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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

Cheers

Bernie Durkin

President

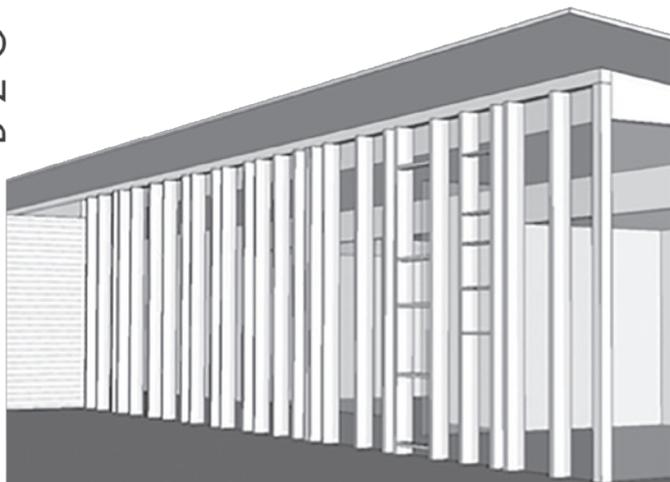
Neighbourhood Watch Australasia

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.

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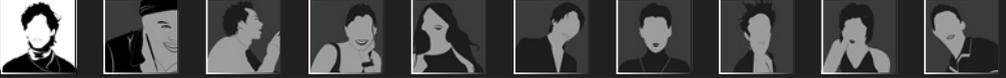
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BEHIND THE WHEEL



LEARNING TO DRIVE

BEFORE YOU BECOME A LEARNER

Licensing Authority: Department of Infrastructure, Energy & Resources

Minimum Age: 15 years and 11 months

Other prerequisites: Must be resident of Tasmania

Q. What test/s do I have to take?

A. Driver Knowledge Test

Q. What does it Cost

A. The Driver Knowledge Test is FREE

Q. Where do I take the test?

To get a learner licence, you must pass the real driver knowledge test at :

- At a Service Tasmania shop (1300 13 55 13)
- At a Designated Police Station
- At your school (if available)

The knowledge test can only be undertaken at Service Tasmania during business hours up until 45 minutes prior to the shop closure time. It takes approximately 30 to 45 minutes.

Want to know more about the road rules?

Then visit www.thelaw.tas.gov.au

Q. What's on the test?

A. There are 35 questions on the test, based on Tasmanian road rules and safety.

Q. What study materials do I need?

A. The Tasmanian Road Rules Book, available online or at any Service Tasmania shop.

Q. What do I bring to the test?

A. Evidence of identity

Q. What happens after I pass the test?

A If you've passed the Driver Knowledge Test, you are eligible to apply for your **L1 licence** as soon as you turn 16

You can practice the Driver Knowledge Test online before you attempt the real driver knowledge test at Service Tasmania.

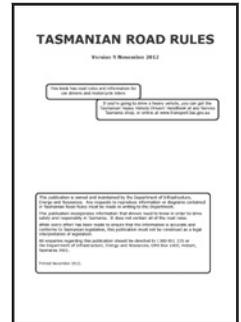
Go to online practice <http://www.transport.tas.gov.au/drkts>



What does the pre-learner stage mean?



- The pre-learner stage is designed to help you progress to getting your L1 licence by studying driving theory. You are not permitted to drive a car during this stage.



The Road Rules booklet has important information for all Tasmanians wanting to know about road rules and driving in Tasmania. It contains everything you need to know to pass the Driver Knowledge Test.

visit www.thelaw.tas.gov.au



BEHIND THE WHEEL

LEARNING TO DRIVE

GETTING YOUR L1 LICENCE

What does having
an L1 licence mean?

Licensing Authority: Department of Infrastructure, Energy & Resources

Minimum Age: 16 years

Other prerequisites: Must have passed the Driver Knowledge Test

What other test/s do I have to take?

An eyesight test

Where do I go to apply?

- At a Service Tasmania shop (1300 13 55 13)
- At a Designated Police Station

What do I bring?

- Driver Knowledge Test certificate
- Means to pay the licence fee
- Evidence of identity

What's next?

Once you have been issued with an L1 learner licence, you move into the Learner Stage. You must hold your L1 licence for a period of three continuous months before you are eligible to sit your L2 practical driving assessment.

Between 2003 and 2007, 13% of novice drivers that were killed, were travelling too fast for the prevailing conditions.

ALWAYS practice with an appropriate supervisor

If you break this law, you'll lose your licence and pay a fine

ALWAYS display your L-plates on the front and back of the car

If you break this law, you'll lose demerit points and pay a fine

Remember, if you lose 4 demerit points, you'll lose your novice licence

NEVER drive over 80 km/h (even when speed limit signs display a higher limit).

NEVER drive with ANY alcohol in your body.

If you break this law, you'll have to appear in Court to face a Magistrate who will impose a penalty - the minimum penalty is losing your licence and paying a fine and you'll have to start the learner stage all over again

NEVER tow another vehicle or trailer

ALWAYS carry your licence when driving. If you break this law you'll have to pay a fine.

What happens next?

Once you have held your L1 licence for a minimum of three months, you are eligible to apply for your **L2 licence**



- You are now permitted to drive a car under supervision. Your supervisor must be someone with a full Australian driver's licence
- You must adhere to the special rules for L1 drivers

Special rules for L1 drivers

- Must not exceed a blood alcohol level of 0.0%
- Must not exceed 80km/hr
- Cannot tow another vehicle or trailer
- Cannot accumulate more than four demerit points
- Must clearly display L plates at the front and rear of vehicle
- Must be supervised by a fully-licensed driver, who has had no disqualifications in the last two years
- Must always carry L1 licence when driving



BEHIND THE WHEEL LEARNING TO DRIVE

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GETTING YOUR L2 LICENCE

Even though it took a lot of work to get here, it's still a great idea to take things slowly - it's not easy to suddenly be the decision maker, in complete control of the car with no one there to back you up.

So gradually build up your solo driving - tackle different conditions over time. And remember, just because you can drive without a supervising driver, doesn't mean that you have to - your supervising driver can still offer lots of good advice - so take them on a regular drive and talk to them about your driving experiences as often as you can.

36% of novice drivers who were killed between 2003 and 2007 did NOT wear a seat belt.

Remember, you must obey the law at all times - this is so you and others can be safe on the road. There are tough penalties if you do break the law, and don't forget the special conditions that all P1 drivers must follow:

Licensing Authority: Department of Infrastructure, Energy & Resources

Minimum Age: 16 years and three months

Other prerequisites: Must have held **L1 licence** for a minimum of three months.

L2 Driving Assessment

- An eyesight test

What's on the test?

The L2 Driving Assessment is a practical driving test. A testing officer will sit in the car with you and assess your basic driving skills.

How do I book the test?

- By phone on 1300 13 55 13
- At any **Service Tasmania shop**

Where do I take the test?

At an assessment centre. You will be given more information when you book your test.

What do I bring to the test?

- Your L1 licence
 - A clean, registered vehicle with L plates
- Means to pay for the test and licence fee
- **Evidence of identity**

ALWAYS display your P-plates on the front and back of the car or for a motorcycle on the back

NEVER drive over 80 km/h (even when speed limit signs display a higher limit)

NEVER drive with ANY alcohol in your body

What kind of medical conditions may affect me getting my learner permit?



- *Some examples include but are not limited to poor vision, diabetes, epilepsy, cardiac conditions and taking prescribed medication continuously may affect your ability to drive.*



BEHIND THE WHEEL

LEARNING TO DRIVE

GETTING YOUR L2 LICENCE

I've completed the requirements, now how do I get my L2 licence?



- Your L2 licence will be issued to you on the spot when you successfully complete the required test and pay the licence fee.

Once you've received your L2 licence What does having an L2 licence mean?

- You must still be supervised when you drive a car
- You must adhere to the special rules for L2 drivers

Special rules for L2 drivers

- Must not exceed a blood alcohol level of 0.0%
- Must not exceed 80km/h
- Cannot tow another vehicle or trailer
- Cannot accumulate more than four demerit points
- Must clearly display L plates at the front and rear of vehicle
- Must be supervised by a fully-licensed driver, who has had no disqualifications in the last two years
- Must always carry L2 licence when driving

If you break this law, you'll have to appear in Court to face a Magistrate who will impose a penalty - the minimum penalty is losing your licence and paying a fine, and you'll have to start the P1 stage all over again

ALWAYS carry your licence when driving

If you break this law, you'll have to pay a fine

Motorcyclist cannot carry a pillion passenger and must ONLY drive a Learner Approved Motorcycle (LAM).

If you break the law, you'll have to pay a fine

Don't forget your seatbelt, respect other road users and drive to the conditions.

Check out the Safety Tips for tips on being a better, safer driver

http://www.transport.tas.gov.au/novice/top_menu/safe_driving_tips

Between 2003 and 2007 alcohol was a factor in 1 in 10 fatal crashes among novice drivers. The legal limit for novice drivers is 0.00 blood alcohol concentration (BAC). If you are drinking alcohol, don't drive. Driving and alcohol don't mix.

What happens next?

To be eligible for your **P1 licence**, you must:

- Have held your L2 licence for a minimum of nine months
- Have completed 50 hours of supervised driving practice, which must be recorded in your

L2 Learner Driver Logbook, available online or at any **Service Tasmania shop**.

http://www.transport.tas.gov.au/_data/assets/pdf_file/0004/41539/Novice_DriverLogbook_L2_internet_PDF_V3_Nov_2010.pdf



Must have completed 50 hours of supervised driving practice, which must be logged in your **L2 Learner Driver Logbook, available online** or at any **Service Tasmania shop**



BEHIND THE WHEEL LEARNING TO DRIVE

GETTING YOUR P1 LICENCE

Licensing Authority: Department of Infrastructure, Energy & Resources
Minimum Age: 17 Years Old

Other prerequisites

- Must have held **L2 licence** for a minimum of nine months
- Must have completed 50 hours of supervised driving practice, which must be logged in your **L2 Learner Driver Logbook, available online** or at any **Service Tasmania shop**.

P1 DRIVING ASSESSMENT

What's on the test?

The P1 Driving Assessment is a practical driving test. A testing officer will sit in the car with you and assess your basic driving ability and hazard identification skills

How do I book the test?

- By phone on 1300 13 55 13
- At any **Service Tasmania shop**

Where do I take the test?

At an assessment centre. You will be given more information when you book your test.

What do I bring to the test?

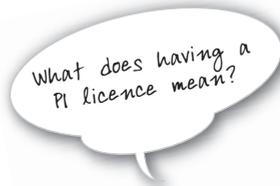
- Your completed **L2 Learner Log Book**
- Your **L2 licence**
- Means to pay for the test and licence fee
- A clean, registered vehicle with L plates
- **Evidence of identity**

I'VE COMPLETED THE REQUIREMENTS, NOW HOW DO I GET MY P1 LICENCE?

Your P1 licence will be issued to you on the spot when you successfully complete the required tests and pay the licence fee.

What happens next?

If you adhere to the special rules for P1 drivers, you will be entitled to progress to your **P2 licence** after 12 months.



- You are now permitted to drive a car without supervision
- You must adhere to the special rules for P1 drivers

Special rules for P1 drivers

- Must not exceed a blood alcohol level of 0.0%
- Must not exceed 80km/h
- Cannot accumulate more than four demerit points
- Must clearly display P plates at the front and rear of vehicle
- Must always carry P1 licence when driving



BEHIND THE WHEEL

LEARNING TO DRIVE

DRIVE SAFELY AND LEGALLY

Even though it took a lot of work to get here, it's still a great idea to take things slowly - it's not easy to suddenly be the decision maker, in complete control of the car with no one there to back you up .

So gradually build up your solo driving - tackle different conditions over time. And remember, just because you can drive without a supervising driver, doesn't mean that you have to - your supervising driver can still offer lots of good advice - so take them on a regular drive and talk to them about your driving experiences as often as you can.

36% of novice drivers who were killed between 2003 and 2007 did NOT wear a seat belt.

Remember, you must obey the law at all times - this is so you and others can be safe on the road. There are tough penalties if you do break the law, check out novice penalties. And don't forget the special conditions that all P1 drivers must follow:

ALWAYS display your P-plates on the front and back of the car or for a motorcycle on the back

NEVER drive over 80 km/h (even when speed limit signs display a higher limit)

NEVER drive with ANY alcohol in your body

If you break this law, you'll have to appear in Court to face a Magistrate who will impose a penalty - the minimum penalty is losing your licence and paying a fine, and you'll have to start the P1 stage all over again

ALWAYS carry your licence when driving

If you break this law, you'll have to pay a fine

(Motorcyclist cannot carry a pillion passenger **and must ONLY drive a Learner Approved Motorcycle (LAM).**)

DRIVE SAFELY

Don't forget your seatbelt, respect other road users and drive to the conditions

Check out the Safety Tips for tips on being a better, safer driver

http://www.transport.tas.gov.au/novice/top_menu/safe_driving_tips

Hold your P1 licence for 12 continuous months

This means that you must hold your P1 licence for 12 months in a row - ie without losing your licence or committing a **P1 restart offence**.

If you show that you aren't responsible enough to make safe, legal driving choices by committing a P1 restart offence or losing your P1 licence (even once), then you have to start the 12 months all over again.

