

the essential guide into adulthood

street

smarthandbook



WA

www.smarthandbooks.com.au



Being online has made meeting and interacting with others easier than ever before, but it's important to know how to stay safe.

Here are ThinkUKnow's top tips for safer online interactions:

- Question suspicious accounts, and trust your instincts if something doesn't seem right - not everyone is who they say they are.
- Avoid meeting someone in person that you have only ever spoken to online. However, if you do meet, choose a public place and take someone with you.
- If something goes wrong, know how to block or un-match and report.
- Your safety should always come first!

Sometimes things don't go to plan but there is always help available.

For more information, visit www.thinkuknow.org.au

ThinkUKnow is a national online child safety program led by the Australian Federal Police, delivered in schools through educational presentations and resources for young people and their parents and carers.



street

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Welcome to the Streetsmart Handbook!

The Streetsmart Handbook has been in circulation throughout Australian secondary schools since 2002, guiding and assisting teenagers as they navigate their way into adulthood.

We would like to thank each of the businesses featured throughout the handbook for their continued support, without which we would not be able to distribute this resource to teenagers across Western Australia.

We would also like to extend out thanks to each of the content providers for their valuable contributions and ongoing input towards the Streetsmart Handbook.

We trust that you will find the Streetsmart Handbook a useful resource.



countrywideaustral

Working Together



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.



A message from AFP National Manager Crime Operations, Assistant Commissioner Debbie Platz



Assistant Commissioner
Crime Operations
Debbie Platz

Technology and the internet are part of our everyday lives. It is pretty hard to imagine living without it.

Whether you are using technology as part of your studies or for fun, being digitally Streetsmart means you will know it provides many opportunities and benefits which we can often lose sight of in the face of stories about dangers and risks.

Issues like cyberbullying, harassment, 'sextortion', and image-based abuse can happen to people of all age groups, and it can happen to you. As the Assistant Commissioner responsible for the Australian Centre to Counter Child Exploitation, it's my duty to reinforce to you the importance of protecting yourself and where to get help if something does go wrong.

This Streetsmart Handbook has been developed to guide you on your journey over the coming years. It contains information to answer some of your questions and to point you toward sources of additional support services.

You have probably been learning through technology since you were in pre-school or primary school. You have also been learning how to interact with others, set boundaries, establish norms and express yourselves.

As you grow as young adults, it is important that you continue to build on your critical thinking skills.

You have the ability learn from mistakes, overcome challenges, and develop resilience to make the most of the opportunities presented to you.

I wish you all the very best on your journey.

Debbie Platz
Assistant Commissioner
Crime Operations

A message from the Commissioner for Children and Young People

Adulthood means different things to all of us.

We all face new freedoms and new responsibilities as we get older. As you approach the end of your school years you have an opportunity to set your own path and make choices on what direction you want to take your life.

While school may be coming to an end, I can assure you that learning does not, regardless of whether you go on to further education and training or into the workforce. Through your future employment, your relationships and your experiences, life has a way of continually teaching us.

Transitioning from school and into either further study or starting your working life means there is much for you to consider and this can sometimes feel overwhelming, but there is plenty of information and support available to you should you need it.

This Street Smart Handbook is a great starting point for you, with information on maintaining a healthy body and mind as well as advice on looking after your safety.

It is important to remember that no one has all the answers, mistakes are a part of life and it is OK to seek advice and support when you need it.

This handbook contains a lot of information to answer some of your questions and also point you towards sources of additional support.

My very best wishes to you.

Colin Pettit

Commissioner for Children and Young People



Commissioner for
Children and Young People
Western Australia



Commissioner for
Children and Young
People
Colin Pettit

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**Don't
touch it,
report it.**



Australian Government
Department of Defence

UXO. **Curiosity Can Kill You.**

You need to understand the real danger of **unexploded ordnance (UXO)**. If you touch UXO - like an old bomb, bullet or hand grenade - it could seriously injure or even kill you. You must know - Don't Touch It!

Report it to the Police on 000



www.defence.gov.au/uxo



Healthy Mind

Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community, and live your life in a free and satisfying way.

A person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.



Healthy Mind

MENTAL HEALTH

When mental health goes downhill

Feeling down, tense, angry or anxious are all normal emotions, but when these feelings persist for long periods of time they may be part of a mental health problem.

Mental health problems can influence how you think, your ability to function in your everyday activities at school, work or in relationships.

It can be helpful to talk to someone about what is going on in your life if you have noticed a change in how you are feeling and thinking. This might include:

- Feeling things have changed or aren't quite right
- Changes in the way that you carry out your day-to-day life
- Not enjoying, or not wanting to be involved in things that you would normally enjoy
- Changes in appetite or sleeping patterns
- Being easily irritated or having problems with friends and family for no reason
- Finding your performance at school is not as good as it used to be
- Being involved in risky behaviour that you would usually avoid, like taking drugs or drinking too much alcohol, or depending on these substances to feel 'normal'
- Feeling sad or 'down' or crying for no apparent reason
- Having trouble concentrating or remembering things
- Having negative, distressing, bizarre or unusual thoughts
- Feeling unusually stressed or worried

Causes of mental health problems

A number of overlapping factors may increase your risk of developing a mental health problem. These can include:

- **Early life experiences:** abuse, neglect, or the loss of someone close to you
- **Individual factors:** level of self-esteem, coping skills and thinking styles
- **Current circumstances:** stress at school or work, money problems, difficult personal relationships, or problems with your family
- **Biological factors:** family history of mental health problems

Content for this section is courtesy of:



headspace

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

Kids Helpline
1800 55 1800
(24 hour support)

Lifeline
13 11 14
(24 hour support)

If life is in danger call 000



Getting help

If you feel your mental health is getting in the way of your daily life it is important to get support and ask for help. You could do this by visiting your local general practitioner (GP) or headspace centre. To find your nearest headspace centre or for online and telephone support, visit [headspace.org.au](https://www.headspace.org.au)

If your friend is not okay

Getting help for a friend can take time and effort but it is worth it. As part of being a good and supportive friend there are times when we will need to check in with our friends to ensure that they are okay. Good help will assist your friend to deal with their problems and help them get on with life. If your friend tells you that they're not okay, you should:

- **Listen and try not to judge or 'fix things' straight away.** Taking the time to listen lets them know that you care and that their feelings are important. If someone has been going through a tough time, it can be a big relief to talk about what has been going on. Listening can be helpful, even without taking any actions, it might just be what they need. And don't panic, the fact that your friend sees something is wrong is a really important first step.
- **Let your friend know that they don't have to go through this on their own** and that you are there to help and support them.
- **Some people need time or space before they're willing to accept help.** Just giving them information about where to get help or providing them with fact sheets can be useful.
- **Suggest they read stories at [headspace.org.au](https://www.headspace.org.au) about other young people who have made it through difficult times.** It may help reduce their feelings of being alone and give them hope for the future.
- **Be honest about why you are worried** and ask if anyone else knows about how they are feeling.
- **Encourage them to try some self-help strategies.** Things like eating well, exercising, writing feelings down, getting enough sleep, doing things they enjoy and avoiding alcohol and other drugs are just a few self-help tips that your friend could try.

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Healthy Mind

MENTAL HEALTH

- **Don't be too forceful in encouraging self-help activities.** It's important to understand that your friend may not feel able to use them because of how they are feeling, or they may not be enough to help them to feel better. If they're interested, you may be able to do some of the strategies with them, such as going for a walk or watching their favourite movie.
- **Encourage them to talk to a trusted adult** about what is going on and how they are feeling (e.g. a family member, teacher, sports coach).
- **Sometimes self-help strategies and/or talking to family and friends is not enough and that's okay.** There are a lot of professionals out there who can help. Suggest they make an appointment with their general practitioner (GP) or their nearest headspace centre if things don't begin to improve. You could offer to go with them if they need extra support.

