of you having your drink spiked:

- Avoid leaving drinks unattended – if you leave your table to dance or talk and no-one's keeping an eye on your drink then discard it.
- Know what you are drinking.
- Buy your own drinks.
- If you are given a drink, make sure it is from an unopened container.
- Order and watch bar staff make your drink.
- If someone offers to buy you a drink, go up to the bar with them and accept the drink there.
- Do not drink from a container that is being passed around or one that's used for mixed drinks such as punch.



## PROTECTING YOURSELF SAFETY TIPS

### SAFETY IN THE SOCIAL SCENE CONT ...

- Remember that soft drinks, tea, coffee and hot chocolate can also be spiked
  - Look out for your friends; keep an eye on their drinks. If you think their drink has been spiked, get them out of the situation as fast as possible
  - If you feel unwell, extremely drunk or sleepy after only one or two drinks, get help straight away. You do not have much time.
- Ask a trusted friend for help. Failing that, go straight to the hotel security staff and ask them to get you urgent medical attention.
- Wherever possible do not accept help from strangers or people you would not normally trust.

#### *If you have, or think you may have, been sexually assaulted:*

- You will probably be suffering from trauma and should seek medical attention and support, even if you do not want to report the attack to the police. Your local Centre Against Sexual Assault can provide free confidential services, such as counselling and advice about medical and legal options.
- Don't be scared to report the incident to the police, even if you are a recreational drug user, or have few or no memories of the attack. The sooner it is reported, the greater the likelihood of the offender being brought to justice.
  - Most drugs leave the body in less than 72 hours. If you are concerned and want to be tested for the possibility of drugs in your system then go to your nearest hospital for a medical examination.
- If your clothes or belongings have vomit on them, it may contain whatever drug was used, and should be kept as evidence.

For more details contact:

#### **Sexual Assault Referral Centre (SARC)**

Counselling, support, information, & 24 hr crisis care for recent sexual assault.

Phone: (08) 89 227 156 (24hr)



- *Police would like to warn people to take care when they are out having a good time in nightclubs and pubs, and to keep an eye on their drinks. There are recent reports of drugs being slipped into drinks, causing people to become ill and suffer memory loss.*

IF YOU KNOW  
ANYTHING ABOUT  
DRINK SPIKING  
OR ANY OTHER  
CRIMINAL ACTIVITY  
PLEASE RING  
CRIME STOPPERS:  
1 800 333 000



## PROTECTING YOURSELF

### SAFETY TIPS

SAFETY IN THE SOCIAL SCENE CONT ...

How can I tell if my drink has been spiked?



- *If you start to feel very drunk in an unusually short time having only had one or two drinks, your drink may have been spiked. Tell your friend(s), security staff or the bar manager quickly – waiting even a few minutes may put your health at risk.*

#### **Drugs**

Mixing alcohol and other drugs (whether they are prescription or non-prescription) is a dangerous combination. Possible side effects include loss of coordination, inability to concentrate, loss of inhibitions, amnesia, ulcers, coma and death.

As with alcohol, other drugs can also cause a wide range of responses, depending on the type of drug being used, e.g. sedative, analgesics, benzodiazepines etc.

#### **Being followed**

If you believe you are being followed on foot, then be prepared to carry out a personal safety plan. This may mean going to the nearest populated place, such as a police station, shop, service station, hotel or even an occupied house. You may choose to confirm your suspicions by crossing the road or changing direction. If the person really is following you, call the police as soon as you get to a safe place.

If a car approaches you and you are threatened, back away and run in the opposite direction. This will gain you vital seconds and make it more difficult for the car to follow. If you can, make a note of the registration number and description of the car, driver and any passengers. Do whatever you believe will best preserve your safety and try to keep to well-lit and populated areas.

#### **Persistent unwanted admirer**

If you are in a nightclub and someone is paying you unwanted attention, be assertive in telling them to leave you alone. If they take no notice, there are a few things you can do:

- **Embarrassment:** draw attention to your admirer's unwanted behaviour by telling them in an overly loud voice to leave you alone and that you are not interested in them. Speak loudly enough for everyone around you to hear.
- **Relocation:** move to another area or join a group of people.
- **Assistance:** if he or she remains persistent, bring their behaviour to the attention of a friend or someone in authority, for example a bar manager or security person, to get their help to stop the unwanted behaviour.



## PROTECTING YOURSELF

### TEN CORE CONCEPTS OF PERSONAL SAFETY

#### TEN CORE CONCEPTS OF PERSONAL SAFETY

##### *1. The right to safety*

It is important to be aware of and exercise your right to safety. Unfortunately, it is not a perfect world and your personal safety may be threatened. It's a good idea to follow safety strategies so you are able to deal with this possibility.

It is also important that you acknowledge and respect that all people have the right to safety.

##### *2. Keep fear of violence in perspective*

Many people have a fear of violent crime that is wildly disproportionate to its reality. This fear often results in unnecessary limitations being placed on their lifestyle. Education is the key to putting this fear into perspective. If you know the trends associated with personal violence offences, such as how often, when, where they occur and by whom, you can work out how likely it is that you could become a victim, and in what circumstances.

If you follow practical safety strategies you can significantly minimise these risks.

In this way, preventative strategies are based on the actual risk, rather than restricting your lifestyle based on an exaggerated fear.

##### *3. Commitment*

Being committed to your personal safety is fundamental to maintaining it. Many people have a strong commitment to keeping their loved ones safe, and are willing to do anything to protect them, but don't have the same level of commitment to their own safety. Value yourself and keep yourself safe, by making safety strategies a part of your lifestyle.

##### *4. Confidence*

Confidence is a valuable tool in all you do. In the context of personal safety, having and displaying confidence plays a vital role.

A confident person is more likely to identify and implement preventative safety strategies; have faith in their own abilities; and take action if their personal safety is threatened. A person without confidence tends to be too scared to go out, diminishing their quality of life.

Having confidence is a source of power. And remember – if you don't feel confident in any situation, fake it! Visual imagery is a technique you can use to help you act sensibly under pressure: imagine yourself in a situation where you're using safety strategies successfully.

*I think I'm being followed, what should I do?*



- *If someone appears to be following you, don't confront them – just get yourself to the nearest public place, as quickly as possible.*



## PROTECTING YOURSELF

### TEN CORE CONCEPTS OF PERSONAL SAFETY

#### TEN CORE CONCEPTS OF PERSONAL SAFETY CONT ...

*I'm off to a party that's gonna be wild!*



- *If you're going partying, it's important that you know how to look after yourself and your mates and how to stay safe.*

#### 5. *Body language*

Body language is a powerful tool that you can use to your advantage. By appearing confident and comfortable in your surroundings, you decrease your attractiveness to potential offenders.

Strong, confident body language includes standing tall with your head up, shoulders back and walking with a purpose. Making brief eye contact with passers-by is also an effective method of demonstrating that you are not intimidated.

#### 6. *Awareness of surroundings*

Being aware of what is happening around you will alert you to possible threats to your safety, before they reach you. This gives you the opportunity to remove yourself from the situation.

The key is to look relaxed and comfortable, rather than paranoid, thereby appearing 'streetwise'. This decreases the likelihood of being targeted as a potential victim.

#### 7. *Trusting and acting on instincts*

Your body senses danger long before your mind consciously works out why. It is vital you listen to, trust and act on these instincts.

If you do sense danger or pick up 'bad vibes' from someone, something or a certain place, leave immediately and go to a place where you feel safe.

#### 8. *Assertiveness*

Assertive communication allows people to express their points of view objectively to reach an agreeable solution. It does not involve backing down (being passive) or standing over someone (being aggressive).

Assertive behaviour does not come naturally to most people. However, by practising assertiveness in handling minor matters, such as advising a shop assistant if you have been short-changed or sending back unsatisfactory food at a restaurant, you can enhance your ability to be assertive in other aspects of life.

In most day-to-day situations, you should be able to communicate assertively and confidently. But there may be occasions where acting either aggressively or passively will be the best way to keep safe.



## PROTECTING YOURSELF TEN CORE CONCEPTS OF PERSONAL SAFETY

TEN CORE CONCEPTS OF PERSONAL SAFETY CONT ...

### 9. Networks

Many people find it difficult to trust others with their feelings, experiences or concerns. Often those most in need of a trusted person to talk with, such as victims of domestic violence or people contemplating suicide, are the most isolated.

It is important to develop a network of people you trust and can contact for advice or assistance in an emergency, or if you feel your personal safety is threatened. They can include relatives, friends, community groups, neighbours and police. A support network also increases your confidence and self-esteem and can have a positive impact on all aspects of your life.

Having your own network of trusted people to talk with also helps you in being a good friend or network member for others.