The legal limit for novice drivers is 0.00 blood alcohol concentration (BAC).

If you are drinking alcohol, don't drive. Driving and alcohol don't mix.



BEHIND THE WHEEL LEARNING TO DRIVE

DRIVE SAFELY

If you lose your P1 licence twice, then you'll be sent back to the L2 stage. You'll have to resit the driver knowledge test, hold your L2 licence again for at least 28 days, sit another P1 practical driving assessment, AND pay the driving-assessment fees and licence fee again, see novice penalties for further information.

So comply with the Road Rules, drive to the conditions, and make safe driving choices.

Check out the Safety Tips for tips on being a better, safer driver

http://www.transport.tas.gov.au/novice/top_menu/safe_driving_tips

GETTING YOUR P2 LICENCE

Licensing Authority: Department of Infrastructure, Energy & Resources

Minimum Age: 18 Years

Other prerequisites

Must have held **P1 licence** for a minimum of 12 months, with no disqualifications

I've completed the requirements, now how do I get my P2 licence?

Visit any **Service Tasmania Shop** and bring the following:

- Your P1 licence
- Means to pay the licence fee
- Evidence of identity

What happens next?

If you adhere to the special rules for P2 drivers, you will be entitled to progress to your **full licence**. Minimum waiting periods vary according to how old you were when you got your P2 licence:

18 – 23: 2 years

23 – 25: 12 months or until 25 (whichever is longer)

What does having a
P2 licence mean?



- You are now permitted to drive a car without displaying P plates
- You must adhere to the special rules for P2 drivers

Special rules for P2 drivers

- Must not exceed a blood alcohol level of 0.0%
- Cannot accumulate more than four demerit points
- Must always carry P2 licence when driving



BEHIND THE WHEEL

LEARNING TO DRIVE

CONTINUE TO DRIVE SAFELY & LEGALLY

Over 25: 12 months

You can now travel above 80 km/h - but remember, speed limits are the maximum speed you can do when the conditions are perfect - but conditions rarely are ...

- the weather is often bad so it's hard to see, the road is slippery and its harder to control the car or motorcycle
- a low sun in the sky can shine in your eyes, obscuring your vision
- the road might be gravel and have lots of bends
- there might be lots of traffic on the road
- pedestrians are always about
- wildlife might run out from the roadside ...
- the list goes on - there's so much happening on the road to look out for.

So be smart, look about, and drive to the conditions.

Obey the law and avoid tough penalties. And don't forget the special condition that all P2 drivers must follow:

NEVER drive with ANY alcohol in your body

If you break this law, you'll have to appear in Court to face a Magistrate who will impose a penalty - the minimum penalty is losing your licence and paying a fine and your time in the P2 stage will be extended

Remember, if you lose 4 demerit points, you lose your novice licence. If you show that you aren't responsible enough to make safe, legal driving choices by losing your P2 licence twice, then you'll be sent back to the P1 stage. You'll then have to hold a P1 licence for another 12 continuous months and pay the licence fees again, see novice penalties for further information.

So comply with the Road Rules, drive to the conditions, and make safe driving choices. Check out the Safety Tips page for tips on being a better, safer driver.

http://www.transport.tas.gov.au/novice/top_menu/safe_driving_tips
Speed is a major cause of road crashes. Drive within the speed limit at all times. Between 2003 and 2007 speed was a crash factor in 14% of all fatal crashes among novice drivers.



BEHIND THE WHEEL LEARNING TO DRIVE

GETTING YOUR P2 LICENCE

Licensing Authority: Department of Infrastructure, Energy & Resources

Minimum Age: 20 years

Other prerequisites

Must have held **P2 licence** for minimum waiting period, with no disqualifications. Minimum waiting periods vary according to how old you were when you got your P2 licence:

18 – 23: 2 years

23 – 25: 12 months or until 25 (whichever is longer)

Over 25: 12 months

Visit any **Service Tasmania Shop** and bring the following:

- Your P2 licence
- Means to pay the licence fee
- Evidence of identity

What does having a full licence mean?

Now that you are a little more experienced, you no longer have to adhere to the special rules that apply to provisional drivers, but you do need to abide by the **rules and restrictions** that apply to all Tasmanian drivers.

What happens next?

If you did not commit any traffic offences while you were on your **P1** and **P2** licences, you are now entitled to a **refund of your provisional licence fees**.

CONGRATULATIONS YOU'RE
A FULLY LICENSED DRIVER.

Remember that a licence is a privilege, not a right.

Continue to show you're responsible enough to hold a licence by always making safe driving choices. Check out the Safety Tips for tips on being a better, safer driver.

Don't forget, if you were issued with a P1 provisional licence after 25 August 2008 and you got through your P1 and P2 stages without committing a driving related offence then you can apply for a refund of the provisional licence fees you paid.

For contact information and websites about
Behind the Wheel, please see **page 165**



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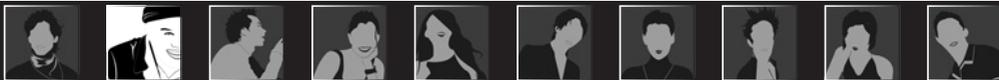
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BULLYING

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/

Bullying No Way! www.bullyingnoway.com.au/

and

Cybersmart 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/

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

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

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/



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

Kids Helpline (1800 55 1800) is a free and confidential counselling service for 5 to 25 year olds in Australia. 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

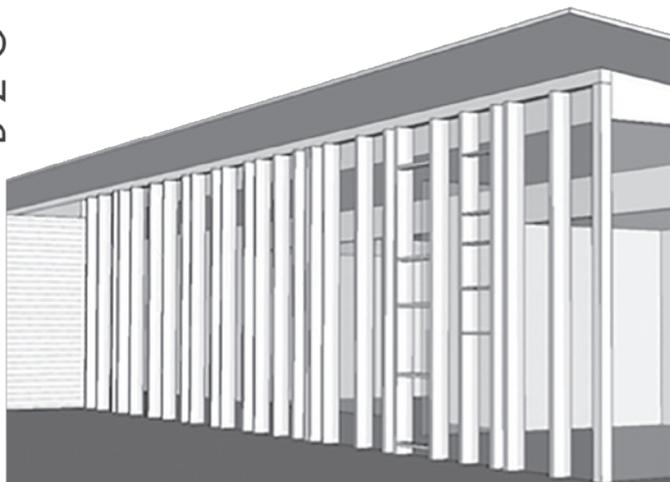


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THROUGH THE STREETSMART HANDBOOK.
HELPING KEEP THE YOUTH SAFE





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 or find info on the web at 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. 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
- Advise your bank or credit union as well so they can make sure all their customers are protected.

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:



KEEP YOUR COMPUTER SECURE

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

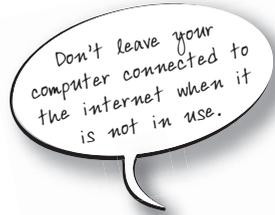
Viruses are unauthorised computer codes attached to a program or portions of a computer system that reproduce and spread from one computer to another. They can destroy information stored on the computer and interrupt operations. No matter how vigilant you are, sooner or later a virus will worm its way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

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.



- *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.*

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 get there.

Check for updates frequently at www.microsoft.com/technet/security/default.mspx or 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.mspx or 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.



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



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 Cyber Safety, please see **page 165**



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www.staysmartonline.gov.au
www.cybersmart.gov.au

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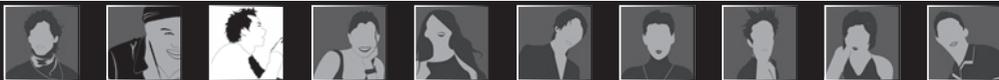
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EATING PATTERNS



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.



- *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 Australians with Eating Disorders

Butterfly Support Line
1800-ED HOPE (1800 33 4673)
They will recommend the closest support to you in Tasmania, or send an email to:
support@thebutterflyfoundation.org.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.*



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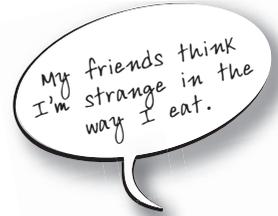
EATING DISORDERS EATING PATTERNS



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.

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.

- *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.



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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.

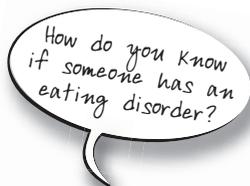
POSSIBLE WARNING SIGNS

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.*



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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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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.

For contact information and websites about Eating Disorders, please see **page 165**



- *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*



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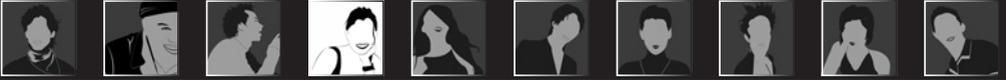
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HEALTHY BODY



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.

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.

Is it better for someone to take naturally occurring drugs than synthetic ones?



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



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.



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THERE IS NO
 'SAFE' LEVEL OF
 DRUG USE.

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



HEALTHY BODY DRUG EFFECTS

EFFECTS CONTINUED ...

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.

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.

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.*



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

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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 your 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.

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



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IT IS ILLEGAL IN
 TASMANIA TO
 GROW CANNABIS,
 EVEN FOR
 PERSONAL USE.



HEALTHY BODY DRUGS AND THE LAW

DRIVING AND ILLEGAL DRUGS CONTINUED ...

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:

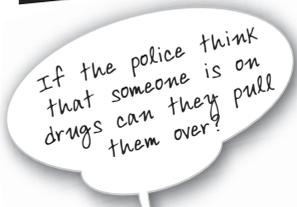
- If you are prescribed a medicine, ask your doctor or pharmacist how using alcohol (and/or other drugs) with your medicine is likely to affect your driving
- DO NOT DRIVE if you have taken a combination of drugs, including alcohol.

WHAT ARE THE LAWS ABOUT DRIVING AND DRUGS?

In Tasmania, 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.

They may require you to undergo a drug assessment test. If after the drug assessment test they believe that you are drug impaired, they may require you to provide a urine or blood sample. It is an offence to refuse either the drug assessment test or the provision of your urine or blood sample. Failure to co-operate results in an immediate 2 year disqualification of your licence plus possible fines.

Conviction for driving while drug impaired carries a minimum licence disqualification of 12 months as well as a fine up to \$1200. Repeat offenders face licence disqualification up to 2 years, a fine up to \$2500 and up to 3 months imprisonment.



- *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.*

They may require you to undergo a drug assessment test.

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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.*



LONG TERM EFFECTS

LONG TERM EFFECTS OF ALCOHOL

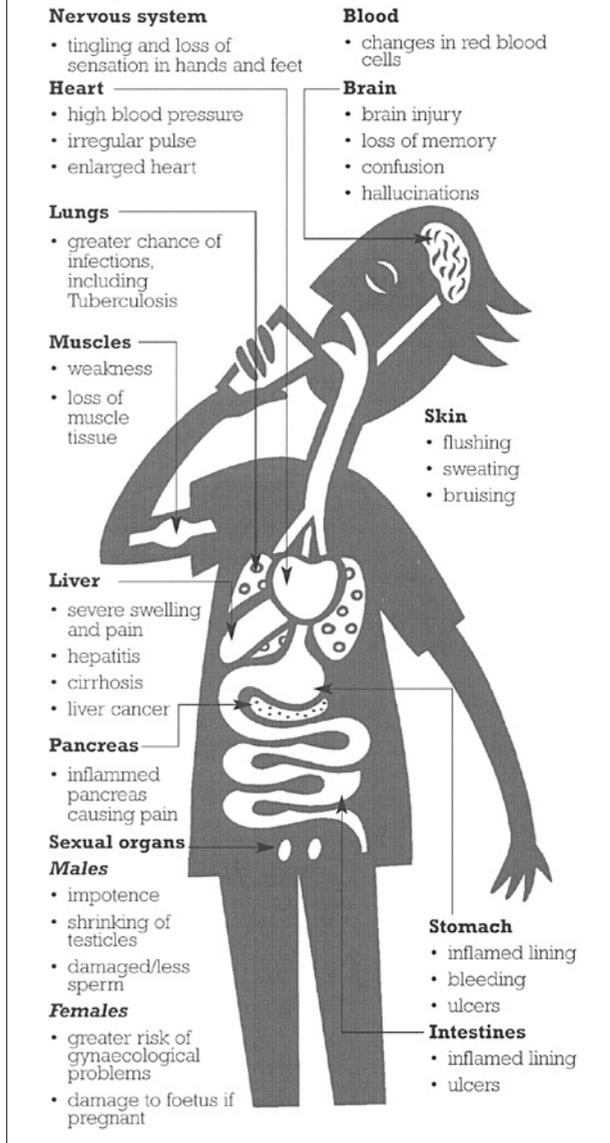


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95% OF THE ALCOHOL CONSUMED BY YOUNG AUSTRALIAN MEN AGED 18-24 IS AT LEVELS THAT PUT THEM AT RISK OF SHORT AND LONG TERM HARM.





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?

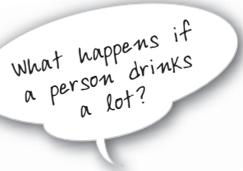
Yes. An overdose of alcohol can result in a person having nausea, vomiting, falling into a coma, having shallow breathing, pale skin and loss of bladder control. Acute alcohol poisoning can lead to death.