What not to do or say

- Don't tell them to cheer up or get over it – this is not helpful.
- Don't encourage them to have a night out involving drugs or alcohol. Substance use is likely to make things worse.
- Don't make promises you can't keep – if your friend is at risk of harming themselves or somebody else, you need to seek immediate help, even if they ask you not to.

If your friend doesn't want to get help

If you are still worried, continue to support them in a respectful way – try not to judge them or become frustrated. Let their family or another trusted adult know that you are worried. You have to strike the right balance between your friend's right to privacy and the need to make sure they are safe. If you decide to tell someone else, try to let your friend know first that you are planning on doing this. If you are worried that your friend needs urgent medical help or might hurt themselves or somebody else, you need to tell somebody immediately, even if they have asked you not to. This could be a parent, teacher or someone from a local health service.

Types of mental health problems

There are many types of mental health problems that people may face during their lives. Some of the most common mental health problems and how to get help are outlined in this section.

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Anxiety

Anxiety is like 'worry'. It is an unpleasant emotion that most people feel when something might be risky, frightening or worrying. Everyone experiences mild anxiety when faced with stressful situations, like just before a sporting match or an exam. This kind of anxiety is normal and is our body's way of preparing us to act in difficult situations. Anxiety can actually help us perform better by revving us up and helping us feel alert. Anxiety can become a problem, however, when it is very intense, happens a lot of the time, feels overwhelming or it interferes with your daily living.

Types of anxiety

Anxiety problems are classified into different types, referred to as disorders. Here are descriptions of some common anxiety disorders:

- **Generalised anxiety disorder:** Spending most of your time worrying about a variety of everyday things that wouldn't usually bother others. Worries seem out of control and you feel tense and nervous most of the time.
- **Social anxiety disorder:** Experiencing intense anxiety in social situations because you're terrified you'll embarrass yourself or others will judge you. This often leads you to avoid social situations, such as talking in class, going to parties, being the centre of attention, meeting new people.
- **Panic disorder:** Having repeated panic attacks and worrying about having another panic attack.
- **Specific phobias:** Intense fear of a particular situation or object (like small spaces or spiders) that leads you to avoid the situation or object.

Symptoms of anxiety

Physical feelings of anxiety include an increased heart rate, faster breathing, muscle tension, sweating, shaking and 'butterflies in the stomach'. People with anxiety disorders experience these physical symptoms a lot more often. They might also experience:

- Persistent worrying and excessive fears
- Being unable to relax
- Avoiding challenging situations
- Being socially isolated or withdrawn
- Trouble concentrating and paying attention
- Poor sleep
- Problems with work, social or family life

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**DONATE BLOOD
AND YOU'LL SAVE
THREE LIVES.**



**AND GET THE
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When you give blood, you save three lives.
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To donate, call **13 14 95** or visit **donateblood.com.au**
because giving blood feels good.

 **Australian Red Cross
BLOOD SERVICE**

Healthy Mind

TYPES OF MENTAL HEALTH



What are panic attacks?

Panic attacks can occur as part of any anxiety disorder, but not everyone with anxiety problems will experience them. Panic attacks are when you are suddenly overcome by strong fear and experience physical symptoms of anxiety, like a pounding heart, difficulty breathing, shaking, feeling dizzy or feeling sick. Panic attacks are short (about 10 minutes) and usually feel frightening and intense. Someone having a panic attack might feel like they're having a heart attack or an asthma attack, or they might fear they're losing control.

Getting help

If you're experiencing anxiety it's a good idea to talk to someone that you trust about how you are feeling. You might choose to talk with your family or friends. They can help you to work out what is going on and what support or help you might need. It is also useful to take care of yourself as best you can; eat well, exercise and find ways to relax by listening to music, meditating, doing yoga and doing activities that you enjoy.

If your anxiety continues without any improvement you can get help from your general practitioner (GP), a psychologist or a counsellor. Treatment might involve counselling sessions to help you learn anxiety management skills, practice relaxation techniques and gain confidence to cope in stressful situations.

For some people medication is helpful as well. The good news is that most young people with anxiety disorders respond well to treatment. With support you can continue to achieve your work, study, professional or personal goals.

Helping a friend with anxiety

A person with anxiety problems needs understanding and support. Anxiety problems can interfere with a person's ability to live a full life so the earlier they seek help the better. Be patient and listen to the person's fears and concerns, and take them seriously. It's not just a matter of telling them to 'calm down' – it's not that easy. Do your best to encourage the person to seek professional help.

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RU OK?™

A conversation could change a life

1. Ask R U OK?



4. Check in



**Start a
conversation
using these
4 steps**



2. Listen



**3. Encourage
action**

Visit us at ruok.org.au



Depression

Depression is one of the most common health issues for young people in Australia. Depression is a mental illness characterised by feelings of sadness that last longer than usual, affect most parts of your life and stop you enjoying the things that you used to.

Normal feelings versus depression

We all feel sad or down from time to time. It is part of being human. For young people, it is normal to have occasional mood swings, feel irritable sometimes and to be sensitive to rejection and criticism. This can make it harder to tell whether you're experiencing 'normal' feelings or whether you are becoming depressed.

Symptoms of depression

You may be experiencing depression if, for more than two weeks, you've felt sad, depressed or irritable most of the time, or you've lost interest or pleasure in your usual activities. Other symptoms may include:

- Loss of interest in food or eating too much, leading to weight loss or gain
- Having trouble sleeping (getting to sleep and/or staying asleep), or oversleeping and staying in bed most of the day
- Feeling tired most of the time, or lacking energy and motivation
- Difficulty concentrating and making decisions
- Feeling worthless or guilty a lot of the time
- Feeling everything has become 'too hard'
- Having thoughts of death or suicide

Getting help for depression

Even though it may seem hard, it's important to talk with someone that you trust about how you feel. You could talk with a friend, parent, teacher, school counsellor or family member. A general practitioner (GP) is another good place to start when seeking help and information. Most people are able to recover from depression with the right help. The sooner you get help, the sooner you can recover.

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TYPES OF MENTAL HEALTH

An important part of professional support is often psychological therapy. Psychological ('talking') therapy focuses on helping you to build skills to deal with the stresses in your life and change negative thinking patterns. Antidepressant medications can also be added if they are needed. Depending on the type of treatment, most people start to feel better or notice an improvement after about two to six weeks.

Suicide and self harm

Depression is one of the main risks for suicide and self harm. If you have thoughts of suicide or plans to harm yourself, it's really important to seek immediate help. Talk to someone you trust. If someone you know is self harming or talking about suicide, try to arrange some support from close, trusted friends or family. Help the person be safe and remove dangerous things like tablets, guns or other weapons and try to encourage them to see a health professional.

Bipolar disorder

Bipolar disorder is a type of mood disorder where people have times of low mood (major depression) and times of high or elevated mood (mania or hypomania). These episodes usually last at least a week and affect the way a person thinks, feels and acts. The symptoms can interfere with relationships, activities and day-to-day living. Most people who develop bipolar disorder will have experienced some symptoms by the age of 25. The experience of bipolar disorder is different for everyone. Some people have only one or two episodes and then never have another one, while others have several episodes close together. Some people have years without symptoms between episodes of becoming unwell. Often a depressive episode (or episodes) occurs before a manic episode is experienced.

Normal feelings versus bipolar disorder

It's normal to experience a range of emotions and feelings in your life. How you feel is affected by the things going on around you, your friends or family, stressful events or sometimes by nothing at all. Ups and downs or changes in mood are normal and generally don't cause too many problems. If you have mood changes that are more severe than normal, last more than a few days, or lead to changes in your behaviour then it's important to talk to someone and get help.