### 10. Personal Safety Plan

Everyone should have their own personal safety plan. It consists of safety strategies you choose to suit your own lifestyle and abilities.

The more you follow them and know that they work, the more they will become habits. It should not involve following a list of rules provided by another person.

What if strangers  
come up to me and  
want to talk?



- *Trust your instincts*  
– if you feel uncomfortable, be assertive and do not be afraid to say 'NO'; or just ignore them and continue on your way.

For contact information and websites about  
Protecting Yourself, please see **page 197**



# First @ Scene



Would you know what to do?  
Course completion - just 30 mins!

St John Ambulance NT provide an online course designed to teach you all the skills required to apply First Aid at the scene of a road accident.

visit [firstatscene.com.au](http://firstatscene.com.au)

1300 785 646

[firstatscene@stjohnnt.asn.au](mailto:firstatscene@stjohnnt.asn.au)

[firstatscene.com.au](http://firstatscene.com.au)

## Family Planning

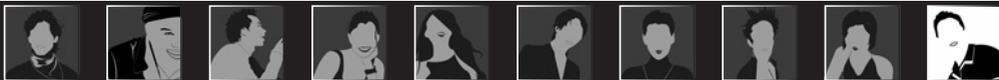
Welfare Association of NT Inc.



Family Planning NT can help YOU. We offer a wide range of clinic services in female and male reproductive and sexual health. Our clinic's offer contraception, sexually transmitted infection checkups, pregnancy help including medical abortion services and more. We also deliver education to schools.

To make an appointment or to speak to one of our trained nurses please phone 89 480144  
Appointment times vary during the week. On Saturday mornings we offer a DROP-IN clinic open to everyone, especially YOU.

Clinic Locations: DARWIN Unit 2, the Clock Tower, Coconut Grove & PALMERSTON Health Precinct Website: [www.fpwnt.com.au](http://www.fpwnt.com.au)



## SEX



### SEX - WHAT'S IT ALL ABOUT?

SEX... Whether we talk about it with our parents, gossip about it with our friends or have it with our lovers, sex can be an integral part of all our relationships. Learning to talk about sex is the first step to having a safe and healthy sexual relationship.

Sexuality is a basic part of our physical, mental, emotional and spiritual lives and an integral part of who we are as human beings. Our sexuality includes our body, and how it works, our gender, our gender identity, our sexual orientation and our values about life, love and the people in our lives. Our sexuality influences how we feel about all of these things, and the way in which we view the world.

Our sexuality is something we should enjoy and celebrate, not something we should be embarrassed or ashamed about. Healthy sexuality allows us to explore our sexual thoughts, feelings and desires in a creative, safe and responsible way. However, it is also important to realise that sex does have risks. Knowing as much as possible about sex and our sexuality will help us to create responsible, healthy and satisfying sexual lives.

Family Planning Welfare Association of NT Inc (FPWNT) offers services related to sexual and reproductive health. In addition, the FPWNT website [www.fpwnt.com.au](http://www.fpwnt.com.au) can point you in the right direction with regards to finding out more about sexual and reproductive health.

### SEXUAL RIGHTS

#### *Your rights:*

- 1. The right to sexual freedom.** This right encompasses freedom for individuals to express their sexuality. However, this does not include coercing or forcing another individual to do something they do not want to do.
- 2. The right to sexual autonomy, sexual integrity, and safety of the sexual body.** This right is about making decisions about one's sexual life, considering personal and social ethics.
- 3. The right to sexual privacy.** This involves the right for individual decisions and behaviours about intimacy as long as they do not intrude on the sexual rights of others.
- 4. The right to sexual equity.** This refers to freedom from all forms of discrimination regardless of gender, sexual orientation, age, race, social class, religion, or physical and intellectual disability.
- 5. The right to sexual pleasure.** This includes masturbation or any other form of sexual pleasure, without compromising the sexual rights of others.
- 6. The right to sexual expression.** Individuals have a right to express their sexuality through communication, touch, emotional expression and love.
- 7. The right to sexually associate freely.** This means the right to marry, divorce, and other types of responsible sexual associations.
- 8. The right to make free and responsible reproductive choices.** This encompasses the right to decide whether or not to have children, the number and spacing of children, and the right to full access of family planning treatments.

### WHAT DOES THE LAW SAY?

#### IF YOU ARE UNDER 16

- *If you are under 16, no one is allowed to have sex with you. It is a criminal offence for someone to have sex with you - even if you agree to have sex with that person (which is called 'consent').*

#### 16 AND 17

- *Once you are 16, you can legally have sex with any other person who is 16 or over as long as you both consent.*
- *However, if you are under 18 and someone has "special care" for you (e.g. they are a teacher, step-parent, guardian, foster parent, sports coach, doctor etc), it is unlawful for them to have sex with you, even if you consent.*
- *The law is the same for heterosexual sex (i.e. sex between two people of the opposite sex) and homosexual sex (i.e. sex between two people of the same sex).*



## SEXUAL HEALTH

## SEX

## SEXUAL RIGHTS CONTINUED ...

**9. The right to sexual information based upon scientific inquiry.** This right is about having access to accurate scientific information.

**10. The right to comprehensive sexuality education.** This is a lifelong process from birth throughout the life cycle and should involve all social institutions.

**11. The right to sexual health care.** Sexual health care should be available for prevention and treatment of all sexual concerns, problems and disorders.

## LOVE, LUST AND INTIMACY

Love is a hard feeling to describe. Some people get confused because they are not sure if they are in love, or if what they are feeling is lust or infatuation. There's a difference between sexual desire and love. Sexual desire is a strong physical excitement. Love is a powerful caring for someone else. Love can exist without sexual desire, and vice versa. Many people in relationships are happiest when both love and sexual desire are shared by both partners.

You can experience many feelings and fantasies about wanting to be close to, touch, or have sex with a person, without being in love. True love usually lasts a long time, whereas infatuation or lust doesn't. Sometimes people think that if another person wants to have sex with them, that means they want to have a relationship or that they're in love with them. This may be true but it isn't always. Love takes time to grow.

*Ten things you should know about LOVE*

1. Love does not hurt. Physical and/or emotional abuse is not a part of love.
2. Love is not manipulative; it should not be used to get others to do what you want. You should never give in to demands based on the, "You would do it if you loved me!" tactic.
3. Love is an intense feeling of caring for another person. It can take many different forms (romantic, friendly, familial) but it is **always** about caring.
4. Although it is true that a big part of love is putting another person's happiness ahead of your own, this **never** includes compromising your values or being untrue to yourself.
5. If somebody asks you to do something that you don't want to do in order to "prove" your love they do not love you the way you might think they do. When you love another person you don't ask them to sacrifice a part of themselves in the name of that love.
6. It is very easy to confuse lust for love. The true measure of romantic love is commitment and trust, **not** physical attraction.
7. It is possible to feel romantic love for more than one person at a given time. Just think, if it is possible for you to love both of your parents at the same time why would it be impossible to feel romantic love for two people at once? Don't beat yourself up emotionally if you find yourself in this situation. But be sure to remain open and honest with all parties about your feelings and confusion.

NOBODY HAS  
THE RIGHT TO  
PRESSURE OR  
FORCE YOU INTO  
ANY SEXUAL  
ACTIVITY THAT YOU  
DON'T WANT.

ORGANISATIONS  
WHO CAN HELP:

- *Sexual Assault Referral Centre*  
Counselling, support,  
information, and 24  
hour crisis care for  
recent sexual assault  
Darwin  
Ph: (08) 89226472  
Alice Springs  
Ph: (08) 89554500  
Katherine  
Ph: (08) 89738524  
Tennant Creek  
Ph: (08) 8962 4361
- *Ruby Gaea House*  
Sexual assault  
counselling service Ph:  
(08) 8945 0155
- *Katherine – Family Link*  
Ph: (08) 8971 0777



## SEXUAL HEALTH

## SEX

## LOVE, LUST AND INTIMACY CONTINUED ...

8. Sex is NOT love. Love is NOT sex. Sex can be a part of romantic love but it is never mandatory.
9. Romantic love can (and often does) fade. When it goes there is not always a reason. When somebody falls out of love with you it does not reflect upon your value as a person or your desirability.
10. Love should make you feel happy, secure and appreciated.

Adapted from [www.teenadvice.about.com](http://www.teenadvice.about.com)

## SEX - ARE YOU READY?

Decisions and choices about the right time to begin having sex are difficult to make. It doesn't state anywhere that at the age of 18 you are officially ready, nor does anyone tap you on the shoulder and tell you that you should start now. It is a personal choice that you must make after considering all sorts of factors, whilst being true to your own feelings and open with your partner.