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.



- *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 licensed 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. It is illegal to drive with a blood alcohol concentration (BAC) over and including 0.05.

If you are on your L's or your P's, 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 up to \$1200 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. Failure to complete the program will result in licence cancellation.

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. For a first offence, you could face a fine of up to \$1200. For any subsequent offences, the fine may be anywhere up to \$2500 and you may also face imprisonment up to 3 months as well as lose your licence.

Drink drivers with readings of 0.07 or above will have their licences immediately cancelled. Drink drivers with alcohol readings of 0.05-0.06 may retain their licence subject to losing 10 demerit points. However, if they are repeat offenders, their licence will be immediately suspended until the drink-driving charge has been heard in court.

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.

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:

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



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



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.

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.

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

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



- *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.*



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.



HOW TO DRINK LESS CONTINUED ...

- **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'.



- *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*

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



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 IS CANNABIS? CONTINUED ...

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?

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.

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



HEALTHY BODY BENZODIAZEPINES

WHAT ARE BENZODIAZEPINES? CONTINUED ...

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?

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.

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.



WHAT IS COCAINE? CONTINUED ...

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.



HEALTHY BODY AMPHETAMINES

WHAT ARE AMPHETAMINES? CONTINUED ...

What happens if a person mixes amphetamines with other drugs?

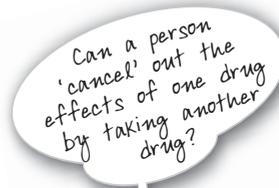
Taking other drugs as a way of coping with some of the undesirable effects of amphetamines may result in a 'roller coaster' dependence on several drugs.

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).



- *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 (methylenedioxyamphetamine). 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.

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.



WHAT IS ECSTASY? CONTINUED ...

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:

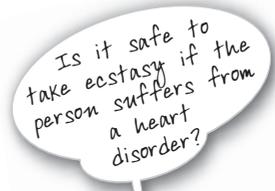
1. The stimulant effect: resulting in heart attack or brain haemorrhage.
2. Overheating: when combined with dancing hard and fast for long periods of time without a break.
3. Drinking too much water (the brain swells from too much fluid). As a general rule, in dance or rave environments, a person who 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?

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.

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.



HEALTHY BODY HEROIN

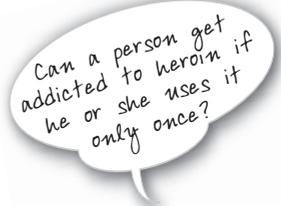
WHAT IS HEROIN? CONTINUED ...

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.



- *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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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.

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



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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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.

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.



- *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 ...

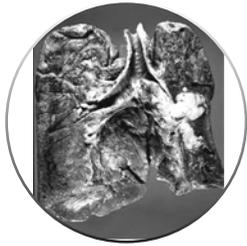
Emphysema is an illness that slowly and permanently rots your lungs. People with emphysema often get bronchitis again and again, and suffer lung and heart failure. They find it very difficult to breathe, a bit like being held under at the pool, and gasping to take a breath. That is a bit like living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



**EMPHYSEMA IS
AN ILLNESS THAT
SLOWLY AND
PERMANENTLY
ROTS YOUR
LUNGS.**

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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.

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.

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



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

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HEALTHY BODY SMOKING KILLS

WHEN ARE YOU DEPENDANT ON NICOTINE?

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 |

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.

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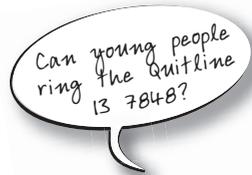


HEALTHY BODY
SMOKING KILLS



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 165**



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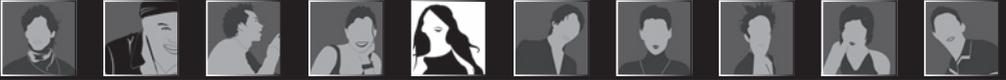
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DEPRESSION



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



HEALTHY MIND DEPRESSION

HOW TO GET HELP

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 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

ReachOut.com - 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

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.

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HEALTHY MIND

STRESS AND RELAXATION

STRESS AND RELAXATION

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).*

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 crrraack! 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.



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

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?



- *Some feelings indicating someone is stressed could be:*
- nervousness
- anxiety
- sadness
- aggression and anger
- tiredness
- tension.

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, getting into trouble, 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.

EVERYONE
SHOULD LEARN
TO RECOGNISE
STRESS SIGNS IN
THEMSELVES.



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



HEALTHY MIND
SELF-ESTEEM AND CONFIDENCE

SELF-ESTEEM AND CONFIDENCE CONTINUED ...

- 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.

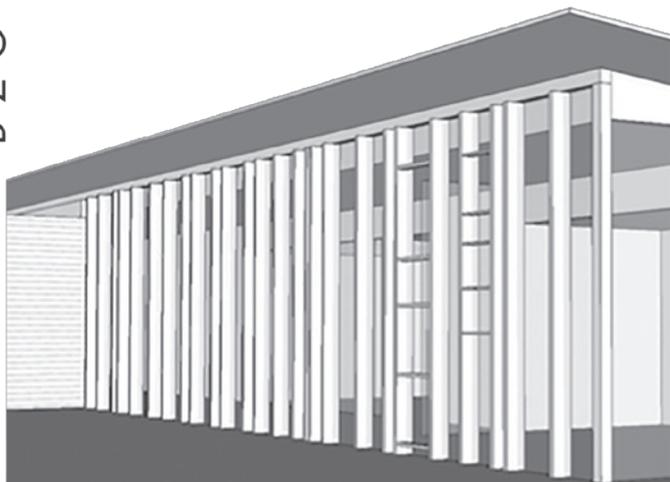
For contact information and websites about Healthy Mind, please see **page 165**



11889 TASMAN HWY SWANSEA TASMANIA 7190 MOBILE 0418 826 555 03 6257 8999

B Z O W Y A R C H I T E C T U R E

PROUDLY SUPPORTING THE YOUTH IN OUR LOCAL COMMUNITY
THROUGH THE STREETSMART HANDBOOK.
HELPING KEEP THE YOUTH SAFE





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. **CareerHub** is the University of Tasmania's online resource for up-to-date job vacancies, career information and events.

New positions are advertised daily – many of which are only advertised to UTAS students. The part-time and casual jobs on offer will mostly be located in the area of your registered campus as will most of the undergraduate work experience opportunities; however, many of the graduate positions are nationally and internationally based.

You will also find useful web-links, assistance with resume writing and selection criteria, current scholarships, volunteer opportunities, info sheets and news. You can also register to attend employment-related events and workshops including employer presentations and job skills workshops. CareerHub can be accessed at <https://careerhub.utas.edu.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

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

Planning your career factsheet

The 'Planning your career' factsheet lists some simple steps to help you through the decision making process.

<http://www.humanservices.gov.au/spw/customer/publications/resources/9272/9272-1205en.pdf>



A: Search the UTAS CareerHub – Careers & Employment Online where UTAS students and graduates can search for:

- **Employment opportunities:** graduate, vacation, international, degree related jobs (pt & temporary), work experience and employment scholarship
- **Upcoming events:** employer recruitment presentations, careers fairs, industry networking events and employment preparation workshops

Career resources: fact sheets, links, news and faqs

<http://careerhub.utas.edu.au/>



LEAVING SCHOOL FURTHERING YOUR CAREER

ONLINE JOB SEARCHING

Here is a list of useful websites relating to job searching, career development, studying and training.

Online job searching

jobsearch.gov.au — search for jobs by choosing your state, local area and occupation category. Create a job match profile, upload your resume and use the instant job list to find jobs based on your skills and experience.

joboutlook.gov.au — search for a career that you are interested in and find information on the trends and job prospects for that career.

careerone.com.au — search for jobs that interest you.

mycareer.com.au — search for jobs that interest you.

seek.com.au — search for jobs that interest you.

Career and recruitment

abc.net.au/acedayjobs/cooljobs — watch a series of videos profiling Australians with innovative careers.

employmentguide.com.au — look for recruitment agencies that specialise in your chosen industry and find career advice and information.

myfuture.edu.au — identify your interests and skill areas, make career decisions and plan your career.

jobguide.thegoodguides.com.au — work out what occupations suit you best, based on your interests and abilities.

Government information

skills.gov.au — Find out how gaining new skills can increase your job opportunities and find out about training options.

skillsinfo.gov.au — find information about the labour market and various industries, skill shortages and job outlooks.

deewr.gov.au/Employment/ Programs/ExpPlus — includes information for mature aged Australians on how to find a job, maintain your job, or move into a new role.

youngworkertoolkit.youth.gov.au — find answers to questions about how workplace relations laws apply to you.

deewr.gov.au/Employment/JSA — provides you with personalised help to find and keep a job.

apsjobs.gov.au — look for job vacancies in the Australian Public Service.

defencejobs.gov.au — find information about jobs in the Navy, Army and Air Force.

How to kick
start a career;

A: Start with the Department
of Human Services Fact
Sheet



Online job search information factsheet

You can find useful information online to assist you in your job search. The 'Online job search information' factsheet lists useful websites relating to job searching, career development, studying and training.

http://www.humanservices.gov.au/spw/customer/publications/resources/9202/9202-1205en.pdf



LEAVING SCHOOL UNIVERSITIES

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UTAS

The University of Tasmania is the fourth oldest university in Australia, established in 1890. Ranked in the top 4 per cent of universities globally and in the top 10 Australian research universities, the University has a long-standing reputation for excellence in learning, teaching and research. Through its campuses in Hobart, Launceston and the Cradle Coast, UTAS engages with the Tasmanian community and utilises the very best of its unique environment and the island's natural and built resources to deliver quality higher education and research. The only university in the state, UTAS has been pivotal to the development of Tasmania and Tasmanians and now its reach and impact extends across Australia and around the world. See: <http://www.utas.edu.au>

YEAR 11 & 12

Years 11 & 12 are key to your education, as during this time you will get opportunities to consider career and educational options, and may study pre-tertiary (also known as Level 3) subjects, which can provide a pathway into university study. During these years, you will probably discover many of the options available including apprenticeships, vocational training such as Polytechnic, Skills Institute and university study and sometimes it is hard to pick which option is right for you.

SO WHY GO TO UNIVERSITY?

There are many different reasons to go to university. Some careers require a university qualification for example, psychologists, architects, lawyers and teachers. Statistics also show that university graduates have a much higher rate of employment and generally receive better financial reward. Many students also undertake university as a way of adding to the knowledge they have gained and interests they have fostered throughout their senior secondary studies; for example, a student who undertook French in years 11 and 12 may wish to continue with this subject area at uni. One of the most compelling reasons to consider university, regardless of which degree you choose, is that you will be equipped with a range of generic skills which can really assist in the rapidly-changing world of work. University students learn how to think critically and flexibly and become self-disciplined; great assets for any future career!



A: One of the most compelling reasons to consider university, regardless of which degree you choose, is that you will be equipped with a range of generic skills which can really assist in the rapidly-changing world of work.



LEAVING SCHOOL UNIVERSITIES

SO WHY GO TO UNIVERSITY?

What are the differences between school and university?

A: As a UTAS student, you will notice some substantial differences between school and university:

- **Teaching and learning** at university has a different approach. For each unit, students have scheduled lectures and tutorials. Some courses include practical sessions or workshops.
- The university **academic year** is structured as two main semesters, each comprising 13 weeks of teaching. Within each semester the required attendance at lectures and tutorials (called 'contact hours') can be as little as 12 hours a week for a full-time enrolment. You will therefore find that you have substantially less structured class time than at school.
- **Motivation** is a very important ingredient for success. Although formal class time is much less than at school, university students need to put in 5-6 hours per subject each week reading for tutorials, preparing for assignments and studying for exams.
- **Communication** about matters such as academic progress is between the student and the university, and is strictly confidential. As a university student, you will be treated as an adult and communications about you with third-parties (e.g. your parents) are subject to Australian privacy legislation.

What subjects should I be studying in years 11 & 12?

It is important to choose your subjects in years 11 and 12 carefully, as these can provide a pathway to further education and future occupations. As an overall plan, it is suggested that you choose subjects:

- you enjoy,
- which reflect your interests and abilities,
- which help you reach your career and employment goals, and
- which will develop skills, knowledge and attributes useful throughout your life.

The following steps can help you to make subject choices:

Find out about occupational pathways

It is helpful if you have a few career ideas in mind before choosing subjects. If you are uncertain about this at present, then select subjects that will keep several career options open to you. Your school Careers Advisor or Pathway Planning Officer will be able to help get you started.

To ensure that you pick the right subjects for you, you should investigate the various pathways you can take to get a job in the occupational areas in which you are interested. Once you know about the different pathways you can select the most appropriate one for you; the following sites may assist you: My future and Australian Government job guide.

Check out each subject fully

Take these steps to ensure you understand the content and requirements of each subject:

- read subject descriptions and course outlines in booklets provided by your school
- talk to the teachers of each subject
- look at books and materials used in the subject
- listen carefully at subject selection talks, and
- talk to students who are already studying the subject



LEAVING SCHOOL UNIVERSITIES

SO WHY GO TO UNIVERSITY?