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TYPES OF MENTAL HEALTH



What is a manic episode?

A manic episode is a period of constant and unusually elevated ('high') or irritable mood and a noticeable increase in energy or activity. This generally lasts at least one week and leads to a range of difficulties in a person's daily life. When someone is having a manic episode they may experience a combination of:

- **Elevated mood:** Feeling euphoric, 'high' or 'on top of the world', or very irritable
- **Being disinhibited:** Engaging in high-risk behaviours that are out of character and potentially harmful, including sexual risk-taking, driving too fast, abusing alcohol or other drugs, or spending large amounts of money
- **Less need for sleep:** Sleeping very little without feeling tired
- **More energy, activity and drive:** Having lots of projects or plans, walking long distances, being always 'on the go'
- **Inflated self-esteem:** Ranging from uncritical self-confidence to grandiose beliefs (e.g. believing they have special powers or talents)
- **Racing thoughts and rapid speech:** Thoughts jumping around from topic to topic, speech that is difficult for others to follow
- **Psychotic symptoms:** Not being in touch with reality and having hallucinations, delusional ideas, or disorganised thinking and speech

Whether these experiences are pleasant or frightening, some people may be reluctant to get help. They may not believe that they are unwell or that they need treatment. They may also be feeling very suspicious and/or confused, making it hard for them to trust others.

What is a hypomanic episode?

A hypomanic episode is a milder form of mania that lasts for at least four days. The symptoms are less severe and there are no psychotic symptoms. Hypomanic episodes may be enjoyable as the person can experience more confidence and an elevated mood. Some people will manage to keep functioning without any significant difficulties but others will progress to experience a full manic episode. Even if hypomanic symptoms are not distressing it is important to let a mental health professional know about them.

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TYPES OF MENTAL HEALTH

What is a depressive episode?

A depressive episode is a period of lowered mood, with changes in thinking and behaviour that lasts for at least two weeks. Typical symptoms of depression include:

- Feeling low in mood – sadness, irritability, tearfulness
- Losing interest in enjoyable activities
- Changes in appetite and weight – eating more or less than usual, gaining or losing weight rapidly
- Changes in sleeping patterns – trouble falling or staying asleep, or sleeping much more than usual
- Lowered energy and lack of motivation
- Feelings of hopelessness and worthlessness
- Poor concentration and memory problems
- Thoughts about suicide

Getting help for bipolar disorder

A proper diagnosis from a health professional, a local general practitioner (GP) or a psychiatrist is important for you to get the right treatment. Getting professional treatment when problems begin helps to limit the impact of bipolar on the things you want to do in your life, like finishing school, moving out of home, and getting a job. Treatment can also reduce the risk that you will have problems with your mood in the future. Treatment usually involves a combination of medication and psychological therapies. Your GP or psychiatrist can help you to find a medication that works for you. Psychological therapies can help you to understand your mood patterns, manage negative thoughts and feelings, and develop a plan to avoid becoming unwell in the future. These strategies usually include:

- Having regular patterns of sleeping and eating
- Looking after your overall health – getting regular exercise and eating healthy food
- Learning to manage stress
- Avoiding alcohol and other drugs
- Keeping in contact with friends and supportive people in your life
- Getting a good balance of rest and activities
- Learning to recognise warning signs that you may be becoming unwell

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Top tips for a healthy headspace

Your mental health is extremely important and there are a number of steps you can take to look after your mental health and wellbeing every day.

Sleep well

Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the 'body clock' impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. vegies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.

Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

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HEALTHY HEADSPACE

Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.

Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.

Set realistic goals

Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.

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Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. “I can make it through this exam”) or negative (e.g. “I’m never going to be able to pass this subject”). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you’ll feel confident and in control of yourself.

Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Progressive muscle relaxation involves tensing and relaxing specific groups of muscles from your feet all the way to your head, while focusing on your feelings of tension and relaxation. You could also try breathing techniques, such as deep breathing or focused breathing (breathing in through the nose and as you breathe out say a positive statement to yourself like ‘relax’ or ‘calm down’). Place a hand over your diaphragm to make sure you’re breathing slowly – you should feel your hand move if you’re doing it right. Focus on breathing in slowly for four seconds, holding your breath for two seconds and breathing out slowly for six seconds.

Be socially active and get involved

Social relationships are really important to your general wellbeing. It is okay to take time out for yourself but friends can provide support when you’re having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people. If you’re not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family.

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HEALTHY HEADSPACE

Practice conflict resolution

Having a hard time with friends or family is difficult for most people. Talking through the issues in a calm and thoughtful way is the best approach. Avoid getting personal, be willing to compromise and listen to their perspective.

Develop assertiveness skills

Being assertive means standing up for your own rights; valuing yourself and valuing others' opinions without letting them dominate you. This can help build your self-esteem and self-respect. Being assertive is not the same as being aggressive. Remember to always listen, be prepared to compromise and be respectful of the other person's opinion, while still being confident, calm and knowing what you want.

Help and be kind to others

Do something to help someone else. Acts of kindness help other people but also make you feel good. Give a compliment, offer to help someone out or volunteer on a once-off project or ongoing, and allow yourself to feel good for making someone else feel good.

Play

Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

Seek help

A problem can sometimes be too hard to solve alone, even with support from friends and family. Be honest with yourself about when you may need support and get professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local headspace centre or visit headspace.org.au. Finding help might feel scary at the start but it gets easier over time. Getting support can help you to keep on track with school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.

Kids Helpline
1800 55 1800
(24 hour support)

Lifeline
13 11 14
(24 hour support)

If life is in danger call 000



Where to go for help

For free, confidential support contact

Headspace online at [headspace.org.au](https://www.headspace.org.au)
or phone 1800 650 890

Lifeline 13 11 14

Kids Helpline 1800 55 1800
providing free and confidential phone support

Kick back with an app

Smiling Mind

Smiling Mind is a free guided meditation app that can help you relax and improve your mental health. The app allows you to choose from a variety of meditation programs of different lengths designed for different ages. Programs help relieve the pressure, stress and challenges of daily life.



Smiling Mind



Breathe

ReachOut's Breathe app assists in reducing the physical symptoms of stress and anxiety by slowing down your breathing and heart rate in real-time with your iPhone or Apple Watch. This means you can actively address the onset of physical stress symptoms, such as shortness of breath, increased heart rate and tightening of the chest. The app is available for free download from the Apple App Store.



Breathe



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BULLYING. NO WAY!

TAKE A STAND
TOGETHER



www.bullyingnoway.gov.au

Healthy Mind

BULLYING



Let's talk about the B-word

What is bullying?

Bullying is when an individual or group uses its power and strength to repeatedly, deliberately and intentionally use words or actions against another or a group that hurts, threatens, excludes, harasses, humiliates verbally, physically, psychologically or electronically making the victim feel oppressed, traumatized and powerless.

The sort of repeated behaviour that can be considered bullying includes:

- Keeping someone out of a group (online or offline)
- Acting in an unpleasant way near or towards someone
- Giving nasty looks, making rude gestures, calling names, being rude and impolite, and constant negative teasing
- Spreading rumours or lies, or misrepresenting someone (i.e. using their Facebook account to post messages as if it were them)
- Harassing someone based on their race, sex, religion, gender or a disability
- Intentionally and repeatedly hurting someone physically
- Intentionally stalking someone
- Taking advantage of any power over someone else like a Prefect or a Student Representative

What is not bullying?