The decision to have sex should never be taken lightly.

Asking yourself some of the following questions might help:

- Do you have any moral, cultural or religious beliefs that might make deciding to have sex the wrong decision for you at the moment?
  - Is it love, lust or pressure?
- How do you feel about your present relationship with your partner?
  - Are you aware of the Age of Consent laws where you live?
- Have you and your partner decided what form of contraception to use?
- What would you and your partner do if sex resulted in a pregnancy or an infection?

Whether you say 'no' or 'yes' to sex, the choice is yours. Also remember, you can say 'no' at any time. No-one can pressure you into it if you're not completely comfortable.

## MASTURBATION — WILL I GO BLIND?

Masturbation is normal, and a good way for people to explore their own bodies. It means a person touching and rubbing their penis or clitoris and breasts for sexual pleasure. It's also a form of safer sex. Through masturbation you can experiment to find out what feels good, where and how you like to be touched and how to have an orgasm. Many partners play with each other's sexual parts for pleasure (known as 'mutual masturbation'). It can be a very intimate experience, especially for people who don't feel ready for sexual intercourse. Oh, and no you won't go blind through masturbation and self-pleasure!



- *Love is a hard feeling to describe. Some people get confused because they are not sure if they are in love, or if what they are feeling is lust or infatuation.*

For more information, visit the websites:

[www.plannedparenthood.org](http://www.plannedparenthood.org)

[www.teenadvice.about.com](http://www.teenadvice.about.com)



## **Lhere Artepe Supermarkets**

**LAE Supermarkets is locally owned and operates  
3 IGA supermarkets in Alice Springs, located at:**

**Northside** – 3 Hearne Place, Braiiting. Tel: **8952 2988**

**Flynn Drive** – Flynn Drive, Gillen. Tel: **8952 2383**

**Eastside** – 10 Lindsay Avenue, Eastside. Tel: **8952 1740**

The **Store Support Office** number is **8952 0002**

Each store trades from 7:30am to 9:00pm,  
7 days a week and sells the following wide  
range of products:

- Grocery
- Fresh Meat
- Dairy and Frozen food
- Fresh fruit and vegetables
- Liquor
- Variety such as newspapers,  
magazines, cards, gifts and toys.



**Proudly supporting our local youth & the Streetsmart Initiative  
to help raise awareness of drugs & alcohol, cyber-bullying  
& youth suicide, Preparing our kids for the future**



## SEXUAL HEALTH

### PREGNANCY

#### PREGNANCY

You have an 85% chance of getting pregnant if not using contraception. Conception begins when a sperm and egg meet in the fallopian tubes. This now fertilised egg divides many times and embeds itself in the soft wall of the uterus, where it will continue to grow during the next nine months of pregnancy. **If you have had unprotected sex you are at risk of becoming pregnant.** You can buy self-diagnosing pregnancy tests from supermarkets and chemists.

#### *What are my options?*

Planned or unplanned, you do have options available to you, and choices that will need to be made within a short time frame. These include continuing with the pregnancy and keeping the baby, termination of the pregnancy, or continuing with the pregnancy and adopting the baby out to new parents. Regardless of your decision, it is a good idea to speak to qualified people who will be able to provide you with accurate and relevant information about all options, so the decision that you make is the right one for you. You also have your partner to consider. You may wish for your partner to be present when speaking to a professional. Remember, whether the pregnancy is planned or unplanned, being pregnant can be a very emotional experience.

**Family Planning Welfare Association of NT Inc.**  
Darwin: (08) 8948 0144

**Pregnancy Counselling Australia:**  
1300 737 732 (24 hours)

## SAFER SEX AND BASIC CONTRACEPTION

#### SAFER SEX

#### *What is 'safer sex'?*

Safer sex includes all forms of sex that protect you against pregnancy and sexually transmitted infections.

Safer sex includes the following:

- Cuddling, stroking and kissing
- Massage
- Rubbing
- Mutual masturbation
- Masturbation
- Vaginal sex with a condom and a water-based gel
- Anal sex with a condom and a water-based gel
- Oral sex with a dam/Lollye (a thin square of latex which fits over the vagina or anus) or a condom covering the penis.

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- *It's a good idea to talk through your options such as parenting, termination, adoption and fostering.*

*You may wish to speak to:*

- *Your partner*
- *Family*
- *Your doctor*
- *Family Planning Welfare Association of NT Inc.*



## SEXUAL HEALTH

## SAFER SEX AND BASIC CONTRACEPTION

## SEX, DRUGS AND ALCOHOL

Mixing sexual activity, alcohol and other drugs can be a recipe for disaster. People under the influence are much more likely to make poor decisions regarding sexual behaviour, participate in unsafe activities like unprotected intercourse, and have regrets later.

- 17% of sexually active students reported that the last time they had sex they were drunk or high.

**Source: Mitchell, A. Patrick, K. Heywood, W. Blackman, P. & Pitts, M. "Secondary Students & Sexual Health 2013. Results of the 5th National Survey of Australian Secondary Students and Sexual Health"**

Studies have also shown that adolescent females think they are more sexually vulnerable when under the influence of alcohol. Researchers found that boys used alcohol as a means to have sex with girls.

Interestingly, both males and females recognised the sexual vulnerability of girls when drinking.

**Source: Australian Drug Foundation.**

Check out this website for more information:

[www.somazone.com.au](http://www.somazone.com.au)

## CONTRACEPTION

Contraception means prevention of Pregnancy. There are a number of different methods of contraception and it is important to choose the one that best suits your needs. Male and female condoms are the ONLY contraception that protect against both pregnancy AND STIs.

When using condoms, it is also a good idea to use a second form of contraception, such as the Pill. REMEMBER: The withdrawal method (pulling out before the guy ejaculates or comes) is NOT a form of contraception. This method will not protect against pregnancy or STIs.

It is important to consider your options when choosing the right contraceptive for you. Asking yourself the following questions may help:

- Is it easy to use?
- Is it safe?
- How effective is it?
- What are the side effects?
- What are the costs?
- How often does it need to be taken/used?
- How soon after stopping will a woman become pregnant?

Most unintended pregnancies happen within 12 months of starting sexual activity. Often we don't plan sex however we can plan contraception.

ALCOHOL AND  
OTHER DRUGS  
AFFECT YOUR  
ABILITY TO MAKE  
SAFE DECISIONS.

FOR MORE  
INFORMATION,  
VISIT THE WEBSITE:

[www.adf.org.au](http://www.adf.org.au)



## SEXUAL HEALTH

## SAFER SEX AND BASIC CONTRACEPTION

## CONDOM

The condom is a thin latex sheath which is placed over an erect penis. It works by trapping the sperm following ejaculation, helping to protect you against both unwanted pregnancy and STIs. If used correctly and consistently, condoms are approximately 98 percent effective.

*How do I use a condom?*

- Always use a lubricated condom
- Use a water-based one only such as KY Jelly or Wet Stuff. NEVER use an oil-based lubricant, such as Vaseline, as it can weaken the latex and the condom can break.
  - Check the use-by date. Never use a condom that's out of date
- Do not unroll the condom before putting it on the erect penis as you may damage the condom
  - Before putting the condom on the penis hold the tip of the condom between the finger and thumb to expel any excess air
  - Unroll the condom onto the erect penis before intercourse
- After ejaculation, hold the base of the condom while withdrawing the penis to prevent leakage of semen
  - Make sure there is no genital contact after the condom is removed
- Dispose of the condom properly. Do not throw it down the toilet or into the street!

**Non-latex condoms are available if you have an allergy to latex.**



Can I get pregnant if I have sex during my period?

- *Yes, especially later during a period. Women who have short cycles are at higher risk.*

## THE PILL

As long as you take the Pill as instructed, it's at least 99 percent effective in preventing pregnancy, although it provides no protection against STIs. The Pill basically tricks your body into thinking that you are pregnant so that you don't ovulate (release an egg) and/or the cervical mucus (a naturally occurring substance in the vagina) thickens, preventing sperm from reaching the egg.

*What happens if I forget to take the Pill?*

Depending on the type of pill you are on, if you forget, take it as soon as you remember and take the next pill at the usual time. If you take the forgotten pill too late, you may not be fully protected, and will have to take extra precautions until you have taken seven of the active pills in a row.

**If you have vomiting or diarrhoea the Pill may not be absorbed so the same process would apply. If you have any doubts, always contact your doctor or the Family Planning Welfare of NT (08) 8948 0144.**

*Side Effects:*

Sometimes you can have bleeding, or 'spotting' between your periods. You may also have mood swings, or gain weight.



## SEXUAL HEALTH

## SAFER SEX AND BASIC CONTRACEPTION

## IMPLANON

Are all  
condoms the same  
size?