Try a broad range of subjects to keep your options open

Even if you have an idea about what you would like to do after completing Year 12, it is a good idea to pick a broad range of subjects. For example, while it may be appealing to choose all Science and Maths subjects if you are interested in this area, choosing one or more Humanities or Social Sciences subjects may provide you with different skills and open up an interest in careers that you had never considered!

Be prepared to ask for help

If you are unsure about which subjects to choose, don't be afraid to ask for help from:

- your school Careers Advisor and/or Pathway Planning Officer,
- your Grade Coordinator,
- teachers, or
- check out websites, such as My future , Australian Government job guide and Australian Career Development Studies.

UTAS Admissions Office accepts and manages applications from a diverse range of applicants for all our courses. Admission cycles are open most of the year and many courses have multiple intakes.

You should apply for admission once you know the course you want to study. We will assess your application and assist you in finding the appropriate path into tertiary study.

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Student's life
at Uni. How does
it work.



*A: The UTAS has helpful
information for the new student.*

*An A-Z guide covering
information on common topics
and terms.*

*[http://www.utas.edu.au/first-year/
understanding-uni](http://www.utas.edu.au/first-year/understanding-uni)*



LEAVING SCHOOL UNIVERSITIES

SO WHY GO TO UNIVERSITY?

*Uni life will
be better
than school.*

A: UTAS has a Transition Support Service is to assist you to adjust to university life and to help to resolve any issues that may be affecting your university studies.

Many students struggle with a number of issues while studying, for example, adjusting to the academic environment, understanding how to access university facilities or understanding university processes and procedures.

Students may also encounter stress, financial problems, housing problems, relocation issues, physical and mental health problems, relationship issues and problems with time management.

At UTAS there are a number of people and student support services that can help you with these problems, but often knowing where to go can be difficult.

Student Advisers can be found at various locations on both the Northern and Southern UTAS campuses, and specialise in different areas of study.

Applying to UTAS

Once you have decided which course you would like to study you will need to register and submit an online application form. Keep a note of your account User Name and password – you will need it to accept your offer. Before you apply make sure you have your qualifications, documentation and personal information ready.

After you submit your application you will receive a receipt and email confirmation.

Your application will be assessed. This process takes time and depends on how complete your application is and if you have to supply further documentation.

If your application is successful you will receive a letter of offer. Log in to your account to accept your offer, book into a Ready for Uni Workshop or enrol in preparatory units.

Hobart

Phone Australia: 03 6226 2999

Launceston

Phone Australia: 03 6324 3999

Cradle Coast

Phone Australia: 03 6430 4999

UTAS Information Centre Tel: 1300 363 864.



SO WHY GO TO UNIVERSITY?

The Australian Maritime College

The Australian Maritime College (AMC) is Australia's national institute for maritime and maritime-related education, training and research, and one of the seven founding members of the International Association of Maritime Universities (IAMU), which represents five continents.

AMC is a specialist institute of the University of Tasmania, (UTAS), one of Australia's original 'sandstone' universities founded in 1890.

Together we offer an exceptional, more personal educational experience that's great value for money: and a relaxed campus lifestyle in an island environment often referred to as one of the most beautiful places on earth.

The Australian Maritime College Course Guide

Download the 2014 Course Guide or view the publication online (below).

<https://www.dropbox.com/s/ki6oj44urxe8o82/Screenshot%202014-01-17%2011.34.27.png>

To find out more you can call the:

UTAS Information Centre Tel: 1300 363 864.

The Australian Maritime College

Address Newnham Campus:

Australian Maritime College
Maritime Way
Newnham, Tasmania 7250

Whether you want to captain a large vessel, safeguard the world's marine environments or design super structures on the ocean, there's a wide range of study areas to choose from, including:

- *maritime engineering (marine and offshore engineering, ocean engineering and naval architecture)*
- *marine environment (aquaculture, fisheries management, marine conservation and aquatic animal health)*
- *international and coastal seafaring*
- *maritime business, international logistics and maritime technology*

Contact the UTAS student contact centre on 1300 363 864.

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LEAVING SCHOOL SKILLS TASMANIA

ABOUT SKILLS TASMANIA

Skills Tasmania is Tasmania's State Training Authority, developing strategies and providing support, advice, opportunities and funding to deliver quality training to meet the needs of Tasmanians and our industries.

General contact details for Skills Tasmania (call 1800 655 846)

Vocational education and training (VET)

The Tasmanian Government continues to build skills for Tasmania's future by investing in the vocational education and training (VET) system.

What is VET?

VET provides skills and knowledge for work through a national training system. Visit <http://www.skills.tas.gov.au/skillstas/about>

Or call

Free call number: **1800 655 846**

Email: enquiries@skills.tas.gov.au

Hobart office

26 Bathurst Street, Hobart Tasmania 7000

Telephone: (03) 6233 4600

Launceston office

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Launceston, Tasmania 7250

Telephone (03) 6336 2288 / (03) 6336 2922

Devonport Office

20 Valley Road

Devonport, Tasmania 7310

Telephone (03) 6434 6272

What are traineeships/apprenticeships?

Traineeships and apprenticeships are employment-based training arrangements where a trainee or apprentice has the opportunity to combine employment with training and can be full-time, part-time or school-based.

All trainees and apprentices are referred to as 'Australian Apprentices', a term that covers all traineeships and apprenticeships.

Traineeships and apprenticeships are the best way to combine training and employment and they can lead to a nationally recognised qualification.

They are available to anyone of working age and do not require any entry qualifications.

Traineeships and apprenticeships offer a great way to get a head start in a chosen career through paid work and structured training that can be on-the-job, off-the-job or a combination of both. Existing skills and prior experience are recognised and course credit granted, potentially reducing formal training time.

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What is VET?

A: VET is generally practical, hands-on and industry focused. Courses range from certificate I to advanced diploma level and are taught by registered training organisations (RTOs), who are authorised to issue VET qualifications for training that they are registered to deliver. In Tasmania TasTAFE is the primary public provider.

Free call number: 1800 655 846

CONTACTS:

UTAS - General Enquiries
Hobart 03 6226 2999

Skills Tasmania's - Hobart office

Free call number: 1800 655 846

Australian Maritime College (AMC)

- 1300 363 864 for general course information,
- 1800 030 277 for seafaring course information (in Australia)

TasTAFE - Contact us
Phone: 1300 655 307

Traineeship and apprenticeship in Tasmania: contact (03) 6233 6417

For school-based traineeship and apprenticeship information:
Phone: (03) 6233 4600
Free Call: 1800 655 846



LEAVING SCHOOL SKILLS TASMANIA

ABOUT SKILLS TASMANIA

*I don't want
to study all
the time.*



Many courses are offered as full-time or part-time courses (day, evening or weekend). You should apply directly to the relevant TAFE providers for part-time study.

To find out more about courses visit:

<http://www.tastafe.tas.edu.au/course-finder/Pages/home.aspx>

Competency-based traineeships and apprenticeships allow for the training contract to be completed on successfully achieving the nominated qualification. This leads to a nationally recognised qualification and skills within your chosen occupation.

Across Australia there are more than 500 traineeships and apprenticeships available in a variety of occupations, in traditional trades as well as a diverse range of careers in most sectors of business and industry, including:

- Agriculture, horticulture and related industries
- Automotive Process
- Building and Construction
- Business services
- Finance services
- Food
- Hairdressing
- Community services and health
- Information technology
- Light manufacturing
- Local government
- Metals and Engineering
- Printing
- Manufacturing
- Property services
- Public Services
- Retail
- Seafood
- Sport and recreation
- Telecommunications
- Tourism
- Transport and distribution
- Utilities and energy



LEAVING SCHOOL APPRENTICESHIPS

TYPES OF TRAINEESHIPS AND APPRENTICESHIPS

In Tasmania, an apprenticeship is generally up to four years, and most traineeships are 12-24 months. The approved traineeships/apprenticeships in Tasmania lists all available funded, non-funded and school-based traineeship and apprenticeship qualifications in Tasmania.

<http://www.skills.tas.gov.au/apprenticeshipstraineeships>

To search on traineeships and apprenticeships that cater to particular industries or occupation types, visit the Australian Apprenticeships Pathways website. <http://www.aapathways.com.au/HomeSchool-based-traineeships/apprenticeships> are another alternative, which have been designed to allow young people to commence employment based training while completing year 10, 11 and 12 of their education.

<http://www.skills.tas.gov.au/apprenticeshipstraineeships/schoolbased>

Skills Tasmania

Infoline: 6233 7740

www.skills.tas.gov.au

SCHOOL-BASED TRAINEESHIPS AND APPRENTICESHIPS

A school-based traineeship or apprenticeship allows year 10, 11 and 12 students to undertake a nationally recognised qualification as a trainee or apprentice while still attending school.

When a prospective trainee/apprentice and employer decide to enter into a school-based traineeship or apprenticeship they need to be clear about their commitment to the training contract and whether that commitment extends past year 12 or not. Students who commence a school-based traineeship or apprenticeship may complete the qualification before leaving school, however many of the higher-level qualifications particularly in the trade areas continue past the end of year 12.

Many of the school-based traineeships and apprenticeships provide pathways into careers in the trades and other vocations and give the trainee or apprentice a head start in their chosen career. It also provides employers with the opportunity to start training their future workforce from a very early age.

Can a TAFE
course lead to
University?



TAFE studies can be used as a pathway into degree courses offered by universities and vice versa. You can begin your studies at TAFE, obtain credit for the work you've done, then apply for university admission.



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LEAVING SCHOOL APPRENTICESHIPS

SCHOOL-BASED TRAINEESHIP/APPRENTICESHIP

The School-based Traineeship/Apprenticeship Guide provides information to employers, trainees/apprentices, parent/guardians, registered training organisations and schools. The guide outlines the requirements and responsibilities of the parties under a school-based training contract.

See <http://www.skills.tas.gov.au>

When you become a trainee or apprentice you will need to sign a training contract in accordance with the *Training and Workforce Development Act 2013*.

A training contract is a legally binding agreement between you and your employer to achieve the qualification stated in the contract.

For school-based traineeship and apprenticeship information:

Phone: **(03) 6233 4600** Free Call: **1800 655 846**

Email: enquiries@skills.tas.gov.au

BECOMING A TRAINEE OR APPRENTICE

Information on this page is designed for those wanting to know more about becoming a trainee or apprentice, of which there are four steps (see below). If you want to know more about traineeships or apprenticeships, such as what incentives and subsidies are available, or what are the obligations of and support for trainees/apprentices and their employer, and much more, visit the main Traineeships/Apprenticeships page.

Step One - Choose a career

Decide on the type of work and industry you want to work in. Find out if there is a traineeship or apprenticeship being offered in the industry that you have chosen by browsing the list of approved Traineeships/Apprenticeships in Tasmania. <http://www.skills.tas.gov.au/apprenticeshipstraineeships> Traineeships and apprenticeships can also be undertaken while still at school. School-based traineeships and apprenticeships have been designed to allow young people to commence employment-based training while completing year 10, 11 and 12 of their education. For further information contact your Careers Officer or VET Coordinator at your school, or contact your local Australian Apprenticeships Centre.

The following websites are a good starting point to find out more about your career options:

Australian Apprenticeships Pathways

<http://www.aapathways.com.au/>

myfuture

<http://www.aapathways.com.au/>

Job Guide

<http://www.jobguide.education.gov.au>

Youth.gov.au

<http://www.youth.gov.au/sites/youth>

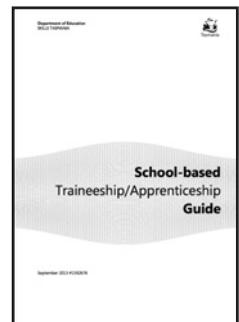
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I want to sign up for an apprenticeship now!



You sign the training contract make sure you understand your responsibilities for the duration of the training contract and what training you will be undertaking.





LEAVING SCHOOL APPRENTICESHIPS

BECOMING A TRAINEE OR APPRENTICE

Where can I find help during my apprenticeship?



If you need information on who provides the training, tips and ideas to support you during your training and services that offer you advice on dealing with complaints and grievances go to:

<http://www.skills.tas.gov.au/apprenticeshiptraineeships/whatis>

Step Two - Find an employer

Put together a resume that outlines any work experience, hobbies, your school studies, achievements, your career goals and contact details. Once you have decided on your career you will need to find an employer who will give you a job so you can earn and learn. You can do this by looking in the job vacancy ads in your local paper or online, contact an Australian Apprenticeships Centre in your region (search on Australian Apprenticeships Centre in your area) to assist you with job-matching services, directly contact employers in the industry you'd like to work in, or contacting a Group Training Organisation.

<http://www.australianapprenticeships.gov.au>

You can also visit jobsearch.gov.au. This website advertises traineeships and apprenticeships in your local area and has details of your local Job Services Australia providers who can also help you.

<http://jobsearch.gov.au>

Step Three - Getting started

You and your employer will need to contact an **Australian Apprenticeships Centre** as you will be required to sign a training contract as an agreement to work and train together for a specified duration. A training contract is a legally binding document that outlines the roles and responsibilities of both you and your employer. If you are under 18 your parent or guardian must also sign the contract.

You and your employer will also need to choose a **registered training organisation** that will work with you and your employer to achieve the qualification. The registered training organisation will help you and your employer develop a training plan, deliver training, assess your achievement of skills and issue the qualification on successful completion of the qualification.