Sometimes kids are just mean or maybe they are having a bad day or an incident occurs that was not really meant to cause harm. Bullying is not:

- One-off incidents that are not repeated
- Having a bad mood or disagreeing with another individual's point of view
- Apologising for behaviour immediately
- Bumping into someone unintentionally
- Statements of dislike towards another/expressions of unpleasant feelings towards another
- A single act of telling a joke that has no intention to make the other feel hurt or embarrassed
- Some non-verbal behaviours, i.e. social rejection/dislike, not hanging out with someone, choosing a different group to hang out with is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike

Content for this section is courtesy of:



Bully Zero Australia Foundation

Call the Bully Zero Australia 24/7 emergency helpline: 1800 028 559 or visit bullyzero.org.au

Kids Helpline

1800 55 1800
(24 hour support)

Lifeline

13 11 14
(24 hour support)

If life is in danger call 000

**Help the Salvos
shield those
in need.**



RED SHIELD APPEAL

Thank God for the Salvos

www.salvos.org.au

CREDIT CARD DONATIONS 13 72 58



Types of bullying

Physical bullying

Physical bullying involves the use of or threat to use physical force and could involve: pushing, punching, spitting, biting, kicking, hitting, damage to belongings, locking the victim in a confined area, group intimidation (mobbing/ganging up/group bullying) and intimidating the victim to commit involuntary actions.

Verbal bullying

Verbal bullying is the use of words to taunt, threaten, insult, yell, embarrass, put down, swear, mock, threaten or intimidate the victim alone or in front of others. It is the most common form of bullying in Australia. Verbal remarks, some jokes, sarcasm, name calling, teasing and other discriminatory behaviour could be considered funny to some, but such remarks can make others feel self-conscious, embarrassed, anxious and hopeless, and lead to serious cases of insecurity and low self-esteem.

Emotional/social/psychological/indirect bullying

This form of bullying is common in peer relationships in which another person may make statements or commit actions that distress another individual and affect their self-esteem and confidence. Examples of this form of bullying include:

- Social alienation and deliberately excluding/leaving an individual out of activities
- Encouraging others to reject or exclude the individual
- Creating and spreading unkind rumours and gossip

Kids Helpline
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Lifeline
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(24 hour support)

If life is in danger call 000



Healthy Mind

BULLYING

Racial bullying

Racial bullying is regarded as hostile and offensive actions against an individual because of their ethnicity, country of origin, race, skin colour, cultural and religious background and practices. Examples of this kind of bullying include:

- Physical, verbal and emotional abuse
- Targeted comments that are insulting and degrading in nature, such as name-calling, gestures, taunts, insults and jokes based on racial differences
- Offensive vandalism, such as offensive graffiti and comments, directed towards a group
- Patronising and making fun of an individual's customs, music, accent, dress and physical appearance
- The refusal to work, co-operate or engage with others because of their race, culture or religion

Cyberbullying

Cyberbullying is the deliberate use of social media platforms, information and communication technologies, new media technologies (i.e. email, phones, chat rooms, discussion groups, instant messaging, blogs, video clips, cameras, hate websites/pages, blogs and gaming sites) to repeatedly harass, threaten, harm, humiliate and victimise another with the intention to cause harm, reputation damage, discomfort and intimidation. Common acts of cyberbullying include cyberstalking, threats to harm, harassment and impersonation.

Homophobic bullying

Homophobic bullying is deliberate and intentional inappropriate behaviour or comments directed towards an individual that identifies as part of the LGBTQIA – lesbian, gay, bisexual, transgender, queer, questioning, intersex and asexual.

Homophobia can occur in various forms, however, the most commonly practiced and experienced form of homophobic bullying is verbal, such as teasing, name calling, spreading rumours, social isolation and making suggestive remarks. Homophobic bullying can also include physical violence, threats and damage to personal belongings.

Kids Helpline
1800 55 1800
(24 hour support)

Lifeline
13 11 14
(24 hour support)

If life is in danger call 000

Healthy Mind

BULLYING



Impact of bullying

Bullying can have significant and long-lasting impacts on a person's life. A person may feel:

- Scared, afraid, sad, worried, anxious, emotionally hurt, confused, hopeless, upset, ashamed, disconnected and socially isolated/alone
- Low morale and self-esteem and a loss of self-confidence
- Withdrawn and not wanting to attend school or work
- Poor concentration
- Irritated, moody, depressed and angry
- Ashamed or embarrassed about the way they look and feel
- Confused and wondering if it's their fault for being physically, racially, sexually and/or emotionally different
- That there is something wrong with them
- Severe physical and mental health issues

Being a bystander

You should never underestimate the power that you can have as one person – you could make a real difference in a victim's life by standing up to bullying.

The largest and most powerful group in a bullying situation is the bystander, although the majority of onlookers fail to stand up, support or assist the victim. Bullying can end in less than 10 seconds if a bystander intervenes.

Often in bullying situations, a bystander knows the behaviour is unacceptable and inappropriate, but unless they are asked for help or made to feel they have a responsibility to act, they may stay silent or walk away.

There are many reasons why people don't intervene, including not knowing what to do, being afraid or ignoring the situation as they believe it's none of their business.

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Healthy Mind

BULLYING

Become an upstander

There are a number of ways you can become an upstander to bullying instead of a bystander. Preventing bullying is everyone's business; we all have a responsibility to act and put a stop to the behaviour. Here's how:

- Step in and tell the bully that their behaviour is unacceptable
- Report their behaviour to a teacher, parent, manager, employee, colleague, union or trusted adult
- Change the culture by standing up against the bully with others in a reasonable, non-aggressive manner
- Be friendly and approachable to the victim – give them your attention and support
- Redirect the situation away from the bullying by focusing on other activities

Are you the bully?

It is never too late to change your behaviour. Here are some steps to help you make a change to your behaviour today:

- Admitting that your behaviour is inappropriate and hurtful is important
- Think like a bullied individual – put yourself in the shoes of the victim and imagine how they would be feeling
- Take responsibility for your actions and thoughts – acknowledge that your actions and behaviour are not funny and can be damaging
- Talk to your friend or teacher or contact Bully Zero Australia Foundation about what is and isn't bullying or appropriate behaviour
- Stop and think – apologise to the victim and let them know you acknowledge your unacceptable behaviour and that it will not continue
- Talk openly to a trusted friend, teacher, colleague, adult or the Bully Zero Australia Foundation for advice, guidance and support

Kids Helpline
1800 55 1800
(24 hour support)

Lifeline
13 11 14
(24 hour support)

If life is in danger call 000

Healthy Mind

REFERENCES



**Content for this chapter
is courtesy of:**



headspace

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au



Bully Zero Australia Foundation

Call the Bully Zero Australia 24/7 emergency helpline: 1800 028 559 or visit bullyzero.org.au



**For further contact information
and websites about this chapter,
please see page 161**

Kids Helpline

1800 55 1800
(24 hour support)

Lifeline

13 11 14
(24 hour support)

If life is in danger call 000

Being online has made meeting and interacting with others easier than ever before, but it's important to know how to stay safe.

Here are ThinkUKnow's top tips for safer online interactions:

- Question suspicious accounts, and trust your instincts if something doesn't seem right - not everyone is who they say they are.
- Avoid meeting someone in person that you have only ever spoken to online. However, if you do meet, choose a public place and take someone with you.
- If something goes wrong, know how to block or un-match and report.
- Your safety should always come first!

Sometimes things don't go to plan but there is always help available.

For more information, visit www.thinkuknow.org.au

ThinkUKnow is a national online child safety program led by the Australian Federal Police, delivered in schools through educational presentations and resources for young people and their parents and carers.





Healthy Body

This section provides information about making good health choices, and where to get help if challenges stop you from maintaining a healthy body.