- *No. You can get condoms in a range of widths to suit the penis width and personal likes.*

REMEMBER,  
THERE IS NO AGE  
LIMIT TO BUYING  
CONDOMS.

Implanon is a small implant that lasts for 3 years. Just four centimetres long and two millimetres wide, it is inserted by a doctor under the skin just above the inside of your elbow.

Implanon contains a hormone, progesterone, which prevents pregnancy by stopping ovulation. It also affects the mucus produced by the cervix that prevents the implantation of a fertilised egg. Implanon is 99.9 percent effective against unwanted pregnancy, however, it does not provide protection against STIs. If you don't like it or want to fall pregnant, it is a fairly simple procedure to remove it and things return to normal pretty quickly.

**Side Effects:**

Sometimes you can have bleeding or 'spotting' between your periods. You may also have mood swings, or gain weight.

## WHAT IS EMERGENCY CONTRACEPTION?

If you have unprotected sex, or any condom accidents such as slip-offs and breakages, emergency contraception is readily available from chemists. Emergency contraception is a strong dose of hormones that act to either stop ovulation or stop a fertilised egg sticking to the wall of the uterus. It is most effective if taken within 12 hours of unprotected sex, although it can be used up to 120 hours after intercourse. It is currently available over the counter from chemists, on prescription from a doctor, and it is also available through the Family Planning Welfare Association of NT.

It is important to note that emergency contraception does not safeguard you against STI's. In addition, emergency contraception should not be used as your main form of contraception. Family Planning Welfare Association of NT Inc can help you find other methods of contraception according to your needs.

Find out about the types of contraception available by visiting **FPWNT (08) 8948 0144** or visit website [www.fpwnt.com.au](http://www.fpwnt.com.au).

Other contraception options can be considered if necessary for example Depo Medroxyprogesterone, an advantage being it is undetectable.

## SEXUALLY TRANSMITTED INFECTIONS (STIS)

## SEXUALLY TRANSMITTED INFECTIONS (STIS)

Sexually Transmitted Infections (STIs) are infections that can be transmitted through sexual contact, such as vaginal, oral or anal sex, although some can be spread through skin-to-skin contact. They are caused by viruses, bacteria and parasites. They are also known as Sexually Transmitted Infections (STIs). There are many different types of STIs, some of which can be cured, others which stay in your system for life. Some STIs are merely irritating, others increase your risk of cancer and infertility, and some, such as HIV (Human Immunodeficiency Virus) which can lead to acquired immune deficiency syndrome (AIDS) which can kill you.

**Are'n't STIs only a problem for older people who sleep around?**

No. In fact, some STIs like chlamydia and gonorrhoea are actually more common among teens than among older men and women. And you don't have to sleep around to get an STI, just having sex with an infected person once can spread a disease. STIs don't discriminate by age, sex or race.



## SEXUAL HEALTH

## SEXUALLY TRANSMITTED INFECTIONS (STIS)

## SEXUALLY TRANSMITTED INFECTIONS (STIS)

*Am I at risk?*

Anyone who is sexually active is at risk of STIs. Some STIs can have symptoms, such as genital discharge, pain when urinating and genital swelling and inflammation, however, many STIs have no symptoms, so you may not know if you are infected. This is why it is advisable to have a sexual health check-up if you think you have been at risk.

*Why is it important to know if you have an STI?*

Many STIs are very infectious and can cause long-term or permanent damage, including infertility, if left untreated. Many STIs can be easily passed on to sexual partners, and some STIs can be passed from a mother to her unborn child.

If you have had sex and you start to experience any of the following symptoms, see your doctor or **Family Planning Welfare Association of NT (08) 8948 0144 or Clinic 34 in your town:**

- Unusual vaginal bleeding
- A discharge from the penis or vagina
- Sores, lumps or rashes around or on the penis, anus or vagina
  - Burning feeling when you urinate
- Itching around the vagina, penis or anus.

Remember, if you have had sex without a condom you may still be infected with an STI, even if you have no symptoms. So go and get a check up if you think you might be at risk. It isn't always such a big deal — many STIs can be treated.

*Top Tips to Avoid STIs:*

- Avoiding sexual contact completely is the only way to be 100% safe from STIs
- Don't have sex with someone who won't wear a condom, is doing drugs, or has a STI. It isn't worth your life.
  - Use only water-based lubricants like K-Y Jelly or Wet Stuff. Other products can cause the condom to weaken and break.
    - Avoid having multiple sex partners
- Be sure the condom covers the whole penis. If it doesn't, it won't provide enough protection.
  - Get tested at FPWNT, Clinic 34, your GP, or community health centre annually or after any unprotected intercourse - early treatment can cure many STIs and reduce the impact of others.

## A-Z OF STIS

## CHLAMYDIA

Chlamydia is a very common bacterial infection that is spread through sexual contact.

*Fast Facts:*

- Chlamydia is the most common sexually transmitted infection in Australia
  - Most cases of Chlamydia are amongst people aged 15-30.
  - Chlamydia is one of the world's leading causes of infertility.

Will I know straight away if I have an STI?



- *No. You may be infected and have no symptoms and you may then infect other people without knowing it.*



## SEXUAL HEALTH

## A-Z OF STIS

## CHLAMYDIA



- *Many STIs are very infectious and can cause long-term or permanent damage, including infertility, if left untreated. Many STIs can be easily passed on to sexual partners, and some STIs can be passed from a mother to her unborn child.*

**Putting Yourself at Risk:**

Having unprotected vaginal, anal or oral sex with an infected person will put you at risk of contracting Chlamydia.

**Signs/Symptoms:**

Most cases of Chlamydia will show no signs or symptoms. When symptoms do occur, they usually start one to three weeks after unprotected sexual contact. They can include an abnormal discharge from the vagina or penis, burning urination and pain during sex, or pain in the lower abdomen or testicles.

**Chlamydia and the Effects on your Body:**

Chlamydia can cause serious and permanent damage to your reproductive system if it is not treated. In men, complications from Chlamydia can lead to infertility. In women, untreated Chlamydia can lead to pelvic inflammatory disease, which can cause chronic pelvic pain, infertility or ectopic pregnancies. Pregnant women can pass the infection onto their babies, causing serious infections in new-borns. People with Chlamydia are more likely to contract HIV if exposed to the virus.

**Treating Chlamydia:**

Treating Chlamydia is easy, and can be treated with a single dose of antibiotics. To prevent reinfection, sexual partners will also have to be treated, and sexual contact must be avoided for one week after treatment.

## GENITAL WARTS

Genital warts are a sexually transmitted infection caused by the human papilloma virus (HPV). The wart virus is one of the most common sexually transmitted infections in Australia.

**Fast Facts:**

- There are more than 70 types of HPV, 30 of which affect the sexual and reproductive organs.
- Most genital HPV infections are not visible and have no symptoms
- The virus can be spread through sexual contact even if there are no warts present

**Putting Yourself at Risk:**

Unprotected vaginal, oral or anal sex with an infected person will put you at risk of contracting genital warts. The virus is spread through skin-to-skin contact, with condoms only protecting the area they cover.

**Signs/symptoms:**

Often people infected with genital warts have no signs or symptoms. When symptoms do appear, it can be any time from weeks to months after exposure. If warts appear, they are soft, moist and pink or red in colour. They may be flat or raised, single or many, small or large. They can appear on the penis, vagina, anus and rarely, the throat.



## SEXUAL HEALTH

## A-Z OF STIS

## GENITAL WARTS CONT...

***Genital Warts and the Effects on your Body:***

Genital warts most often go away without treatment. However, if left untreated, can sometimes can grow bigger and multiply. Certain types of HPV are associated with cervical cancer.

***Treating Genital Warts:***

There is no cure for HPV, however the warts can be removed by surgery, freezing, burning or applying a lotion to them. The virus is never completely eliminated, however, and warts may reappear even after treatment. Often, the virus goes away without treatment. A vaccine has been developed against a number of the strains which also cause cervical cancer. Speak with your school nurse, doctor or Family Planning centre to find out more.

## GONORRHOEA

Gonorrhoea is a common bacterial infection that is spread through sexual contact.

***Fast Facts:***

- The rates of gonorrhoea have been increasing in Australia every year.
  - Gonorrhoea is most common amongst people aged 15-30.
- Penicillin-resistant strains of gonorrhoea have become increasingly common. These need to be treated with alternative antibiotics.

***Putting Yourself at Risk:***

Having unprotected vaginal, anal or oral sex with an infected person will put you at risk of contracting gonorrhoea. Touching a body part with gonorrhoea discharge can spread it to other areas, like your eyes.