You and your employer will need to discuss with the registered training organisation any costs associated with the delivery and assessment of the qualification.

For a list of qualifications available and registered training organisations relevant to your chosen traineeship or apprenticeship, visit training.gov.au website. **<http://training.gov.au>**



Step Four - The paperwork

When you and your employer have completed and signed the **training contract** and the registered training organisation has agreed to provide training and assessment services, your nominated Australian Apprenticeships Centre will lodge the training contract with Skills Tasmania. Skills Tasmania is the State Training Authority who administers the training contract for all traineeships and apprenticeships in Tasmania.

Skills Tasmania will validate the information contained in the training contract and, if correct and complete, the contract will be approved and registered. An incomplete training contract cannot be registered by Skills Tasmania. The incomplete training contract will be returned to the Australian Apprenticeships Centre for amending. A training contract is not in force until it is registered.

Your nominated registered training organisation will, in conjunction with you and your employer, develop a training plan that helps you and your employer understand what is expected of you to achieve the qualification. It outlines what you learn, where you will learn it, how you will be trained, and how and when you will be assessed.

Once you have achieved these skills, the registered training organisation will issue you with your qualification and notify Skills Tasmania of your successful completion. This will allow the training contract to be completed.

What is an apprenticeship?



An apprenticeship gives you the skills and experience you need to help your career reach its full potential, and you also get paid to learn!

You can do an apprenticeship if you are a school-leaver, re-entering the workforce or you can even begin your apprenticeship while you're still at school finishing Years 11 and 12. An apprenticeship can be offered in a variety of qualification levels in many different occupations. An apprenticeship combines time at work with training, and can be full-time, part-time or school-based.

For contact information and websites about Leaving School, please see **page 167**

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Australia

Mark & Michelle Eaton

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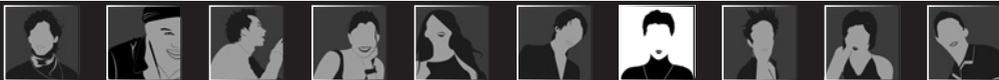
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LOANS



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.

<http://www.moneystuff.net.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.



- *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.*

Australian Securities & Investments Commission

Tel: 1300 300 630

www.moneystuff.net.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.

<http://www.moneystuff.net.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.

<http://www.moneystuff.net.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.



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.

<http://www.moneystuff.net.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.*

Australian Securities & Investments Commission

Tel: 1300 300 630

www.moneystuff.net.au



CREDIT CARDS

I need some credit advice!

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.



- *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.

Australian Securities & Investments Commission

Tel: 1300 300 630

www.moneysmart.gov.au



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.*

www.consumer.tas.gov.au
1300 65 44 99

Australian Securities &
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Tel: 1300 300 630
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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.



- *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.*

Australian Securities & Investments Commission

Tel: 1300 300 630

www.moneysmart.gov.au



I need some
credit advice!

**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



MONEY BUDGETING

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BEGIN WITH A BUDGET CONTINUED ...

- 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 Abstudy
- 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 167**

Australian Securities & Investments Commission

Tel: 1300 300 630

www.moneysmart.gov.au

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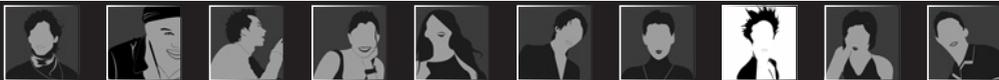
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MOVING OUT



LEAVING HOME



LIVING AWAY FROM HOME

Consider carefully:

- Talk problems over with members of your household
- Talk with family or friends (if you don't live with them)
- Talk to your welfare co-ordinator or your youth service/counsellor
- You may just need to spend time away from home to think over problems.

Try not to make any quick decisions and think **carefully before moving out**.

Also consider your legal rights and responsibilities before you move anywhere. It is important to seek advice on your rights in different housing situations and also to be aware of your responsibilities.

LIVING INDEPENDENTLY, FLAT/HOUSE

This is generally the most expensive option. Usually it involves signing a lease or tenancy agreement. Get advice before you sign a lease if you don't know your obligations or legal rights as a tenant.

Normally you will have to pay a month's rent in advance and probably a security deposit or bond (usually equal to 1 month's rent). You will need furniture, utensils and an ongoing budget. You will need to connect gas, electricity, water, and telephone accounts in your name.

Where to look

- Check daily and local papers. Look under 'Houses to Let' and 'Flats Vacant'.
- Check real estate agents in the area you are looking in. A good tip is to be well dressed when seeing agents. You might need to take \$70-\$100 security deposit if you want to take a key from the real estate agent to view a property. This is refundable when you return the key.



- *Even if there are problems where you are living, moving out can be an expensive decision and may not be the best solution.*

Visit The Office of Consumer Affairs and Fair Trading website:

www.consumer.tas.gov.au

www.smarthandbooks.com.au



MOVING OUT HOUSING

CHOOSING SHARED HOUSING

You might move in with some friends or with people you don't know. Look under the 'Share' column in the 'House to Rent' section of your local newspapers. Another option is to look at housing boards at colleges and universities, also the local newspapers, Internet or cafes.

Shared houses all have their own 'rules' so you need to ask a lot of questions. Generally you need to pay 1 month's rent in advance plus a bond. Most shared houses split the gas and electricity bills equally between everyone in the house.

Think about how you will get on sharing a house with other people. How many people do you want to share with? Usually the more people you share with the less expensive it will be.

When you share a house with others you will have to live with each other's temperaments and moods. It is advisable to live with people who have similar interests and have similar standards: check their attitude to health, food, music, friends, finances and pets.

Most households choose to buy their food together: this has many advantages — the food belongs to everyone so you can avoid quarrels over people eating someone else's food — it gives the house more buying power (e.g. you can buy in bulk and save), household meals can be cooked and shared (this makes the house more communal).

Some reasons why you may decide to buy food individually are:

- You all keep very different hours
- You have very different tastes in food
- You simply want separate food.

Before you move into a 'share' situation, it is very helpful to speak to someone who can tell you all about it. Share arrangements can often break down so getting advice before setting up is a good idea.

But
I
cleaned
last
week!!



- *In a 'shared house' all the work has to be shared.*



MOVING OUT HOUSING

PRIVATE BOARD

Private board is living with a family in their home. Sometimes people who have a spare room in their house rent it out to someone they think will fit in with their way of life.

To find private board you can:

- Look in local and daily papers,
- Put an advertisement in the local paper.

If you are looking at a possible private board house it is important to ask questions like:

- How much will it cost per week?
- Can I use house equipment to clean?
- Can I use all facilities in the house, i.e. phone, TV, cooking, laundry?
- Is the room furnished?
- Can I have visitors?
- Can I park a car?
- Do I have my own room?
- Can I have someone stay over?

Most of all — find out what they expect of you before you move in.

ROOMING HOUSES

These are generally very large with 6 to 30 or more rooms for rent. **The rooms usually have basic furniture, e.g. bed and wardrobe.** Tenants share common facilities, e.g. lounge-room, kitchen, bathroom, laundry. You still have to buy and prepare your own food as well as pay rent.

- Advantage — rent usually one week at a time and you may not have to pay a bond, but if you do it can't be more than 2 weeks rent.
- Disadvantage — can be lonely.



- *Remember in private board you have to fit in with the other people in the house.*

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MOVING OUT HOUSING

BOARDING HOUSES

Boarding houses generally provide individual bedrooms (with basic furniture) and shared lounge-rooms, bathroom, laundry.

They usually provide two meals per day.

- Advantage — rent usually one week at a time and you may not have to pay a bond, but if you do it can't be more than two weeks rent. Private hotels usually operate the same way as boarding houses.

Student Housing

If you are a tertiary student you will have access to a few more alternatives for accommodation.

Contact your place of study for their accommodation lists.

Youth Housing

In the Inner East area there are a number of properties managed by Transitional Housing Managers. They offer accommodation to people with housing and support needs. Rent is generally equal to 25% of your income plus a utility charge (to cover bills such as gas and electricity). Most youth housing is shared, support is provided by youth support workers in community organisations.

Applying for a house or flat

When you decide to rent a property you will be asked to fill out an application form by the agent. There are many costs involved in setting up a house or flat. Some of these costs are:

Rent — is usually paid by the month and in advance

Security deposit or bond — you are generally required to pay a bond, which is usually equal to 1 month's rent. If the property is not clean, if the property is damaged or the rent is not up to date the bond will not be returned.

SETTING UP A PLACE

THINGS TO DO WHEN MOVING IN

Electricity – find out which power company operates in your area.

The local council may know or ask a neighbour. You will need to phone them to have the power connected.

Telephone – it's your choice which communications company you connect with: Telstra, Optus, Orange etc. Phone each and see what their special offers are.

Wearing
any gear
is O.K.,
it won't
matter
anyway



- Remember, when seeing an agent, look the part and dress smart.



MOVING OUT SETTING UP A PLACE

THINGS TO DO WHEN MOVING IN CONTINUED ...

Gas – find out if you have any gas appliances for heating, cooking or hot water. The gas provider in your area can be found by phoning your local council or asking a neighbour.

Water – find out if you have a separate water meter or a shared meter. You can ask your agent or the water authority. Flats and dual occupancy units/houses may still have shared water meters. If the meter is shared between two separate flats, units or other dwelling e.g. house and bungalow, the tenants are not responsible to pay for water or sewer charges. You can pay for water consumption and sewerage disposal if you are separately metered. Remember, ask the water authority if you are unsure.

Change of Address – you will need to notify friends, business contacts and authorities, e.g. Centrelink, of your new address. You can arrange for the post office to redirect your mail if you can't rely on someone at your old address to send it on to you. You will have to pay for mail re-direction.

Furniture and utensils

If you don't have furniture consider second-hand shops, markets, op shops, and the internet. Eastern Emergency Relief may assist with furniture items, referral is required through a support agency.

- Rent
- Electricity
- Gas
- Telephone
- Food
- Water
- Petrol/Public transport

The utility companies offer an easy-way payment system where you are able to pay on a fortnightly basis.

Rental payments if sharing, options are:

1. One person collects rent from other members and pays agent
2. Everyone pays into a 'rent' bank account
3. Individuals pay their rent money directly to agent
4. Everyone takes a turn at collecting rent and paying the agent.

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Candles don't last
very long these
days!



- *Don't live in the dark! It's your responsibility to get services connected.*

Visit The Office of Consumer
Affairs and Fair Trading
website:

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Rental bonds

Property owners and agents can charge bonds for residential rental properties. The bond protects them from financial losses they might incur if a tenant breaches the rental agreement. It is illegal:

- to collect more than one bond for one premise
- to charge more than the equivalent of four weeks rent for bond
- for the owner to receive a bond. All bonds must be paid to the Rental Deposit Authority (RDA). If the property is managed by a registered agent then the agent may collect the bond directly from the tenant. The bond must be deposited to the RDA within 3 days of collecting the bond.

The Maximum Bond

The bond must not exceed one month's rent. This does not apply if you have just rented the landlord's home until he or she returns to it and the tenancy agreement states this.

Lodging a form

A Bond Lodgement form can be submitted either:

- With a real estate agent
 - The Bond Lodgement form and bond can be lodged directly with the real estate agent
- With Service Tasmania
 - The Bond Lodgement form and bond can be lodged at any Service Tasmania shop.
 - It is illegal for a private property owner to receive and hold a bond.
 - Service Tasmania will issue a receipt however it will not include any contributions made by Colony 47 or Anglicare. The Rental Deposit Authority will send another receipt that includes their contribution.
- By Post
 - Tenants may choose to lodge the form and pay the bond directly to the RDA by post.
 - The RDA will accept bank cheques or money orders however personal cheques and cash will not be accepted. Cheques or money orders should be made payable to the 'Rental Deposit Authority'.
 - The RDA will post a receipt to the tenant/s.

Bond lodgement receipts

- It is very important that tenants and property owners keep a copy of the Bond Lodgement receipt.
- The receipt contains a Bond Number which is unique to the bond money that has been lodged. This number is needed when claiming the bond when the tenancy agreement ends. For more information on claiming a bond refer www.consumer.tas.gov.au/renting/claiming_the_bond.



MOVING OUT TENANT INFORMATION

CONDITION REPORTS

Condition reports

- If a bond is paid, a property owner/agent must:
 - Prepare and sign a condition report on the property
 - Give two copies of the condition report to the tenant before the beginning of the tenancy.
- When the tenant is provided the condition report, the tenant must:
 - Add details of any damage or items they may find that are not included in the condition report
 - Sign one copy and return it to the owner within two (2) days of receiving the documents.
- Condition reports:
 - Must detail the general condition of the property at the beginning of the tenancy including any pre-existing issues (eg marks on carpet, damage or fixtures and fittings that are not working).
 - Photographs can be used to show the property's original condition or items that were in the property at the beginning of the tenancy.
 - It is very important that both the tenant and property owner/agent keep a copy of the condition report as it can be used as evidence when the tenancy agreement ends if there is a dispute about cleaning, damage or replacement of missing items during and at the end of the tenancy.
 - If the tenant is responsible for any damage (apart from general wear and tear), the property owner/agent may use the report to claim part of, or the entire bond to cover costs to repair the damage.