Healthy Body

FINDING YOUR OWN GP

Finding your own GP

Having a GP (General Practitioner) is important. A GP has a general knowledge about a range of different medical problems and you should see one at least once a year for a check-up. You don't have to see the same GP that your family sees if you don't want to – you should choose a GP that best suits your needs.

Having your own GP will be of benefit to you and your health care. A regular GP can get to know you, help you feel more comfortable and able to talk more openly. They will also be able to develop a clear understanding of your health needs and therefore help you make the right choices for your treatment.

If you don't regularly see the same GP it is harder for them to gain an understanding of your health needs and harder for you to feel comfortable and to trust them. Having a regular GP will mean that you won't have to keep repeating information about the history of your condition. They will always have your medical records on file.

A good GP is someone you

- Feel comfortable with
- Can freely express yourself to about what you need
- Can share your personal information with them
- Can ask hard questions
- Feel like you're being listened to
- Understand when they provide information and help

How to find a GP

- Get advice from friends and family
- Government websites
- Yellow Pages
- Visit the National Health Services Directory at <https://about.healthdirect.gov.au/nhsd>

Healthy Body

FINDING YOUR OWN GP



Costs

Some GPs bulk bill their patients, meaning that all of the costs are covered and you don't have to pay anything. You should ask your GP's receptionist if they can bulk bill you. If your GP doesn't bulk bill and you have a Medicare card, some of the costs of your GP visit will be covered. This means you have to pay the leftover amount, called the gap. The gap amount is usually around \$20.

Making the most of your appointment

To make the most of your GP visit make sure you're prepared before you arrive. Write down:

- The reason for your visit
- Your symptoms
- Any questions you have
- A list of your medications and doses if applicable

During your visit be open and honest with your GP – they want to help you. Write down any important information they tell you or anything you might forget. Always ask questions if you don't understand.

Health access for Aboriginal and Torres Strait Islanders

There are many healthcare providers available that specialise in Indigenous health. You can visit <https://healthinfonet.ecu.edu.au/key-resources/organisations> to find an organisation that best suits your needs.



Healthy Body

HEALTHY EATING

Eating right

The old saying “you are what you eat” has a lot of truth to it. Eating a balance of good foods, coupled with regular physical activity, will help you feel great, function at your full potential and maintain a healthy weight. Eating regularly and eating a mix of foods from all the food groups will help you get the fuel and nutrients your body needs. Try to watch the amount of foods you are eating which are high in fat and sugar such as takeaway, cakes, biscuits, chips and soft drinks. Often these are full of kilojoules but low in useful nutrients. Of course it’s still okay to eat these foods occasionally – just try to keep the balance in favour of foods from the five main food groups below.

The five food groups

- Bread, cereals, rice, pasta, noodles
- Vegetables, legumes
- Fruit
- Milk, cheese, yogurt
- Meat, fish, poultry, eggs, nuts, legumes

How do I know if I am a healthy weight?

As a teenager, your body is going through a period of huge growth and development. It is normal to gain weight during this time as your bones and muscles develop and your body shape changes. You will probably find that you have an enormous appetite at times. Generally if you are eating a healthy, balanced diet, your appetite will guide how much you need to be eating to provide your body with the right amount of energy (kilojoules) and nutrients. However, if you’re eating too much, or too much of the wrong foods, you can become overweight. Being overweight is a problem for more reasons than just the way you look or feel. Being overweight can lead to serious health problems such as diabetes, high blood pressure or heart disease in adult life. Similarly, not eating enough can also lead to issues of being underweight, which can affect your energy levels, growth and development.

Content for this section
is courtesy of:



Nutrition Australia
www.nutritionaustralia.org

Healthy Body

HEALTHY EATING



So what weight should you be? There is no specific weight that you should be at a particular age. Remember everyone is different. People vary in their height, their natural body shape (which you inherit from your parents) and the amount of muscle they carry and everyone has growth spurts at different times. However, if you are concerned that you are either underweight or overweight, a health professional such as a doctor or dietitian can assess your growth and provide you with the right advice. Using your height and weight they can work out your body mass index (an indicator of healthy weight for height) and compare it to age-specific growth charts.

What should I eat for a healthy weight?

Fad diets may be tempting but unfortunately there is no fast and easy way to achieve a healthy weight. If you are looking to lose weight it is possible to do so on a range of fad diets but most people will regain their weight once they go off the diet. Research has shown that the most effective way to achieve a healthy weight is to follow healthy eating principles and be physically active. Here are some simple tips to help improve your food intake and eating habits:

- Eat a wide variety of foods from each of the food groups.
- Don't skip meals, especially breakfast. Eating breakfast kick-starts your metabolism for the day and you are less likely to crave an unhealthy snack later in the morning.
- Think about what you are snacking on. Snacks such as chocolate and chips are high in fat. Instead try fruit, yogurt, high fibre muffins, smoothies, fruit toast with ricotta or dried fruit and nuts.
- Limit your intake of soft drinks. Choose sugar-free versions or even better, drink water.
- Think about the size of your meal. Are you eating it because you're still hungry or just because it's there?
- Check out some of the healthier takeaway food options around, e.g. sushi, salad wraps and subs, noodles and stir-fries.
- Try preparing food yourself and compare the taste of fresh food (and the price difference).
- For a personal and more specific healthy eating plan, see an accredited practising dietitian.



**Don't
touch it,
report it.**



Australian Government
Department of Defence

UXO.

Curiosity Can Kill You.

You need to understand the real danger of **unexploded ordnance (UXO)**. If you touch UXO - like an old bomb, bullet or hand grenade - it could seriously injure or even kill you. You must know - Don't Touch It!

Report it to the Police on 000



www.defence.gov.au/uxo

Healthy Body

EATING DISORDERS



Eating disorders

An eating disorder is a serious mental illness that involves preoccupation with control over one's body weight, shape, eating and exercising, often linked with low self-esteem and negative body image. Eating disorders are not a lifestyle choice or a cry for attention. They have one of the highest mortality rates of any psychiatric illness. Many people experiencing an eating disorder can suffer from depression and/or anxiety.

Currently around four per cent of the Australian population is experiencing an eating disorder. This is close to one million people. Eating disorders do not discriminate by age, gender, ethnicity or socio-economic status. Eating disorders not only impact the person experiencing the disorder, but also their family, friends and community.

What causes an eating disorder?

Eating disorders are complex mental illnesses with medical complications and it's unlikely that an eating disorder will develop as a result of one single cause. It's much more likely to be a combination of risk factors, including genetic vulnerability, psychological factors and socio-cultural influences.

Eating disorder myths

Myth #1 – Only girls get eating disorders

Myth #2 – Eating disorders are a lifestyle choice or about vanity

Myth #3 – Dieting is a normal part of life

Types of eating disorders

There are a few different kinds of eating disorders, including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Disordered Eating, and Other Specified Feeding and Eating Disorders (OSFED). This section will detail some of the main forms of eating disorders.

Content for this section is courtesy of:



Butterfly

Foundation for Eating Disorders

The Butterfly Foundation

www.thebutterflyfoundation.org.au

Butterfly National Helpline

1800 33 4673 (ED HOPE)

Website:

www.thebutterflyfoundation.org.au

Chat:

www.thebutterflyfoundation.org.au/our-services/talk-to-someone/chat-online/

Email:

support@thebutterflyfoundation.org.au

Hours:

8am-midnight AEST, seven days a week



Healthy Body

EATING DISORDERS

Anorexia Nervosa

A person with anorexia has not made a 'lifestyle choice', they are actually very unwell and need help. The reasons behind the development of anorexia will differ from person to person. Known causes include genetic predisposition and a combination of environmental, social and cultural factors. For some people, restricting their food and weight can be a way of controlling areas of life that feel out of their control and their body image can come to define their entire sense of self-worth. It can also be a way of expressing emotions that may feel too complex or frightening such as pain, stress or anxiety.