***Signs/symptoms:***

Often there are no signs or symptoms of gonorrhoea. Men show symptoms more frequently than women. Symptoms for men can include an unusual discharge from the penis, i.e. drippy dick, burning sensation when urinating, itching or irritation around the eye of the penis and swollen testicles.

Symptoms for women can include an unusual yellow vaginal discharge, burning feeling during urination, bleeding after sex and lower abdominal pain.

***Gonorrhoea and the Effects on your Body:***

Gonorrhoea can cause serious and permanent damage to your reproductive system if it is not treated. In men, complications from gonorrhoea can lead to infertility. In women, untreated gonorrhoea can lead to pelvic inflammatory disease, which can cause chronic pelvic pain, infertility or ectopic pregnancies. Pregnant women can pass the infection onto their babies, causing serious infections in new-borns. People with gonorrhoea are more likely to contract HIV if exposed to the virus.

***Treating Gonorrhoea:***

Gonorrhoea can be easily treated with a single dose of antibiotics. If the infection was contracted outside of the Northern Territory, an injection will be required. To prevent reinfection, sexual partners will also have to be treated, and sexual contact must be avoided for one week after treatment.

Am I at risk of getting an STI?



- *If you have unprotected sex with a new or casual partner you are at a higher risk. The way to know you are infection free is to have an STI check-up.*

YOU CAN HAVE  
AN STI WITHOUT  
KNOWING IT.



## SEXUAL HEALTH

## A-Z OF STIS

## HERPES

What is the major cause of cervical cancer?

The Herpes virus is a highly contagious virus that can be spread through sexual contact. Two types are sexually transmitted, Types 1 and 2. Type 1, also known as cold sores, mostly affects the mouth and lips, whilst Type 2 mostly infects the genitals. However, both strains of the virus can infect either the mouth or the genitals. Because Herpes is a virus, it cannot be cured, and an outbreak can occur at any time.

**Fast Facts:**

- It has been estimated that approximately 1 in 6 people in Australia has had a history of genital herpes outbreaks at some time.
- Genital herpes is the most common cause of genital ulceration in Australia.
- A person can catch herpes from another infected person even when there are no visible symptoms

**Putting Yourself at Risk:**

Unprotected vaginal, oral or anal sex with an infected person puts you at risk. The virus is spread through skin-to-skin contact, with condoms only protecting the area they cover. The virus can also be spread from the genitals to the mouth, and vice versa, via oral sex.

**Signs/symptoms:**

Many people who are infected with Herpes do not have symptoms. Of those who do, symptoms include:

- Small red bumps on the genitals, which turn into blisters, and then painful open sores. Over several days, the sores become crusty and then heal without leaving a scar.
- Itching, burning or pain in the genital or anal area
- Vaginal discharge

**Herpes and the Effects on your Body:**

Genital herpes infections do not cause major problems in healthy adults. More often, outbreaks can be emotionally distressing, painful and inconvenient. Concern about transmitting the disease to others and disruption of sexual relations during outbreaks can affect personal relationships. Herpes can be very serious if a woman is pregnant, as the virus can harm her baby. Genital herpes increases a person's risk of contracting HIV if exposed to the virus.

**Treating Herpes:**

Because Herpes is a virus, it cannot be cured. However, an infected person can take anti-viral medication which can reduce the frequency, severity and duration of outbreaks.

## HEPATITIS B

Hepatitis is an inflammation of the liver. There are several types of viruses that can cause hepatitis, some of which are sexually transmitted.



- The Wart virus.

IT IS  
RECOMMENDED  
THAT ALL  
SEXUALLY ACTIVE  
WOMEN HAVE A  
PAP TEST EVERY  
TWO YEARS.



## SEXUAL HEALTH

## A-Z OF STIS

## HEPATITIS B CONT ...

**Fast Facts:**

- There are six identified types of viral hepatitis.
- In Australia, the most common types of Hepatitis are Hepatitis A, Hepatitis B and Hepatitis C.
- Hepatitis B is nearly 100 times more infectious than HIV.

**Putting Yourself at Risk:**

Hepatitis B is spread by coming into contact with infected blood, saliva or semen. This can occur through:

- Unprotected vaginal or anal sex with an infected person.
  - Sharing drug injecting equipment
- Using non-sterilised equipment for tattooing, acupuncture or body piercing
  - Needle sticks or sharps exposures
  - Mother-to-child transmission

**Signs/symptoms:**

People may have no symptoms at all, but they can still pass on the virus to others. Symptoms, though not common, may include a mild, flu-like illness, nausea and abdominal pain, diarrhoea, loss of appetite, jaundice (yellow skin and whites of eyes, dark yellow urine and pale faeces) or itchy skin.

**Hepatitis B and the Effects on your Body:**

Hepatitis damages your liver's ability to purify what you eat and drink. For some people, the infection becomes chronic, leading to liver failure, liver cancer or cirrhosis, a condition that causes permanent scarring of the liver.

**Treating Hepatitis B**

Hepatitis B can be treated with medication. Most people with Hepatitis B recover within 6 months.

**Avoiding Hepatitis B**

There is a vaccine against Hepatitis B. The immunisation is given as a series of three shots over a six-month period.

## HEPATITIS C

Hepatitis is an inflammation of the liver. There are several types of viruses that can cause hepatitis; Hepatitis C is spread through contact with infected blood.

**Fast Facts:**

- There are six identified types of viral hepatitis.
- In Australia, the most common types of Hepatitis are Hepatitis A, Hepatitis B and Hepatitis C.

We use a condom.  
Am I safe from  
Gonorrhoea?



- *You need to be careful. Touching a body part with gonorrhoea discharge can spread it to other areas, like your eyes.*



## SEXUAL HEALTH

## A-Z OF STIS

## HEPATITIS C CONT ...

Will I know if I have Hep B?



- People may have no symptoms at all, but they can still pass on the virus to others.

HEPATITIS B IS  
NEARLY 100  
TIMES MORE  
INFECTIOUS THAN  
HIV.

**Risky Behaviour:**

Hepatitis C is spread by coming into contact with infected blood. This can occur through:

- Sharing drug injecting equipment
- Using non-sterilised equipment for tattooing, acupuncture or body piercing
- Needle sticks or sharps exposures
- Mother-to-child transmission

**Signs/symptoms:**

People may have no symptoms at all, but they can still pass on the virus to others. Symptoms, though not common, may include a mild, flu-like illness, nausea and abdominal pain, diarrhoea, loss of appetite, jaundice (yellow skin and whites of eyes, dark yellow urine and pale faeces) or itchy skin.

**Hepatitis C and the Effects on your Body:**

Hepatitis damages your liver's ability to purify what you eat and drink. For some people, the infection becomes chronic, leading to liver failure, liver cancer or cirrhosis, a condition that causes permanent scarring of the liver.

**Treating Hepatitis C**

There are medications available to treat Hepatitis C. For some people these clear the virus from their body, however any damage caused will be permanent.

**Avoiding Hepatitis C**

There is no vaccine against Hepatitis C. Avoid Hepatitis C by avoiding blood-to-blood contact.

- Do not share any drug using equipment
- Make sure tattooists and body piercers use sterilised or disposable equipment
- Dispose of sharps carefully
- Make sure you use a condom correctly and consistently during vaginal, anal or oral sex

For more information, visit the websites:

[www.ntahc.org.au](http://www.ntahc.org.au)  
[www.aidshep.org.au](http://www.aidshep.org.au)  
[www.hepatitisaustralia.com](http://www.hepatitisaustralia.com)

## PUBIC LICE

Pubic lice, also called "crabs," are parasitic insects found in the hair of the pubic region, or other areas where the hair is sparse and coarse, such as facial hair or armpit hair. Infection is common and found worldwide.

**Fast Facts:**

- Pubic lice resemble crabs when viewed under a microscope.
- The female louse can survive up to 40 days, and each can lay 20 to 30 eggs (nits), which they attach to the pubic hairs
- Lice die within 24 hours away from the human body.



## SEXUAL HEALTH

## A-Z OF STIS

## PUBIC LICE

**Putting Yourself at Risk:**

Pubic lice are spread by direct person-to-person contact, usually by sexual contact, but can also spread through sharing of clothing or bed linen.

**Signs/symptoms:**

- Intense itching in the genital area
- Visible nits (lice eggs) or crawling lice

**Crabs and the Effects on your body:**

Pubic lice feed on the blood of their hosts. Their bites cause extreme itchiness. Continual scratching may lead to infections.

**Treating Crabs:**

Treatments for pubic lice are similar to those for head lice, and can be purchased over-the-counter at a pharmacy. Careful removal of eggs will be required. The infected person's underwear and bed linen should be washed in hot water, followed by hot tumble-drying to ensure all lice have been killed.