Can the landlord charge what he likes for a bond?



- *The bond must not exceed one month's rent if the weekly rent is \$350 or less.*

Visit The Office of Consumer Affairs and Fair Trading website:

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MOVING OUT

TENANT INFORMATION

CHANGE OF TENANTS

We love the flat and life is sweet!



- Remember, community groups are there to help. It's free, so use them.

If the tenancy is continuing but one or more tenants are leaving the property, the entire bond must remain lodged. Departing tenants should complete a Bond Transfer form with continuing and incoming tenants, and the landlord or agent. Arrange the refund of your share of the bond directly with the continuing or incoming tenants.

The landlord or agent must complete and sign the transfer form to consent to the transfer of the tenancy. A bond or loan from the Director of Housing cannot be transferred.

Contacts

- **Lodgements, Claims, and Transfer Form Submissions**

For rental bond enquiries including lodging, claiming or transferring a bond: RDA@justice.tas.gov.au.

- **Lodgement, Claim, and Transfer Enquiries**

Telephone: 1300 654 499 or (03) 9627 6143

- **Consumer Affairs and Fair Trading**

Address: Level 3, 15 Murray Street, Hobart 7000
or GPO Box 1244, Hobart 7001
Phone: 1300 65 44 99

www.consumer.tas.gov.au/renting

Visit The Office of Consumer Affairs and Fair Trading website:

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MOVING OUT

TENANT INFORMATION

TENANT INFORMATION SERVICES

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Rental Deposit Authority

GPO Box 1244 Hobart Tasmania 7001

Upon lodging the bond, you will receive several receipts. One of these must be returned to the landlord before gaining possession of the property (Note that it will take longer to get a bond receipt via post).

It is important that you keep the receipt as it contains a bond number that you will need when claiming the bond back. MyBond holds the money until the end of the tenancy. They do not pay interest on the bonds being held.

Most residential tenancies in Tasmania are covered by the Residential Tenancy Act 1997. The Act sets out the regulations around the payment and return of bonds.

What is a Bond? A bond is the money that you pay to a landlord/agent at the beginning of the tenancy. This is financial security for the landlord in the event that you fail to meet your obligations under the tenancy agreement, such as fail to pay rent or cause damage to the property. It is not compulsory for a landlord / agent to charge a bond.

For contact information and websites about Moving Out, please see **page 167**

Visit The Office of Consumer Affairs and Fair Trading website:

www.consumer.tas.gov.au

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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.

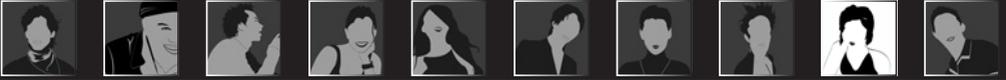
Answer: If you find something that may be a UXO, DO NOT DISTURB IT, tell your parents, teachers or police. Police will arrange for military experts to attend and dispose of it.

Q5. Where can you get more information on UXO in Australia?

Answer: From the internet at defence.gov.au/uxo.

Results: Congratulations you aced it there were no wrong answers. UXO should not cause you any problems.

PROTECTING YOURSELF 135



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.*





PROTECTING YOURSELF SCHOOLIES

CALL TRIPLE ZERO (000) IN AN EMERGENCY

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

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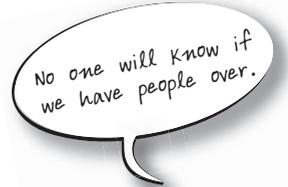


ACCOMMODATION

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 for more useful information on how to have a safe Schoolies.



- *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 Support Service

Crisis Support Line: (03) 6231 1817

www.sass.org.au



- *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:
1800 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.



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.



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 167**



Children & Families Stream

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SEX



WHAT DOES THE LAW SAY?

The law says:

- You can't have sex if you're under 17 with a person who's caring for you or supervising you (e.g. a teacher), even if you agree.
- If you're under 12, you can't have sex with anyone, even if you agree.
- If you're between 12 and 16, the law says you can't have sex with someone who's more than two years older than you, even if you agree.

These laws on sex include sexual intercourse, but also any sexual penetration (putting anything into the vagina, anus or mouth) and any sexual touching. Sex is never legal at any age if you feel pushed into it because you're worried about what might happen if you don't agree. It also isn't legal for someone to have sex with you just because you're too drunk or high to say no.

WHAT'S IT ALL ABOUT?

Talking about sex is a key part of having a safe and healthy sexual relationship. Family Planning Tasmania website (www.fpt.asn.au) can give you the right information to help you have these conversations.

A good relationship is a lot more than sex. It's about who we are and how we relate to others sexually, emotionally, when we need support and when we just want to talk. But to get on well with others, we need to be comfortable with ourselves. That means being okay with what we look like, how we feel and who we're attracted to. Not everyone is attracted to the opposite sex and not everyone wants or has to lose their virginity in their teens. No one should put up with violence or bullying or feel pressured into having sex.

IMPORTANT SEXUAL SKILLS FOR YOUNG PEOPLE

1. Make informed choices about what you want from relationships and sex and stand by those choices.
2. Deal with pressure to have unwanted sex.
3. Recognise a situation that could turn risky or violent.
4. Know how and where to ask for help.
5. Know how to negotiate safer sex.

www.who.int

www.somazone.com.au

WHAT DOES THE LAW SAY?

The law says:

- The legal age for sex in Tasmania is 17 but if you have sex with someone more than three years under the legal age and you are at the legal age you are classed as a pedophile
- If you're under 12, you can't have sex with anyone, even if you agree.
- If you're between 12 and 16, the law says you can't have sex with someone who's more than two years older than you, even if you agree.

These laws on sex include sexual intercourse, but also any sexual penetration (putting anything into the vagina, anus or mouth) and any sexual touching.



SEXUAL HEALTH

SEX

LOVE, INFATUATION & INTIMACY

Am I ready to have sex with my partner?



- *A good rule is, if you don't feel comfortable with the situation, you're probably not ready.*

(Source: www.theword.org.nz)

The difference between love and infatuation or lust isn't always clear. To explain the difference, it helps to describe what love feels like. Some people describe love as strong feelings of trust and closeness. People often feel more willing to share their thoughts and feelings with someone they love. Others say love is just being accepted for who you are with all your good and bad points. These feelings describe what 'being in love' feels like, which can mean something different to 'loving someone'. You might 'be in love' with your partner and 'love' your sister. You can have lots of different feelings and fantasies about wanting to be close to, touch, or have sex with a person, without being in love. 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 might be true, but it isn't always.

AM I READY?

Deciding when to start having sex is a personal choice that you should only make after considering the pros and cons. It's important to consider your own feelings and talk openly and honestly with your partner.

Asking yourself these questions might help:

- How do you feel about your relationship with your partner?
- Do you, for any reason, feel pressured into having sex?
- Right now, how do you feel about your partner? Do you trust and respect him/her?
- What do you think might happen after you have sex?
- How do you think you'll feel about your partner afterwards and more importantly, about yourself?
- Do you feel that you and your partner can make a decision right now and feel comfortable with that decision?
- Have you talked about the risks of sexually transmissible infections (STIs) and pregnancy? What are each of you willing to do to avoid these situations?
- What do you know about Chlamydia, herpes, HIV and other STIs?
- What would you and your partner do if sex resulted in a pregnancy or an STI?
- Can you talk to your partner about your choices, no matter what they are?
- Do you have any moral, cultural or religious beliefs that might make deciding to have sex the wrong decision for you?



AM I READY? CONT ...

Remember, it's your body and your choice when to start having sex. Whether you say 'no' or 'yes' to sex, the choice is yours. No one has the right to pressure you into something you aren't completely comfortable with.

www.fpt.asn.au

MASTURBATION: WILL I GO BLIND?

Masturbation is a normal and healthy way for people to learn about their own bodies. It means touching and rubbing your penis or clitoris and breasts for sexual pleasure. It's also a type of safer sex.

Masturbation helps you find out what feels good, where and how you like to be touched and how to have an orgasm. A lot of partners touch and rub each other's sexual parts for pleasure (known as 'mutual masturbation'). It can be very intimate, especially for people who don't feel ready for sex. Oh, and no, you won't go blind or get hairy palms from masturbating!

SAFER SEX AND CONTRACEPTION

WHAT IS SAFER SEX?

The only type of sex that's 100% safe is not having sex at all (abstinence) and this is a choice some young people make. However, there are other types of sexual behaviours that are still considered safer types of sex.

Safer sex includes all types of sex that help prevent an unplanned pregnancy and lessen your risk of getting sexually transmissible infections (STIs). Doesn't sound like fun? Well, all of the following are types of safer sex:

- Cuddling, stroking and kissing
- Vaginal sex with a condom
- Massage
- Rubbing
- Anal sex with a condom and water-based gel
- Mutual masturbation
- Masturbation
- Oral sex with a condom covering the penis or with a dam (a thin square of latex that fits over the vagina or anus)

For more information contact Family Planning Tasmania (www.fpt.asn.au)

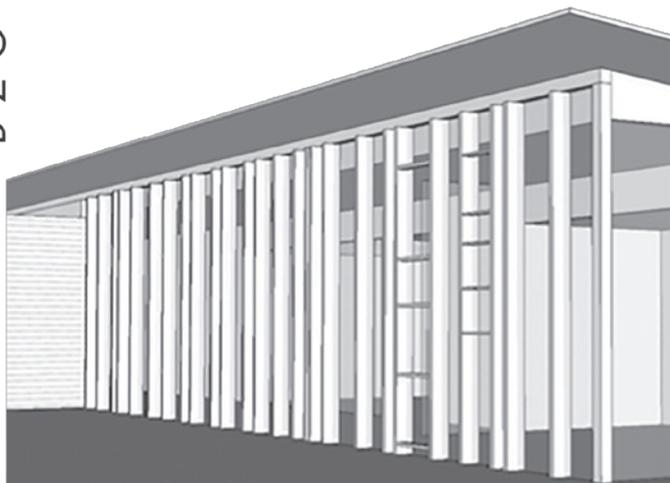


- *This is a symptom of stress and anxiety that's common for men, especially in a new relationship. Try to relax and slow things down. More kissing, touching and masturbating can help.*

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HELPING KEEP THE YOUTH SAFE





SEXUAL HEALTH

SAFER SEX AND CONTRACEPTION

CONDOMS CONT ...

Are all condoms
the same size?



- *No, you can get condoms in different sizes to fit your penis.*

**REMEMBER,
YOU CAN BUY
CONDOMS AT ANY
AGE.**

- Before putting the condom on the penis, hold the tip of the condom between the finger and thumb to release any air.
- Unroll the condom onto the penis before having sex.
- After ejaculating (coming), hold the base of the condom when withdrawing the penis to stop semen from leaking.
- Make sure there's no contact between the penis and vagina after the condom's removed.
- Put the used condom in the bin (don't flush it down the toilet, as it can block the pipes).
- Use a new condom if you have sex again.

THE PILL

There are lots of different types of contraceptive pills, including the combined pill and the mini pill. A doctor has to prescribe the type of pill that's right for your body. The combined pill, also known as 'the Pill', is the most common type. As long as you take it at around the same time every day and follow the instructions, it's at least 99% effective in preventing pregnancy. However, allowing for mistakes, it's about 92% effective.

The Pill basically works in three ways. It:

- prevents an egg from being released each month
- changes the lining of the uterus (womb) to stop a fertilised egg from sticking
- thickens the mucus in the cervix (entrance to the womb) to stop sperm from getting through.

The Pill won't stop you from getting STIs. Use condoms at the same time as taking the Pill to help protect yourself against STIs, especially with new sexual partners.

What happens if I forget to take the Pill?

If you forget, take it as soon as you remember and take the next pill at the usual time. Don't take more than two pills in one day. If you take the forgotten pill more than 24 hours later than usual, you won't be fully protected until you've taken seven active pills in a row. The same applies if you have vomiting or severe diarrhoea, as the Pill might not be absorbed. Some medications and natural remedies, including St John's Wort, can also make the Pill less effective. If you're taking any medications or natural remedies, it's a good idea to talk to a doctor about these before starting the Pill. Depending on where in a packet the Pill is missed, you might need emergency contraception (EC). If you have any doubts, talk to a doctor or contact Family Planning Tasmania.



IMPLANON

Implanon is a hormonal contraceptive implant that lasts for up to three years. Just four centimetres long and two millimetres wide, it's inserted by a doctor under the skin just above the inside of your elbow. It contains a man made hormone like the progesterone made by the body that prevents pregnancy by stopping ovulation. It also thickens the mucus made by the cervix (entrance to the womb), stopping sperm from getting through. If you don't like it or want to get pregnant, the procedure to remove Implanon is simple. After it's been removed, most women go back to normal fertility within a month.

WHAT IS EMERGENCY CONTRACEPTION?

If you have unprotected sex or a condom slips off or breaks, you can take emergency contraception (EC) to help prevent pregnancy. EC, which used to be called the 'morning after pill', can be bought from a chemist without a doctor's prescription. It contains a strong dose of hormones that act to stop or delay an egg from being released. EC should be taken as soon as possible, as it becomes less effective with time. It's most effective if taken within 24 hours, but works well up to 72 hours (three days) after having sex. It might still be effective if taken within 120 hours (five days). If EC doesn't work and you still get pregnant, there's no evidence that it could harm the foetus. Remember, using a condom is more effective than EC in preventing pregnancy.