Defining anorexia

- **Restricted energy intake:** A person with anorexia is unable to maintain a normal and healthy weight.
- **A fear of gaining weight:** Even when people with anorexia are underweight, starved or malnourished, they still possess an intense fear of gaining weight or becoming overweight.
- **Disturbed body image:** When someone has anorexia the amount of attention they place on their body image can be enormous and their self-worth can become entirely defined by the way they think they look.

Warning signs

Someone with anorexia may display any combination of the following warning signs.

Physical

- Rapid weight loss or frequent weight changes
- Loss or disturbance of menstruation in girls and women and decreased libido in men
- Fainting or dizziness
- Feeling cold most of the time, even in warm weather
- Feeling bloated, constipated, or the development of food intolerances
- Feeling tired and not sleeping well
- Lethargy and low energy
- Facial changes
- Fine hair appearing on face and body

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Healthy Body

EATING DISORDERS



Psychological

- Preoccupation with eating, food, body shape and weight
- Feeling anxious and/or irritable around meal times
- Intense fear of gaining weight
- Unable to maintain a normal body weight for their age and height
- Depression and anxiety
- Reduced capacity for thinking and increased difficulty concentrating
- 'Black and white' thinking
- Having a distorted body image
- Low self-esteem and perfectionism
- Increased sensitivity to comments relating to food, weight, body shape, exercise
- Extreme body image dissatisfaction

Behavioural

- Dieting behaviour
- Deliberate misuse of laxatives, appetite suppressants, enemas and diuretics
- Repetitive or obsessive behaviours relating to body shape and weight
- Evidence of binge eating
- Eating in private and avoiding meals with other people
- Anti-social behaviour
- Secrecy around eating
- Compulsive or excessive exercising
- Radical changes in food preferences
- Obsessive rituals around food preparation and eating
- Preoccupation with preparing food for others, recipes and nutrition
- Self-harm, substance abuse or suicide attempts

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Healthy Body

EATING DISORDERS

Bulimia Nervosa

Bulimia is characterised by repeated episodes of binge eating followed by compensatory behaviours. In addition, people with bulimia place an excessive emphasis on body shape or weight in their self-evaluation. This can lead to the person's sense of self-esteem and self-worth being wholly defined by the way they look.

A person with bulimia can become lost in a dangerous cycle of eating out of control and attempts to compensate, which can lead to feelings of shame, guilt and disgust. These behaviours can become more compulsive and uncontrollable over time and lead to an obsession with food, thoughts about eating (or not eating), weight loss, dieting and body image. These behaviours are often concealed and people with bulimia can go to great lengths to keep their eating and exercise habits secret. As a result, bulimia can often go undetected for a long period of time.

Binge eating involves two key features:

- Eating a very large amount of food within a relatively short period of time (e.g. within two hours)
- Feeling a sense of loss of control while eating (e.g. feeling unable to stop yourself from eating)

Compensatory behaviours are used as a way of trying to control weight after binge eating episodes. They include:

- Vomiting
- Misusing laxatives or diuretics
- Fasting
- Excessive exercise
- Use of any drugs – illicit, prescription and/or over the counter – inappropriately for weight control

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Healthy Body

EATING DISORDERS



Warning signs

Someone with bulimia may display any combination of the following signs.

Physical

- Frequent changes in weight (loss or gain)
- Signs of damage due to vomiting, including swelling around the cheeks or jaw, calluses on knuckles, damage to teeth and bad breath
- Feeling bloated, constipated or developing food intolerances
- Loss of or disturbance of menstrual periods in girls and women
- Fainting or dizziness
- Feeling tired and not sleeping well

Psychological

- Preoccupation with eating, food, body shape and weight
- Sensitivity to comments relating to food, weight, body shape, exercise
- Low self-esteem and feelings of shame, self-loathing or guilt, particularly after eating
- Having a distorted body image
- Obsession with food and need for control
- Depression, anxiety or irritability
- Extreme body image dissatisfaction

Behavioural

- Evidence of binge eating
- Vomiting or using laxatives, enemas, appetite suppressants or diuretics
- Eating in private and avoiding meals with other people
- Anti-social behaviour, spending more and more time alone
- Repetitive or obsessive behaviours relating to body shape and weight
- Secretive behaviour around food
- Compulsive or excessive eating
- Dieting behaviour
- Frequent trips to the bathroom during or shortly after meals which could be evidence of vomiting or laxative use
- Erratic behaviour
- Self-harm, substance abuse or suicide attempts

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Healthy Body

EATING DISORDERS

Binge Eating Disorder

As with bulimia, binge eating is a feature of this disorder. However, the difference is that a person with Binge Eating Disorder will not use compensatory behaviours, such as self-induced vomiting or over-exercising after binge eating. Many people with Binge Eating Disorder are overweight or obese.

A person with Binge Eating Disorder will repeatedly engage in binge eating episodes where they eat a large amount of food in a short period of time.

During these episodes they will feel a loss of control over their eating and may not be able to stop even if they want to.

A person with Binge Eating Disorder will often have a range of identifiable eating habits. These can include eating very quickly, eating when they are not physically hungry and continuing to eat even when they are full, to the point that they feel uncomfortable.

Feelings of guilt and shame are highly prevalent in people with Binge Eating Disorder. They often feel guilty or shamed about the amount and the way they eat during a binge eating episode. Binge eating often occurs at times of stress, anger, boredom or distress. At such times, binge eating is used as a way to cope with challenging emotions.

Because of their feelings around food, people with Binge Eating Disorder are often very secretive about their eating habits and choose to eat alone.

Warning signs

Someone with Binge Eating Disorder may display any combination of the following signs.

Physical

- Feeling tired and not sleeping well
- Feeling bloated, constipated or developing food intolerances

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Healthy Body

EATING DISORDERS



Psychological

- Preoccupation with eating, food, body shape and weight
- Extreme body dissatisfaction and shame about their appearance
- Feelings of extreme distress, sadness, anxiety and guilt during and after a binge episode
- Low self-esteem
- Increased sensitivity to comments relating to food, weight, body shape, exercise
- Depression, anxiety or irritability

Behavioural

- Evidence of binge eating (e.g. disappearance or hoarding of food)
- Secretive behaviour relating to food (e.g. hiding food and food wrappers around the house)
- Evading questions about eating and weight
- Increased isolation and withdrawal from activities previously enjoyed
- Erratic behaviour
- Self-harm, substance abuse or suicide attempts

Getting help for eating disorders

If you or you suspect someone you know has an eating disorder, it is important to seek help immediately. The earlier you seek help, the closer you are to recovery. Seeking help at the first warning sign is much more effective than waiting until the illness is in full swing. While your GP may not be a specialist in eating disorders, they are a good 'first base' and can refer you to a practitioner with specialised knowledge in health, nutrition and eating disorders.

You can call the Butterfly Foundation's National Helpline on 1800 ED HOPE (1800 33 4673), access online counselling on the Butterfly Foundation website or email **support@thebutterflyfoundation.org.au**. They are available weekdays between 8am and 9pm AEST.

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If you require urgent help or assistance outside of that time, please call Lifeline on 13 11 44. In an emergency, please call 000.