**Avoiding Crabs:**

Condoms do not prevent the transmission of pubic lice. To avoid infestation, avoid sexual partners who are infested, and avoiding sharing a bed with an infested person.

My partner has Hep C, what should I do?



- *If you think that you have been placed at risk of infection, contact the Northern Territory AIDS & Hepatitis Council (NTAHC):  
(08) 8944 7777 or  
Clinic 34  
(08) 8999 2678.*

## HIV/AIDS

HIV stands for Human Immunodeficiency Virus. It is the most serious of all sexually-transmitted infections. The virus weakens the body's ability to fight infection and can cause Acquired Immune Deficiency Syndrome (AIDS). There is no cure for HIV or AIDS. If the virus is present in a person's system, they may be referred to as HIV+ or HIV positive.

**Fast Facts:**

- In 2011, up to 34 million people worldwide were infected with HIV/AIDS
  - AIDS death in 2011 was 1.7 million people
- About one-half were women, and one-tenth were children younger than age 15
  - In Australia, more than 29,000 people have been diagnosed with HIV

**Putting Yourself at Risk:**

HIV is carried in blood, sexual fluids and breast milk. Infection occurs when any of these fluids get into the bloodstream of another person. This can occur through:

- Unprotected vaginal or anal sex with an infected person.
  - Sharing drug injecting equipment
- Mother-to-child transmission, either during pregnancy, birth or breastfeeding.

In Australia, HIV cannot be transmitted through blood transfusions, as blood screening processes are in place.



## SEXUAL HEALTH

## A-Z OF STIS

## HIV/AIDS CONT ...

Is it safe to share toothbrushes and razors?



- No, blood-borne viruses can be spread through the sharing of toothbrushes and razors.

NT AIDS &  
HEPATITIS  
COUNCIL  
PH:  
(08) 8944  
7777

**How Do I Know if I Have HIV?**

There are no signs and symptoms for HIV in the early stages, although some people may experience flu-like symptoms within three to six weeks of exposure to the virus, although these disappear after about a month. An HIV+ person can feel healthy for many years before the virus becomes AIDS.

When HIV becomes AIDS, the body has lost its ability to fight any infections. Some of the symptoms of AIDS can include:

- Constant or rapid, unexplained weight loss, diarrhoea, lack of appetite
- Fatigue, persistent fevers, night sweats, dry cough
- Light-headedness, headaches, mental disorders
- A thick, whitish coating of yeast on the tongue or mouth
- Severe or recurring vaginal yeast infections
- Chronic pelvic inflammatory disease
- Purplish growths on the skin

**Testing for HIV**

HIV is detected by a blood test. As the test can give a negative result for up to three months after exposure, the test will need to be repeated three months later.

**Treating HIV/AIDS**

Combinations of antiviral drugs and drugs that boost the immune system have allowed many people with HIV to resist infections, stay healthy, and prolong their lives, but these medications are not a cure. Right now there is no vaccine or cure for HIV/AIDS.

**Post-Exposure Prophylaxis**

HIV Post-Exposure Prophylaxis (PEP) is a type of drug therapy for HIV that is designed to reduce (but not eliminate) the possibility of infection with HIV after a known exposure. PEP is primarily intended for the prevention of HIV in cases where there has been a known high risk of transmission.

If you think that you have been placed at risk of infection, the NT AIDS & Hepatitis Council (08) 8944 7777 will be able to help you locate a suitable doctor or medical centre to conduct a confidential HIV test

For more information, visit the websites:

[www.aidshep.org.au](http://www.aidshep.org.au)  
[www.avert.org](http://www.avert.org)

## SYPHILIS

Syphilis is not common. It has been known in the past as POX's. It is a bacterial infection passed from person to person through direct contact with a syphilis sore which is often painless.



## SEXUAL HEALTH

## A-Z OF STIS

## SYPHILIS CONT ...

Sores occur mainly on the external genitals, vagina, and anus or in the rectum.

Sores can also occur on the lips and in the mouth.

Transmission of the organism occurs during vaginal, anal or oral sex.

Remember condoms help stop STIs from spreading.

**Fast Facts:**

- Syphilis is diagnosed by having a blood test. Sometimes a swab of the painless sore will be collected by the nurse or doctor.
- A pregnant woman who has syphilis can infect her baby.
  - Syphilis is found in both male and females.
- Having syphilis can make it easier for a person to become infected with HIV or to pass HIV on to someone else.

**Signs and Symptoms:**

Many people do not know they have been infected.

The initial sign of syphilis is the appearance of a painless sore. The time between infection with syphilis and the start of the first symptoms can range from 10 to 90 days.

The sore is usually round, small and painless.

A skin rash is a characteristic of secondary stage syphilis especially on the palms of the feet and hands.

**Treatment:**

An injection or series of injections of antibiotics will cure a person.

Check out this website for more information:

[www.nt.gov.au/health/cdc](http://www.nt.gov.au/health/cdc)

[www.fpwnt.com.au](http://www.fpwnt.com.au)

## SEXUAL ABUSE

## SEXUAL ASSAULT - NO MEANS NO!

Choosing whether or not you wish to be sexually active is your right. Sexual abuse, sexual assault, rape, and date rape, are words used when a person is forced into a sexual act against their will.

The word "rape" often brings to mind an image of being violently attacked while walking outside late at night. However, most rapes do not happen this way. In the majority of cases people are sexually assaulted by someone they know and sometimes trust. Women often fear they will be seen as somehow responsible for the rape. There are many inaccurate beliefs held in our community about how and why rape occurs, and these add to the distress experienced by survivors of rape. A survivor may blame themselves for the attack. However, people who have experienced rape are never to blame.

Say 'YES' to  
healthy  
relationships!



- *There are no excuses for abuse or violence*
- *Physical and sexual assault are crimes*
- *Both partners should be equals.*

SEXUAL ASSAULT  
REFERRAL CENTRE  
(SARC)

PH: (08) 8922  
6472  
(24 HOURS)

Family Planning  
Welfare Association of NT Inc.

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## SEXUAL HEALTH

## SEXUAL ABUSE

## WHAT DO YOU DO IF SOMEONE BREAKS THE RULES?

There are many myths and misunderstandings surrounding the issue of sexual abuse and rape. Remember that it's your body and your choice to have sex or not.

**Myth – Once a man is turned on, he can't control himself.**

Reality – Rape is a choice to control and degrade another person. Many rapes are planned beforehand. Men can control their sexual urges. No matter how much a man is turned on, there are no excuses.

**Myth – Drugs and alcohol cause rape.**

Reality – There are no excuses. You are always responsible for your behaviour, including how much alcohol and other drugs you take, and what you may do when you are under their influence. Blaming rape on alcohol or other drugs is a cop-out.

**Myth – Rape is about sex.**

Reality – Rape is not about sex. It is a crime of violence. It is a violation of a person's rights – their right to decide whether to have sex, their right to choose sexual partners and their right to demand safer sex. Rape is about controlling, harming and degrading someone else.

**'NO' means 'NO'.**

**People who have an experience of rape are NOT responsible for someone else's actions. It is NEVER their fault. If you are unable to give informed consent while too intoxicated this is also sexual assault.**

For more information:

<http://rural1law.org.au/handbook/xml/ch09s06s06.php>

Sometimes it can be very difficult but it is very important to tell an adult or someone you trust or feel safe with. If you have been sexually abused or raped, it is important that you talk to someone about it (see organisations at the end of the chapter, if you don't want to discuss it with your friends or family). It can be all the more difficult because sometimes others may not want to believe you.

For more information, visit the website:

<http://www.nt.gov.au> (Health link)

## SEXUAL DIVERSITY

## WHERE DO YOU FIT IN?

*Understanding your sexuality*

Sexual orientation is a complex, confusing phenomenon. While there are commonly understood definitions of heterosexuality, homosexuality and bisexuality, the real-life experiences of many people are that these definitions are too narrow.

I can't get it up!



- *Not always being able to get an erection is often a symptom of stress and anxiety that is common for guys, especially in a new relationship. Try to relax, and slow things down. More kissing, touching and masturbation may overcome the problem and if you are still worried, there are people you can talk to (see contacts at the end of this chapter for further details)*



## SEXUAL HEALTH

### SEXUAL DIVERSITY

WHERE DO YOU FIT IN? CONT ...

- Heterosexual** — a person who is sexually attracted to the opposite sex
- Homosexual** — a person who is sexually attracted to members of the same sex
- Bisexual** — sexually attracted to both sexes
- Transgender** — a general term applied to a variety of individuals, behaviours, and groups involving tendencies to vary from the usual gender roles.