SEXUALLY TRANSMISSIBLE INFECTIONS

SEXUALLY TRANSMISSIBLE INFECTIONS

Sexually transmissible infections (STIs) are carried in body fluids (semen, vaginal fluids or blood) and can be transmitted between people when they have vaginal, oral or anal sex. Condoms or other barriers (e.g. dams) will help protect you against most of these. Other infections like herpes and wart virus can also be transmitted through skin-to-skin contact. Condoms and other barriers, however, don't give full protection against these infections.

You can have an STI:

- at any age
- without having sex
- after having sex for the first time.

You can have an STI without having any symptoms. This means you can infect other people without knowing it. With the right treatment, most STIs can be cured. It's a good idea to have a simple check-up once a year, as untreated STIs can cause problems like infertility (which can happen years later).

Does the pill help protect against STIs?



- *No, the Pill, if taken correctly, only works to prevent pregnancy.*



SEXUAL HEALTH

SEXUALLY TRANSMISSIBLE INFECTIONS

SEXUALLY TRANSMISSIBLE INFECTIONS

My pill was six hours late. What do I do?



- *Take it immediately. You can be up to 24 hours late before you need to worry.*

**EMERGENCY
CONTRACEPTION IS
MOST EFFECTIVE IF
TAKEN WITHIN 24
HOURS OF HAVING
UNPROTECTED
SEX.**

If you've had sex and you start having the following symptoms, see a doctor or contact Family Planning Tasmania:

- Unusual vaginal bleeding (including bleeding after having sex)
- An unusual discharge from the vagina or penis
- Unexplained lower abdominal pain in women or pain in the testicles in men
- Pain when having sex
- Sores, lumps or rashes around or on the penis, anus or vagina
- Unexplained, tender rashes that come and go on the skin of the bottom or thighs
- A burning feeling when urinating
- Itching around the vagina, penis or anus

If you've had sex without a condom, you might still have an STI even though you don't have any symptoms. See a doctor if you think you might be at risk. Remember, most STIs can be treated.

CHLAMYDIA

What is it?

Chlamydia is a very common STI among young women and men. It's a bacteria that's passed on through vaginal or anal sex. If left untreated, it can cause pelvic inflammatory disease and infertility.

How do I know if I have it?

In most cases, people who have Chlamydia don't have any symptoms. This means a lot of people who have the infection don't know it. It's important to have a test once a year after having sex for the first time. Testing is simple - you just give a urine sample. Symptoms in women can include irregular vaginal bleeding, bleeding after sex, vaginal discharge, pain when urinating or having sex or lower abdominal pain. In men, Chlamydia can also cause pain when urinating, as well as discharge from the penis and pain in the testicles or scrotum. If you have Chlamydia, it's important that your sexual partners are treated as well.

Can it be treated?

A course of antibiotics prescribed by a doctor will clear the infection.

HPV: THE VIRUS THAT CAUSES GENITAL WARTS AND ABNORMAL PAP TESTS

What is it?

There are lots of different subtypes in the human papilloma virus (HPV) family. HPV infection is extremely common and up to 50% of young people will have been infected with one of the viruses in the HPV family within three years of first having sex. Most will never know they've been infected because the body usually controls the virus.



SEXUAL HEALTH

SEXUALLY TRANSMISSIBLE INFECTIONS

HERPES

What is it?

There are two sub-types of the herpes virus, known as herpes type 1 and 2, that cause small, painful blisters to develop. Cold sores around the mouth are usually caused by herpes type 1 and those around the genitals by either herpes type 1 or 2. They can be passed on by oral, vaginal or anal sex or through skin-to-skin contact.

How do I know if I have it?

In a lot of cases, people who have the infection don't have any symptoms and can pass it on to others without knowing it. Herpes can cause painful, tingling or itchy blisters and sores around the penis, vagina or anus. Some people have only one severe outbreak when they're first infected whereas others have regular outbreaks, especially when they're ill or stressed.

Can it be treated?

There isn't a cure for herpes. A doctor can prescribe medication to lessen the pain and help the healing process after a severe outbreak. This medication, when taken continuously, can also help prevent outbreaks in people who have them often.

GONORRHOEA

What is it?

Gonorrhoea is an infection caused by bacteria that can lead to pelvic inflammatory disease and fertility problems if left untreated. It can be passed on by oral, vaginal or anal sex.

How do I know if I have it?

Symptoms include a pus-like discharge, burning or pain when urinating, pelvic pain, pain or bleeding when having sex and changes in vaginal bleeding (in females).

Can it be treated?

Gonorrhoea can be cleared with antibiotics prescribed by a doctor.

HEPATITIS B

What is it?

Hepatitis B is a serious infection that causes inflammation of the liver. It's caused by a virus that can be passed on through blood contact or vaginal or anal sex with a person who has the infection (see blood borne viruses).

How do I know if I have it?

Symptoms can include tiredness, jaundice (yellowing of the skin and eyes), stomach pains, dark urine and pale faeces.

Isn't there a new vaccine for HPV?



- Yes, it helps protect against the most common types of HPV that cause genital warts and cervical cancer.



SEXUALLY TRANSMISSIBLE INFECTIONS

HEPATITIS B

Can it be treated?

There isn't a cure for hepatitis B. In most cases, the body's immune system controls and gives immunity to the virus. There's a vaccine for people who haven't had hepatitis B that gives almost 100% protection against the virus. It might be available to you at no cost through a sexual health or family planning clinic.

Dr Marie™ provides caring and non-judgemental services including contraception, vasectomy, STI checks and abortion. Call 1800 003 707 for more information or visit <http://www.drmarie.org.au>

PUBIC LICE

What are they?

Also called 'crabs', pubic lice are small bugs (parasites) that can be spread through sexual contact or contact with the clothes or bedding of a person who has the infection.

How do I know if I have them?

Pubic lice will cause a lot of itching and irritation around the pubic area. In some cases, the tiny bugs can be seen on the pubic hair or spots of blood might be found on the skin.

Can they be treated?

A doctor will be able to diagnose pubic lice and prescribe a cream or ointment to kill the parasite. This treatment can also be bought from a chemist without a doctor's prescription.

BLOOD BORNE VIRUSES

WHAT ARE BLOOD BORNE VIRUSES?

What are blood borne viruses?

Blood borne viruses (BBVs) are viruses that are spread through contact with infected blood. They include diseases like HIV and hepatitis B and C and can be transmitted through:

- blood transfusions
- using infected needles and other parts of an injecting kit
- unsterile body piercing
- unsterile tattoos
- sharing equipment like razors and toothbrushes.

HIV and hepatitis B can also be passed on through unprotected vaginal or anal sex. The risk of being infected with hepatitis C through sex is extremely low, if at all. Always use a barrier (e.g. a condom) with new sexual partners and don't share drug-using equipment, not even with your partner or close friend.



SEXUAL HEALTH

BLOOD BORNE VIRUSES

HIV/AIDS

Is it safe to share toothbrushes and razors?



- No, blood borne viruses can be spread by sharing toothbrushes and razors.

What is it?

If HIV (human immunodeficiency virus) is present in the blood, a person is known as HIV positive. This doesn't mean they have AIDS (acquired immune deficiency syndrome) or are ill. With time, the HIV virus can affect a person's immune system, making it less able to cope with common infections and causing them to develop AIDS and become very ill. AIDS is now very rare in Australia because of the availability of effective medication to help the immune system fight HIV in people who have the infection.

How do I know if I have it?

Most people who are HIV positive don't have any symptoms in the early stages of infection. When they do get symptoms, they'll be very similar to those of the flu. The only way to be sure of HIV infection is to have a blood test. If you think you might have HIV, ask a doctor for a HIV test or contact AIDS Line (1800 133 392) for more information.

Can it be treated?

There isn't a cure for HIV or AIDS. There are anti-viral drugs that lessen the effects of the virus and the chance of illness from other infections. The decision of when to start treatment for HIV is a personal choice. However, untreated HIV will eventually develop into AIDS.

The Tasmanian Council on AIDS, Hepatitis & Related Diseases Inc (03 6234 1242 or 1800 005 900) can give you more information about the different treatments available.

Post-Exposure Prophylaxis (PEP)

If you have unprotected sex or a blood encounter that's high risk for HIV, you might be eligible for Post-Exposure Prophylaxis (PEP). PEP is a four-week course of anti-HIV drugs that might prevent HIV infection. It needs to be started within 72 hours of exposure to HIV. It lessens the risk of HIV infection after needle stick injuries by 81%, but effectiveness after sexual exposure isn't known. PEP isn't as simple as taking a pill. It's a month-long course of regular HIV medication.

Side effects are common and include nausea, headaches, diarrhoea, tiredness and a rash. More serious side effects have been reported, but are rare.

You can only access PEP through selected sexual health clinics and major hospitals. For more information, call the PEP Hotline (1800 889 887).

THE TASMANIAN
COUNCIL ON AIDS,
HEPATITIS AND
RELATED DISEASES
(TASCAHRD)

INFORMATION &
SUPPORT LINE:
1800 005 900

<http://tascahrd.org.au>



SEXUAL HEALTH BLOOD BORNE VIRUSES

HEPATITIS C

What is it?

Hepatitis C is a slow-acting virus that infects the liver. It's spread through blood-to-blood contact with a person who has the infection, especially by sharing drug-injecting equipment.

Twenty five per cent of people who have the virus will clear it completely within two to six months of infection and won't then be able to transmit it to other people. The 75% who can't clear it will develop ongoing infection and are at risk of developing liver damage over many years if the virus isn't treated. These people can still transmit HIV to others.

How do I know if I have it?

In 75% of cases, the body isn't able to recognise and fight off the virus and it becomes a chronic illness. People who have a chronic infection might not have any symptoms, but can still pass the virus onto other people. Most people won't know their liver isn't working properly until hepatitis C becomes a chronic illness. However, a blood test might show abnormal liver function. Symptoms of a chronic infection can be mild to severe and happen constantly or only now and then.

Some common symptoms include:

- tiredness
- nausea
- stomach cramps
- feeling ill after drinking alcohol or eating greasy foods
- jaundice (yellowing of the skin and eyes).

Can it be treated?

There are a number of medications available to help fight the virus. In a lot of cases, the infection might be curable. There isn't a vaccine for hepatitis C. The only prevention is to avoid blood-to-blood contact with people who have the infection.

If you think you might have hepatitis C, talk to a doctor or contact the Hep C Infoline for help (1800 703 003).

www.aidshep.org.au

www.hepatitisaustralia.com

http://www.dhhs.tas.gov.au/peh/infectious_diseases/hep_c

<http://tascahrd.org.au>

My partner has hepatitis C, what should I do?



- For advice about how to help prevent infection or if you think you might have hepatitis C, contact the Hep C Infoline.

HEP C INFOLINE

FOR MORE
INFORMATION
CALL THE
PUBLIC HEALTH
HOTLINE ON
1800 671 738.

OR

TASCAHRD
INFORMATION &
SUPPORT LINE:
1800 005 900



SEXUAL HEALTH

SEXUAL ABUSE

SEXUAL ABUSE — NO MEANS NO

It's my body and my decision.



- *Nobody has the right to pressure or force you into anything sexually that you don't want to do.*

www.fpt.asn.au

Sexual Assault Support Service (South)

Ph: 03 6231 1811

Ph: 03 6231 1817

(AH crisis line)

Sexual Assault Support Service - Laurel House (North)

Ph: 03 6334 2740

0409 800 394 (after hours)

North West Centre Against Sexual Assault (CASA)

Ph: 03 6431 9711

Choosing whether or not to be sexually active is your right. Sexual abuse, sexual assault, rape and date rape are words used when things happen sexually that people don't want or invite. It's your choice what you want to happen and nobody has the right to pressure or force you into anything sexually that you don't want to do. Whether you know the person or not, even if they're your partner, whether they're the same or opposite sex, if they pressure or force you to have sex, it's rape.

SEXUAL ABUSE AND RAPE

There are lots of myths and misunderstandings about sexual abuse and rape.

Myth – When a woman says 'no' she really means 'yes' or 'try harder'.

Reality – **NO MEANS NO**. Stop when you hear her say 'no'. Without her consent, it's rape. Don't keep going if you're not sure.

Myth – Once a man's turned on, he can't control himself.

Reality – Rape is a choice to control and degrade another person. A number of rapes are planned beforehand. Men can control their sexual urges. No matter how much a man's turned on, there aren't any excuses.

Myth – Alcohol and other drugs cause rape.

Reality – You're always responsible for your behaviour, including how much alcohol you drink or other drugs you take. You're always responsible for what you do when you're under the influence of these substances. You can't blame rape on alcohol or other drugs. A court will rule there wasn't consent if the person who was assaulted was under the influence of these substances.

Myth – Rape is about sex.

Reality – Rape isn't sex, it's a violent crime. It's a violation of a person's rights over their body, their right to decide whether to have sex, their right to choose sexual partners and their right to have safer sex. Rape is about controlling, harming and degrading another person.

(Source: Shine SA, Guys Talk sexual health project)

WHAT CAN I DO?