Healthy Body

KEEPING ACTIVE

Keeping active for people of all abilities

Physical activity or exercise is not only fun but improves your health and reduces the risk of diseases such as type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits and improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

Benefits of regular physical activity

If you are regularly physically active, you may:

- Reduce your risk of a heart attack
- Manage your weight better
- Have a lower blood cholesterol level and lower blood pressure
- Lower the risk of type 2 diabetes and some cancers
- Have stronger bones, muscles and joints and lower the risk of osteoporosis
- Feel better – with more energy, a better mood, feel more relaxed and sleep better

Increasing your activity

It can be hard to fit exercise into your day so try to see everyday activities as a good opportunity to be active. Minimise the amount of time spent sitting down and break up long periods of sitting as often as possible. You can increase your physical activity by making small changes throughout your day, such as walking or cycling to work or school instead of using the car, or getting off a tram, train or bus stop earlier than you need to and walking the rest of the way.

Healthy Body

KEEPING ACTIVE



Girls Make Your Move

Studies show that young women are twice as likely as boys to be inactive and that they experience more barriers preventing them from being as physically active. Girls Make Your Move is an Australian Government campaign aimed at inspiring, energising and empowering young women



to be more active regardless of ethnicity, size or ability. Ever thought about rollerblading, boxing, rock climbing or yoga? You can find activities such as these and more in your local area by visiting <https://campaigns.health.gov.au/girlsmove>. There are options available for all skill levels and interests. Don't forget to follow **@girlsmakeyourmove** on Instagram for daily tips and inspiration for getting active.

WA Disabled Sports Association Inc.

The WA Disabled Sports Association provides school aged individuals with a disability to be involved in a broad range of sport and active recreation activities including junior carnivals for athletics, boccia and teeball.

These carnivals rely on volunteers to help.

High school age students can volunteer via WADSA, or in other ways by being directly involved at one of 30 member clubs.

For more information visit www.wadsa.org.au



Healthy Body

S L E E P

Content for this section is courtesy of:



headspace

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

Sleeping well

Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep every now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.

How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need. Generally speaking:

- People aged 14 to 17 need between 8 and 10 hours each night
- People aged 18 to 25 need between 7 and 9 hours each night

Why is sleep important?

Good sleep habits can improve mood, concentration and performance at school or work. They may also help control overeating and help prevent obesity. Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide and using alcohol or other drugs.

What gets in the way of a good night's sleep?

For young people, not getting enough sleep might be caused by:

- Biological factors, such as puberty or changes in your body clock
- Environmental factors, such as social pressure, school or university workload, use of electronic devices, or using alcohol or other drugs

Tips for a good night's sleep

If you're having trouble falling asleep or staying asleep, here are a few things you can try:

- **Aim to get to bed and wake up around the same time each day, including on the weekend.** This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- **Turn off your screens (phone, TV and laptop) at least 30 minutes before bedtime.** The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.

Healthy Body

S L E E P



- **Try not to worry about having a bad sleep.** A lot of people underestimate how much sleep they get, so you might find it useful to use a sleep app to see how much sleep you're getting. However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.
- **Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light.** Light is needed in the morning, so aim to be outside for 30 minutes, sit by a bright window or use a specially designed artificial light source. In the evening, your body needs less stimulation, so try dimming the lights.
- **Exercising during the day is a good way to make you tired at night.** This might mean going to the gym, walking around the block at lunchtime or playing sport. Try to avoid exercising last thing at night though, as this can keep you awake.
- **It's best to try and keep your bed for sleep.** Working, watching TV or being online in bed can cause your brain to associate it with being alert and awake.
- **Try to limit how much caffeine you have, including coffee, energy drinks and soft drinks.** Also, try to avoid caffeine entirely after lunchtime.
- **Avoid drinking alcohol before bed.** It might make you sleepy, but you're less likely to get good, restful sleep with alcohol in your system.
- **Avoid smoking before bed.** Discuss ways to quit smoking, as well as any other problems with drugs or alcohol with your GP.
- **Sleep medications are not usually required to help with sleep problems.** While they can help in the short-term, they also have a number of side effects and may not give good quality sleep. Your body can also get used to these medications quickly so the effect wears off.

Getting help

If you find it hard to fall or stay asleep, or you feel tired a lot of the time, a healthcare professional may be able to help. Get in touch with your GP or contact headspace ([headspace.org.au](https://www.headspace.org.au)).



Healthy Body

SMOKING

Smoking: don't let it cost you your health

Content for this section is courtesy of:



Quit

Visit www.quit.org.au or call the Quitline (13 7848) for help quitting smoking

The link between smoking and serious health issues is well known. Tobacco smoke is made of thousands of chemicals, many of which are extremely harmful. Around 70 of these chemicals cause cancer. Poisons in tobacco include:

- **Carbon monoxide:** Fatal in large doses, this poisonous gas is also found in car exhaust fumes. It takes the place of oxygen in your blood, starving your lungs, heart and other organs of the oxygen they need to function properly.
- **Tar:** This sticky brown substance coats your lungs like soot in a chimney. Tar and smoke irritate your lungs, increasing the amount of mucus in your chest and restricting your breathing.

Health risks of smoking

Long-term smokers are at a higher risk of developing a range of potentially deadly diseases, including:

- Cancer of the lungs, mouth, nose, throat, oesophagus, pancreas, kidney, liver, bladder, bowel, ovary, cervix, bone marrow and stomach
- Lung diseases such as Chronic Obstructive Pulmonary Disease (COPD), which includes chronic bronchitis and emphysema
- Heart disease, heart attack and stroke
- Poor blood circulation in feet and hands, which can lead to pain and, in severe cases, gangrene and amputation

Cost of smoking

Smoking is an expensive habit for anyone but for young people with minimal avenues to actually earn money, there are plenty of better things to be spending your cash on than \$30 for a pack of smokes that is damaging your health one puff at a time. Wouldn't you rather be going to the movies or a concert or saving for an end-of-school adventure?

Healthy Body

REFERENCES



**Content for this chapter
is courtesy of:**



headspace

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au



Butterfly

Foundation for Eating Disorders

The Butterfly Foundation

Butterfly National Helpline 1800 33
4673 (ED HOPE)
www.thebutterflyfoundation.org.au



Quit

Visit www.quit.org.au or call the
Quitline (13 7848)



Nutrition Australia

www.nutritionaustralia.org



Health Direct

www.healthdirect.gov.au



Healthy WA

healthywa.wa.gov.au



Perth Children's Hospital

pch.health.wa.gov.au



**For further contact information
and websites about this chapter,
please see page 161**

BULLYING. NO WAY!

TAKE A STAND
TOGETHER

At our school we treat others the
way we want to be treated.



www.bullyingnoway.gov.au

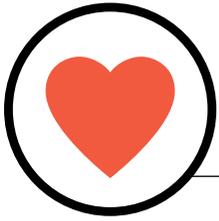


Healthy Relationships

Confused about the words 'sex', 'sexuality' and 'gender'? We don't blame you.

Each of these terms means something completely different.

They are complicated concepts, and it can take a while to wrap your head around them.



Healthy Relationships

SEXUALITY

Content for this section is courtesy of:



ReachOut
www.au.reachout.com

'Sex', 'sexuality' and 'gender' are words that we use to think about our identity. However, the terms are not as simple as you might think. There are billions of us on the planet, each with our own unique identity, so these three terms need to have pretty flexible meanings to account for all of us!

Sexuality

Sexuality covers a broad spectrum, and is deeply personal. It is about understanding the sexual feelings and attractions we feel towards others, not who we happen to have sex with. There are different types of sexuality, and it can take time to figure out what fits right with you. If someone is giving you a hard time about your sexuality, find out what to do, and who you can talk to.

Understanding sexuality

Everyone's sexuality is different and it is not necessarily as simple as being 'gay' or 'straight'. Some people are attracted to only one sex and others are attracted to a diversity of people regardless of sex or gender, with many different preferences in between.

Your sexuality can be confusing

Don't worry if you aren't sure about your sexuality. Being young is a time for figuring out what works for you. Exploring and managing strong feelings is often part of the experience. In time, you will find that you are drawn mostly to men or to women, or to both, or to neither. In the meantime, try to relax about it.