These definitions don't tell you whether you have to be exclusively attracted to the opposite sex to be truly heterosexual, or whether you have to be exclusively attracted to the same sex to be homosexual. What confuses the issue is that most people do not fit into these neat pigeon-holes.

While some people are 100% heterosexual, and others 100% homosexual, most people are on a continuum somewhere in between.

For more information, visit the website:  
[www.ntahc.org.au/peerprojects.htm](http://www.ntahc.org.au/peerprojects.htm)

#### SAME SEX ATTRACTED YOUTH (SSAY)

##### *How do you know if you're gay or lesbian?*

The key to knowing whether you're heterosexual, homosexual or bisexual is to pay attention to your feelings of attraction. The challenge for many gay, lesbian and bisexual people is coming to terms with their own sexuality, as they may fear that society, or people close to them, will be judgemental of them.

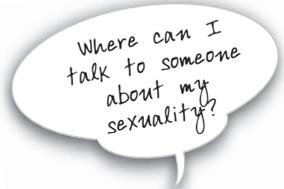
##### *What is a gay person?*

A gay person is someone who is sexually attracted to others who are of the same gender as they are.

##### *What is a lesbian?*

A lesbian is a woman who is attracted to and/or has sexual relations with other women.

Since the late 1960s, homosexual men and women have publicly adopted the word 'gay' as a positive alternative to the clinical sounding 'homosexual'. Not all lesbians or homosexual people like the word 'gay'; some prefer the terms 'same-sex attracted', 'men who have sex with men', or 'women who have sex with women'.



- **NT AIDS & Hepatitis Council**  
Ph: (08) 8944 7777
- **Family Planning Welfare Association of NT Inc.**  
Ph: (08) 8948 0144

For contact information and websites about Sexual Health, please see **page 199**

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**BEHIND THE WHEEL****Lawstuff**

[www.lawstuff.org.au](http://www.lawstuff.org.au)

**Consumer and Business Affairs**

**Department of Justice**

[www.caba.nt.gov.au](http://www.caba.nt.gov.au)

**Road Safety Branch**

**Department of Planning and Infrastructure.**

**Darwin Office**

Ph: (08) 8924 7019

**Alice Springs Office**

Ph: (08) 8951 5354

[www.roadsafety.nt.gov.au](http://www.roadsafety.nt.gov.au)

**Australia Greenhouse Office**

[www.greenhouse.gov.au](http://www.greenhouse.gov.au)

**REVS - The Register of Encumbered Vehicles**

[www.revs.nsw.gov.au/](http://www.revs.nsw.gov.au/)

**Northern Territory Motor Vehicle Registry**

<http://www.ipe.nt.gov.au/whatwedo/mvrl/index.html>

**BULLYING****Cybersafety Help button**

[www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)

**Bullying No Way!**

[www.bullyingnoway.com.au/](http://www.bullyingnoway.com.au/)

**Cybersmart**

[www.cybersmart.gov.au](http://www.cybersmart.gov.au)

**Kids Helpline**

1800 55 1800 [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Lifeline**

13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)

**Australian High Tech Crime Centre**

[www.ahtcc.gov.au](http://www.ahtcc.gov.au)

**SCAMwatch**

[www.scamwatch.gov.au](http://www.scamwatch.gov.au)

**Stay Smart Online**

[www.staysmartonline.gov.au](http://www.staysmartonline.gov.au)

**Cyber Smart**

[www.cybersmart.gov.au](http://www.cybersmart.gov.au)

**EATING DISORDERS****Northern Territory Association for Mental Health**

Ph: (08) 8981 4128

**Eating Disorders Association of South Australia, Inc**

Ph: 8332 3466 [www.edasa.org.au](http://www.edasa.org.au)

**Eating Disorders Association of Tasmania**

Please call Keri Campbell on 0421 550 783

Monday-Sunday, 7.00am-8.00pm

[www.facebook.com/EDATasmania](http://www.facebook.com/EDATasmania)

**HEALTHY BODY****Australian Drug Foundation**

[www.adf.org.au](http://www.adf.org.au)

**DrugInfoClearinghouse**

Ph: 1300 85 85 84 [www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

**Australian Drug Information Network**

[www.adin.com.au](http://www.adin.com.au)

**Quitline**

Ph: 13 7848 [www.quit.com.au](http://www.quit.com.au)

**Oxygen**

[www.oxygen.org.au](http://www.oxygen.org.au)

**Somazone**

[www.somazone.com.au](http://www.somazone.com.au)

**Acne**

[www.acne.org.au](http://www.acne.org.au) [www.mydr.com.au](http://www.mydr.com.au)

[www.cyh.com](http://www.cyh.com)

[www.acnemedicine.com](http://www.acnemedicine.com)



## HEALTHY MIND

**beyondblue: the national depression initiative**

Info line: 1300 22 4636 [www.beyondblue.org.au](http://www.beyondblue.org.au)  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com) (beyondblue's website for young people)

### Lifeline

13 11 14, 24-hour counselling, information and referral

### ReachOut.com

[www.reachout.com](http://www.reachout.com)

### Kids Helpline

1800 55 1800

### headspace – Australia's National Youth Mental Health Foundation

[www.headspace.org.au](http://www.headspace.org.au)

### Orygen Youth Health

[www.oyh.org.au](http://www.oyh.org.au)

### Reach Out Central

[www.reachoutcentral.com.au](http://www.reachoutcentral.com.au)

### The Inspire Foundation

[www.inspire.org.au](http://www.inspire.org.au)

### itsallright

[www.itsallright.org](http://www.itsallright.org)

### Bullying. No Way!

[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

### Suicide Call Back Service

1300 659 467

### SANE Australia Helpline

1800 18 7263 [www.sane.org.au](http://www.sane.org.au)

### Black Dog Institute

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

### The Line

Australia's leading teenage relationship blog combining intelligent analysis and insight on issues facing teenage relationships today, including the influence of friends, family, media, technology and popular culture. [www.theline.gov.au/](http://www.theline.gov.au/)



## LEAVING SCHOOL

[Youth.gov.au](http://Youth.gov.au)

[www.youth.gov.au](http://www.youth.gov.au)

### Seek

<http://www.seek.com.au/>

### Free-résumé-tips

<http://www.free-resume-tips.com/>

### The Job Guide

<http://jobguide.dest.gov.au/>

### My Future

[www.myfuture.edu.au](http://www.myfuture.edu.au)

### JobJuice

<http://www.jobjuice.gov.au/default.htm>

### Australian Jobsearch

<http://www.jobsearch.gov.au/>

### Centrelink

[http://www.centrelink.gov.au/internet/internet.nsf/individuals/work\\_payments.htm](http://www.centrelink.gov.au/internet/internet.nsf/individuals/work_payments.htm)

### CareerOne Jobsearch

<http://www.jobsearch.com.au/>

### Jobs Pathway

<http://jpp.dest.gov.au/>

**MONEY****NT Office of Consumer and Business Affairs**

Ph: (08) 8999 1999

[www.nt.gov.au/justice/graphpages/cba/index.shtml](http://www.nt.gov.au/justice/graphpages/cba/index.shtml)**Australian Securities & Investment Commission (ASIC)**Ph: 1300 300 630 [www.asic.gov.au](http://www.asic.gov.au)**Australian Competition & Consumer Commission**Ph: 1300 302 502 [www.accc.gov.au](http://www.accc.gov.au)**Debt Helpline**Freecall: 1800 652 949 [www.debt helpline.com.au](http://www.debt helpline.com.au)**The Indigenous Consumer Assistance Network (ICAN)**Ph: 1300 396 878 [www.ican.org.au](http://www.ican.org.au)**MOVING OUT****Consumer Affairs**

Freecall 1800 019 319

**Darwin**

Ph: 8999 1999

**Alice Springs**

Ph: 8999 1999

**Agents Licensing Board**

Ph: 8999 6405

**Anti Discrimination Commission**

Freecall 1800 813 846 or Ph: 8999 1444

**Ethnic Affairs - NT Interpreter & Translator Service**

Freecall 1800 676 254 or Ph: 8999 7566

**Aboriginal Interpreter Service****Darwin**

Ph: 8999 8353

**Alice Springs**

Ph: 8951 5576

**Public Housing****Territory Housing**

Ph: 1300 301 167 or 8999 8853

**Darwin Community Legal Service**

Freecall 1800 812 953 or Ph: 8982 1111

**NT Legal Aid Commission****Darwin**

Ph: 8999 3000 Fax: 8999 3099

**Northern Australian Aboriginal Legal Aid Service Inc**

Ph: 8981 5266 Fax: 8982 5199

**Central Australian Aboriginal Legal Aid Service Inc**

Ph: 8950 9300 Fax: 8953 0784

**Katherine Regional Aboriginal Legal Aid Service Inc**

Ph: 8972 1133 Fax: 8971 0381

**Tennant Creek Aboriginal Legal Aid Service**

Ph: 8962 1332 Fax: 8962 2507

**Top End Women's Legal Service**

Freecall 1800 041 998

**Real Estate Institute of the NT**

Ph: 8981 8905 Fax: 8981 3683

**PROTECTING YOURSELF****Crime Stoppers**

Ph: 1800 333 000

**Crisis Line**

Ph: 1800 019 116 (24hr)

**Domestic Violence Counselling Service Darwin**

Ph: (08) 8945-6200 (9-5 Mon-Fri)

**Alice Springs**

Ph: (08) 8952 6048.