Sometimes it's hard to do, but it's important to tell someone you trust and feel safe with if there's something going on in your life that you don't like. If you don't have someone you can safely tell or if you feel the people you tell aren't giving the right support, there are organisations that can help:

The Tasmanian Sexual Assault Support Services (SASS) are government funded community based services for survivors of sexual assault. There are offices in Hobart, Launceston and Burnie.



SEXUAL HEALTH

SEXUAL DIVERSITY

SAME-SEX ATTRACTED YOUNG PEOPLE CONT ...

Where can I go to talk to someone about my sexuality?

Coming out

Coming out, especially to family and friends, can be tough. Rather than just happening once, it's an ongoing process that happens as you meet new people and find yourself in different situations. It's a good idea to prepare yourself by getting some information. If you're still having doubts about your sexuality or feeling depressed or anxious, you should talk to a counsellor or call a support line (see contacts).

Once you start to tell people, others tend to find out quickly. Make sure you have enough support to handle people's reactions, as not everyone will be happy for you. If someone rejects you, consider whether the relationship is really worthwhile. It's important to find ways to support yourself and build your self-esteem. It's not always easy, but the process does get better (see www.youtube.com/itgetsbetterproject).

PREGNANCY**PREGNANCY**

Conception starts when a sperm fertilises an egg in the fallopian tube. This fertilised egg then starts to grow and embed itself in the soft wall of the uterus (womb), where it will keep growing over the next nine months. If you've had unprotected sex, there's a chance you could be pregnant. Signs of pregnancy include your period not coming at the usual time, feeling unusually tired, urinating more often or have nausea or tender breasts. You can buy pregnancy tests from supermarkets and chemists, but a doctor can give you a more accurate test.

What are my options?

Whether your pregnancy is planned or unplanned, you always have options. You'll have to make some important decisions in a short time frame.

These include deciding whether to continue with the pregnancy and raise the child yourself, continue with the pregnancy and adopt the baby out to new parents, or have an abortion to end the pregnancy. Whatever you decide, it's a good idea to speak to qualified people who'll be able to give you accurate information about all your options. This will help make sure your decision is the right one for you. Family Planning Tasmania offers a pregnancy choices consultation with a trained nurse who can talk with you about all your options.

You might want your partner there when speaking to a doctor or nurse or you might want to see someone separately to work through issues of your own. Parents can also be a good source of support. They can listen to your thoughts, concerns and feelings and help you through the decision-making process.

Support for same-sex attracted young people:

- Family Planning Tasmania
421 Main Road, Glenorchy
TAS 7010
Telephone (Clinic):
(03) 6273 9117
- www.fpt.asn.au
- www.also.org.au
- www.glhv.org.au
- www.comingout.com.au



SEXUAL HEALTH PREGNANCY

PREGNANCY CONT ...

Continuing with the pregnancy:

More than 23,000 Australian teenage girls become pregnant every year and 11,000 choose to have the baby (source: www.fpt.asn.au). If you decide to continue with the pregnancy, you should talk to a doctor or contact Family Planning Tasmania about maternity care for both you and the baby. If you'll be raising the child on your own, they'll also be able to put you in touch with social services that can help. If you're considering having the child adopted, there are excellent services that can give you detailed information to help you with your decision.

- **Family Planning Tasmania**

421 Main Road, Glenorchy TAS 7010

Telephone (Clinic): (03) 6273 9117, www.fpt.asn.au

Ending the pregnancy

If you're considering having an abortion to end the pregnancy, you should talk to a doctor or contact Family Planning Tasmania as soon as possible.

Abortion is legal in Tasmania up to 24 weeks and after 24 weeks if two doctors agree it's appropriate in all circumstances. There's no lower age limit to having the procedure. You can have an abortion without your parents' consent if the doctor thinks you're mature enough to understand what you're doing.

Abortion is easier and more accessible if it's done early on in the pregnancy. Medical abortion using medication (e.g. RU486) is available up to nine weeks. Surgical abortion can be done at any time, but it's best done before 16 weeks.

Dr Marie™ provides caring and non-judgemental services including contraception, vasectomy, STI checks and abortion. Call 1800 003 707 for more information or visit <http://www.drmarie.org.au>

Dr Marie (Australia) has an online abortion webchat service for women faced with unplanned pregnancy who want to find out more about the procedure. It gives them real-time answers to all of their questions in a private setting. The webchat can be accessed at abortionhelp-px.rtrk.com.au/online-chat-service.



- *Whether your pregnancy is planned or unplanned, you always have options. You'll have to make some important decisions in a short time frame. It's a good idea to talk to qualified people who'll be able to give you accurate information about all your options. This helps make sure your decision is the right one for you.*

For contact information and websites about Sexual Health, please see **page 171**

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**BEHIND THE WHEEL****Lawstuff**

www.lawstuff.org.au

Transport Tasmania

Ph: 1300 851 225 www.transport.tas.gov.au

Service Tasmania

Ph: 1300 13 55 13 www.service.tas.gov.au

Consumers Affairs and Fair Trading

Ph: 1300 65 44 99 www.consumer.tas.gov.au

The Indigenous Consumer Assistance Network (ICAN)

Ph: 1300 396 878 www.ican.org.au

Australian Competition and Consumer Commission

Ph: 1300 302 502 www.accc.gov.au

Royal Automobile Club of Tasmania (RACT)

Ph: 13 27 22 www.ract.com.au

**BULLYING****Cybersafety Help button**

www.dbcde.gov.au/helpbutton

Bullying No Way!

www.bullyingnoway.com.au/

Cybersmart

www.cybersmart.gov.au

Kids Helpline

1800 55 1800 www.kidshelp.com.au

Lifeline

13 11 14 www.lifeline.org.au

SCAMwatch

www.scamwatch.gov.au

Stay Smart Online

www.staysmartonline.gov.au

Cyber Smart

www.cybersmart.gov.au

**EATING DISORDERS****Eating Disorders Association of Tasmania**

Please call Keri Campbell on 0421 550 783

Monday-Sunday, 7.00am-8.00pm

www.facebook.com/EDATasmania

The Hobart Clinic

31 Chipmans Road, Rokeby 7019

Phone: (03) 6247 9960 or (03) 6427 6439

www.thehobartclinic.com.au

St Helens Private Hospital (Inpatient & Day Program)

186 Macquarie Street, Hobart 7000

Phone: 1800 550 254 or (03) 6221 6506

Tasmania Recovery from Eating Disorders

The Basement, 105 Macquarie Street, Hobart 7000

Phone: (03) 6223 2556

**HEALTHY BODY****Australian Drug Foundation**

www.adf.org.au

DrugInfoClearinghouse

Ph: 1300 85 85 84 www.druginfo.adf.org.au

Australian Drug Information Network

www.adin.com.au

Quitline

Ph: 13 7848 www.quit.com.au

Oxygen

www.oxygen.org.au

Somazone

www.somazone.com.au

Acne

www.acne.org.au

www.mydr.com.au

www.cyh.com

www.acnemedicine.com

**HEALTHY MIND****Reach Out**

www.reachout.com.au

Kids Helpline

Freecall: 1800 551 800 www.kidshelp.com.au

SANE Australia Mental Health Information Line

Ph: 1800 187 283 www.sane.org/helpline.html

Lifeline

Ph: 13 11 14 — 24 hour service

Lifeline's Information Service

Ph: 1300 131 114

beyondblue: the national depression initiative

Info line: 1300 22 4636 www.beyondblue.org.au

www.youthbeyondblue.com (beyondblue's website for young people)

Bullying. No Way!

www.bullyingnoway.com.au

**LEAVING SCHOOL****The Job Guide**

www.jobguide.dest.gov.au

UTAS Career Hub

<http://careerhub.utas.edu.au>

Skills Tasmania

Ph: 1800 655 846 www.skills.tas.gov.au

UTAS

Ph: (03) 6226 2999

Australian Maritime College (AMC)

Ph: 1300 363 864

TasTAFE

Ph: 1300 655 307

Traineeships and Apprenticeships in Tasmania

Ph: (03) 6233 6417

Online Job Searching

jobsearch.gov.au

joboutlook.gov.au

careerone.com.au

mycareer.com.au

seek.com.au

Career and Recruitment

abc.net.au/acedayjobs/cooljobs

employmentguide.com.au

myfuture.edu.au

jobguide.thegoodguides.com.au

Government Information

skills.gov.au

skillsinfo.gov.au

deewr.gov.au/Employment/Programs/ExpPlus

youngworkertoolkit.youth.gov.au

deewr.gov.au/Employment/JSA

apsjobs.gov.au

defencejobs.gov.au

**MONEY****Australian Securities & Investment Commission**

Ph: 1300 300 630 www.moneysmart.gov.au

Consumers Affairs and Fair Trading

Ph: 1300 65 44 99 www.consumer.tas.gov.au

Credit card merchant fees

Ph: 1300 300 630 www.asic.gov.au

Australian Competition & Consumer Commission

1300 302 502 www.accc.gov.au

The Indigenous Consumer Assistance Network (ICAN)

Ph: 1300 396 878 www.ican.org.au

**MOVING OUT****The Office of Consumer Affairs and Fair Trading**

<http://www.consumer.tas.gov.au>

Rental Deposit Authority

GPO Box 1244 Hobart Tasmania 7001

Tenants' Union of Tasmania Inc

166 Macquarie Street Hobart

Ph: 6223 2641 or 1300 652 641

www.tutas.org.au

Private Rental Tenancy Support Service

Ph: 1300 729 400

Residential Tenancy Commissioner & MyBond

(Consumer Affairs & Fair Trading)

Ph: 1300 654 499

Legal Aid Commission of Tasmania

Ph: 1300 366 611

Anti Discrimination Commission

Ph: 6224 4905 or 1300 305 062

Women's Legal Service

Ph: 1800 682 468

Hobart Community Legal Service

Ph: 6223 2500

Launceston Community Legal Service

Ph: 1800 066 019

North West Community Legal Service

Ph: 6424 8720



PROTECTING YOURSELF

Neighbourhood Watch Tasmania

Ph: 131 444 www.nhwtas.org.au

Teens Going to Parties

www.alcohol.org.nz

Responsible Hosting

www.apolnet.org

www.lcbo.com

www.alcohol.org.nz

www.abc.net.au

Support Services

www.bchs.org.au

www.al-anon.org

Information About Alcohol

www.kidshealth.org www.betterhealth.vic.gov.au

Getting Help

www.noffs.org.au www.ysas.org.au

Hosting Your Own Party

www.adf.org.au

Federal Privacy Commissioner

1300 363 992 www.privacy.gov.au

Scam Watch

Ph: 1300 795 995 www.scamwatch.gov.au

Australian Communications and Media Authority ACMA

www.acma.gov.au

Australian Federal Police

Tel: (02) 6256 7777

Tasmania Police

Tel: (03) 131 444

Australian High Tech Crime Centre

www.ahtcc.gov.au/ocrmain.aspx

Internet Industry Association Security Portal

Ph: 02 6232 6900 www.security.iiia.net.au

Human Rights & Equal Opportunities Commission

Complaints infoline: 1300 656 419

www.humanrights.gov.au/complaints_information/

Australian Competition and Consumer Commission

Ph: 1300 302 630 www.accc.gov.au

Australian Psychological Society

Ph: 1800 333 497 www.psychology.org.au

Cyber Safety

www.wiseuptoit.com.au

www.cybernetrix.com.au

Bullying

www.bullyingnoway.com.au

Getting Help

www.noffs.org.au

www.reachout.com.au

www.ysas.org.au

www.kidshelp.com.au

Crime Stoppers

Ph: 1800 333 000

Crisis Care - Kids Helpline

Ph: 1800 55 1800

Victims Counselling and Support Services

Relationships Australia

Ph: 1300 139 703 (24 hours)

dvconnect mensline

Ph: 1800 600 636 (9am - midnight, 7 days)

Law Stuff

www.lawstuff.org.au

Other Youth Websites

www.vibewire.net

www.freeza.vic.gov.au

www.funhq.cjb.net

www.somazone.com.au

www.youthgas.com

www.thesource.com.au

www.noise.net

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/



SEXUAL HEALTH

Dr Marie (Australia)

Call our national support centre on 1300 602 908

<http://drmarie6-px.rtrk.com.au>

Likeitis

www.likeitis.org.au

SexTXT

www.sextxt.org.au

Family Planning Tasmania

421 Main Road, Glenorchy TAS 7010

Telephone (Clinic): (03) 6273 9117

www.fpt.asn.au

Gay and Lesbian Switchboard

Regional Victoria & Tasmania: 1800 184 527

TasCAHRD

HIV/AIDS information for people living in Tasmania.

319 Liverpool St, Hobart TAS 7000

1800 005 900

tascahrd.org.au/

Sexual Assault Support Service - supporting survivors of sexual assault in Southern Tasmania

People can access this service directly on 6231 1817 (24/7) or be referred by other services including the RHH, Police, GP's or other community services.

Lifeline (Tasmania)

Callour telephone crisis supporters 24/7 on 13 11 14

Hep C Infoline

Ph: 1300 437 222

www.4teenz.com.au

Other youth websites

au.reachout.com

www.sexetc.org

www.lawstuff.org.au

www.somazone.com.au

www.theword.org.nz



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.

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
because giving blood feels good.

 **Australian Red Cross
BLOOD SERVICE**