**Sexual Assault Referral Centre (SARC) Darwin**Ph: (08) 89 227 156 [www.nt.gov.au](http://www.nt.gov.au)**Women's Information Centre**

Ph: (08) 8951-5880

**Dawn House**

Ph: (08) 8945 1388 (24 hrs).

**Ruby Gaea House**

Ph: (08) 8945-0155 (Mon-Fri 8.30-5.)

**Family & Children's Services (Child protection)**Ph: 1800 700 250 [www.health.nt.gov.au](http://www.health.nt.gov.au)**Legal Assistance****Darwin Community Legal Service**Ph 08 8982 111 [www.dcls.org.au](http://www.dcls.org.au)**Domestic Violence Legal Help (Alice Springs)**

Ph: (08) 8981 9726.

**Child Abuse NT-wide Hotline**

Ph: 1800 700 250 (24 Hours)

**The Northern Territory Interpreter and Translator Service (NTITS)****Darwin**

Free call: 1800 676 254

**Alice Springs**

Ph: (08) 8951 5389

**Victims of Crime Assistance League (NT) Inc.**

Freecall: 1800 672 242

**Poisons Information**

Ph: 13 11 26

**St John Ambulance (NT)**

Ph: 8922 6200

**Neighbourhood Watch**[www.nhwnt.com.au/](http://www.nhwnt.com.au/)**Net Alert**Helpline: 1800 880 176 [www.netalert.net.au](http://www.netalert.net.au)**Federal Privacy Commissioner**Hotline: 1300 363 992 [www.privacy.gov.au](http://www.privacy.gov.au)**Scam Watch**Ph: 1300 795 995 [www.scamwatch.gov.au](http://www.scamwatch.gov.au)**Australian Communications and Media Authority**[www.acma.gov.au](http://www.acma.gov.au)**Australian Federal Police**

Ph: (02) 6256 7777

**Northern Territory**

Ph: (08) 8981 1044

**Australian High Tech Crime Centre**[www.ahtcc.gov.au/ocrmain.aspx](http://www.ahtcc.gov.au/ocrmain.aspx)**Internet Industry Association Security Portal**Ph: 02 6232 6900 [www.security.iaa.net.au](http://www.security.iaa.net.au)

**PROTECTING YOURSELF****Human Rights & Equal Opportunities Commission**

Complaints infoline: 1300 656 419

[www.humanrights.gov.au/complaints\\_information/](http://www.humanrights.gov.au/complaints_information/)**Australian Competition and Consumer Commission**

Ph: 1300 302 630

[www.accc.gov.au](http://www.accc.gov.au)**Australian Psychological Society**

Ph: 1800 333 497

[www.psychology.org.au](http://www.psychology.org.au)**Cyber Safety**[www.wisuptoit.com.au](http://www.wisuptoit.com.au)[www.cybernetrix.com.au](http://www.cybernetrix.com.au)**Bullying**[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)**Getting Help**[www.noffs.org.au](http://www.noffs.org.au)[www.kidshelp.com.au](http://www.kidshelp.com.au)[www.ysas.org.au](http://www.ysas.org.au)[www.reachout.com.au](http://www.reachout.com.au)**Law Stuff**[www.lawstuff.org.au](http://www.lawstuff.org.au)**Other Youth Websites**[www.vibewire.net](http://www.vibewire.net)[www.somazone.com.au](http://www.somazone.com.au)[www.funhq.cjb.net](http://www.funhq.cjb.net)[www.freeza.vic.gov.au](http://www.freeza.vic.gov.au)[www.just-cos.com](http://www.just-cos.com)[www.thesource.com.au](http://www.thesource.com.au)[www.youthgas.com](http://www.youthgas.com)[www.dotu.wa.gov.au](http://www.dotu.wa.gov.au)**The Line**

Australia's leading teenage relationship blog combining intelligent analysis and insight on issues facing teenage relationships today, including the influence of friends, family, media, technology and popular culture.

[www.theline.gov.au/](http://www.theline.gov.au/)**SEXUAL HEALTH****Crisis Line Chat**

Freecall: 1800 332 333

**Crisis Line**

Freecall: 1800 019 116

**NT Women's Info Net**

Freecall: 1800 813 631

**Kids Help Line**

Freecall: 1800 55 1800

**Life Line**

Phone: 13 11 14

**SEXUAL HEALTH****Sexual and Reproductive Health****Family Planning Welfare Association Of NT Inc.**

Darwin (08) 8948 0144

Katherine (08) 8971 3153

Alice Springs (08) 8953 0288

**Family Planning NT**[www.fpwnt.com.au/](http://www.fpwnt.com.au/)**Clinic 34**

Darwin (08) 8999 2678

Alice Springs (08) 8951 7549

Katherine (08) 8973 9049

Gove (08) 8987 0354

Tennant Creek (08) 8962 4259

**Northern Territory AIDS & Hepatitis Council**

Darwin (08) 8941 1711

Alice Springs (08) 8931 3676

**Danila Dilba Health Service**

Phone: (08) 8942 3444

**AIDS, Hepatitis & Sexual Health Line Inc**

Freecall: 1800 133 392

Hepatitis Line: 1800 800 241

**Pregnancy Counselling Australia**

Phone: 1300 737 732 (24 hours)

**Domestic Violence****Domestic Violence Counselling Service**

Darwin: (08) 8945 6200

Alice Springs: (08) 8952 6048

Katherine Family Link (08) 8972 1733

Tennant Creek (08) 8962 1011

Jabiru (08) 8979 3764

Nhulunbuy (08) 8987 0428

**Sexual Assault****Sexual Assault Referral Centre (SARC)**

Phone: (08) 8922 7156 (24 hours)

**Alice Springs Sexual Assault Centre**

(08) 8951 5880

**Katherine**

Phone: (08) 8972 1733

**Tennant Creek**

Phone: (08) 8962 1715

**AIDS, Hepatitis and Sexual Health Line Inc.**[www.aidshep.org.au](http://www.aidshep.org.au)**Health INsite**[www.healthinsite.gov.au/topics/Young\\_people\\_and\\_sex](http://www.healthinsite.gov.au/topics/Young_people_and_sex)**It's My Body**[www.itsmybody.com.au](http://www.itsmybody.com.au)**Mogenic**[www.mogenic.com](http://www.mogenic.com)**Reach Out**[www.reachout.com.au](http://www.reachout.com.au)**Somazone**[www.somazone.com.au](http://www.somazone.com.au)**Vibe Wire**[www.vibewire.net](http://www.vibewire.net)



**Australian Government**  
**Department of Defence**

# UNEXPLODED ORDNANCE

## (UXO)

### A QUICK TEST (WITH ANSWERS)

Q1. What are these?



*Answer: (a) Cricket Ball; (b) Baseball; (c) Grenade*

Q2. Which one is not to be played with?

*Answer: C (Grenade)*

Q3. Why?

*Answer: A and B are used to play sport and to have fun, C the grenade and other UXO are used to injure and kill people and must never be played with. Even very old UXO are still dangerous. Australian children playing with UXO have been killed or injured so badly their lives were ruined.*



Q4. These are all UXO. What should you do if you find something that may be a UXO.

*Answer: If you find something that may be a UXO, DO NOT DISTURB IT, tell your parents, teachers or police. Police will arrange for military experts to attend and dispose of it.*

Q5. Where can you get more information on UXO in Australia?

*Answer: From the internet at [defence.gov.au/uxo](http://defence.gov.au/uxo).*

**Results: Congratulations you aced it there were no wrong answers. UXO should not cause you any problems.**

**DONATE BLOOD  
AND YOU'LL SAVE  
THREE LIVES.**



**AND GET THE  
BEST BISCUIT EVER.**

When you give blood, you save three lives.  
No wonder the biscuit you eat afterwards is so satisfying.  
To donate, call **13 14 95** or visit [donateblood.com.au](https://donateblood.com.au)  
because giving blood feels good.

 **Australian Red Cross  
BLOOD SERVICE**