Types of sexuality

People use a few common labels to identify their sexuality. Your sexuality isn't defined by who you have sex with – it's about how you feel and how you choose to identify yourself. The important thing is that you choose what label feels comfortable, or you choose no label at all. You might find, like many others have, that the label you choose changes over time.

Straight/heterosexual

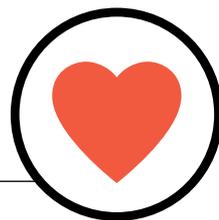
Attracted mostly to people of the opposite sex or gender

Gay/homosexual

Attracted mostly to people of the same sex or gender (refers to guys – and often to girls, too)

Healthy Relationships

SEXUALITY



Lesbian

Attracted mostly to people of the same sex or gender (refers to women)

Bisexual

Attracted to both men and women

Pansexual

Attracted to romantic and sexual partners of any gender, sex or sexual identity

Polysexual

Attracted to romantic and sexual partners of many but not all genders, sexes or sexual identities

Asexual

Not really sexually attracted to anyone

Dealing with people who don't like your sexuality

It's important to recognise that we are all different and that the things that feel right for us are different from the things that feel right for someone else. We should be respectful of and positive about other people's sexuality or sexual relationships, and support their right to explore their sexuality in a safe, consensual and responsible way.

If you need help

It's never okay for someone to harass you or make you feel bad about your sexuality. You never have to deal with this kind of treatment from others on your own. There are a number of services that can offer you support if you're being harassed or bullied based on your sexuality.

Visit www.au.reachout.com/articles/lgbtqi-support-services to find support services available nationally or in your state or territory.



Learn more:
www.au.reachout.com/articles/understanding-your-sexuality

ABCDEquality

Students act to prevent violence against women



Advocate for gender equality



Be an active bystander. Call out disrespect and offer support



Consent. If you don't have it, the road is closed!



Don't use someone's gender as an insult



Encourage girls to pursue science, sports and maths



Feminism is about equality for everyone



Generate conversations about inspirational women throughout history



Help people understand the connection between 'everyday sexism' and violence against women



Investigate how the media influences gender roles



Jump on social media to draw attention to gender inequality



Keep challenging gender stereotypes



Listen when someone tells you they're not feeling valued, respected or acknowledged



Make room for girls and non-binary students to lead



Normalise positive discussions about women's sexuality



Organise an event that promotes gender equality



People can wear what they want – remember that!



Question people who think boys can't cry



Read books written by women



Speak up when someone makes a sexist joke



Talk to a trusted adult if you have experienced violence



Understand and celebrate gender diversity in our school community



Value and respect the voices of girls and non-binary students



Write stories with female protagonists. Share them with the class



E(x)plore the many ways our school can act to prevent violence against women



Yay! We're changing the world!

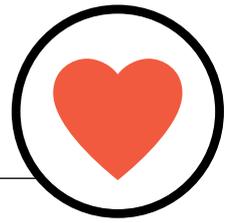


Zero tolerance for violence against women



Healthy Relationships

SEXUALITY



Gender

Society often expects people to look and behave a certain way, depending on their biological sex. Men are usually expected to act and look 'masculine', and women, 'feminine'. However, we all express masculinity and femininity in different ways, and we all relate to elements of masculinity or femininity differently.

Gender is about your sense of who you are as a guy, girl or something else, as opposed to what your physical characteristics, genes and hormones indicate. We usually expect males to feel like guys, and females to feel like girls. But sometimes a male will feel like a girl, and vice versa. Some people identify as both male and female, and others don't identify as either – and that's okay, too.

Sex

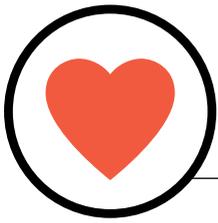
When people refer to someone's sex (sometimes called biological or physical sex), they're talking about that person's identity based on their physical characteristics (e.g. having a penis, vagina, beard or breasts, etc.), genes and hormones.

Many people think of 'male' and 'female' as the only sexes, but that's not actually true. Some people have genetic, hormonal and physical features typical of both male and female *at the same time*, so their biological sex isn't clearly male or female. This is called 'intersex'.



Learn more:

<https://au.reachout.com/articles/the-difference-between-gender-sex-and-sexuality>



Healthy Relationships

SEXUAL CONSENT

Sexual consent

In a nutshell, sexual consent is when you and your sexual partner both agree to have sex. It's really important to be clear on this before things get too hot and heavy.

5 things about sexual consent

1. Sexual consent must be explicit

There is only one way to know for sure if someone has given their consent: if they tell you. It is no good just to assume that the other person is as into it as you are. Any non-consensual sexual activity (even kissing and touching) is harmful and against the law so it is extremely important to check.

2. You can always change your mind

You and your sexual partner can decide at any time that you don't want to keep going, even if the sex stuff has begun. If this happens, both people should stop.

3. Check in with each other

Take notice of your sexual partner's body language. For example, if they seem tense or uncomfortable, pause and ask them how they are feeling. But don't rely on them to notice your body language – speak up and tell them how you're feeling and if you want to stop or take a break.

4. It's OK to slow things down or stop

There really is no rush to have sex if you're not feeling it. If things are moving along too quickly for you, you could say something like 'can we slow down?', 'can we take a break?' or 'can we stop?'

5. Drink and drugs affect consent

If you are under the influence of alcohol or drugs, you cannot give consent. And, if you're sexual in any way with someone who is drunk or high and doesn't know what's going on and therefore can't give informed consent, it's equivalent to raping them.

Remember: if you are both equally as enthusiastic about having sex, it also makes the sex much more pleasurable and enjoyable. Bonus.



Learn more:

www.au.reachout.com/articles/5-things-you-need-to-know-about-sexual-consent

Healthy Relationships

SAFE SEX AND CONTRACEPTION



If you and your partner have decided to have sex, safe practices will reduce the risk of an unplanned pregnancy or a sexually transmitted infection (STI).

Below are forms of safe sex practices. Only the use of a condom will reduce the risk of getting pregnant **and** against an STI. Other forms of contraception will only reduce the risk of pregnancy (ie Implanon and an IUD).

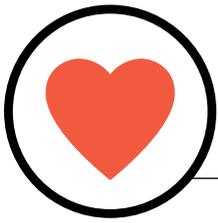
Safe sex and contraception

Condoms

A condom is a thin latex rubber covering that's put over an erect (hard) penis to help prevent pregnancy and lessen your risk of getting a sexually transmitted disease. It works as a barrier, stopping sperm from reaching the egg, and body fluids from mixing. If they're used properly every time you have sex, condoms are 98 per cent effective. Don't forget, if the condom does break or slip off, you can use emergency contraception (the 'morning after pill') as a back-up (see below).

How do I use a condom?

- Always use a lubricated condom
- If you need more lubrication, use a water-based product only, like KY Jelly, Lubafax or Muco (saliva or oil-based lubricants like Vaseline can weaken the latex)
- Always use extra water-based lube for anal sex
- Check the use-by date (a condom with an expired use-by date might not work)
- Put the condom on before there's any contact between the penis and vagina or anus
- Don't unroll the condom before putting it on the erect penis (this might damage the condom)
- 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 or anus 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.



Healthy Relationships

SAFE SEX AND CONTRACEPTION

Contraception

If you're having sex with someone of the opposite sex and you don't want to get pregnant, you need to use contraception. When choosing what type you want to use, it's important to think about what you and your partner want: Is it easy to use? Can we afford it and get it easily? Is it safe? How effective is it? Are there side effects? Is it natural? How often do I need to take or use it? How soon after stopping it can we get pregnant?

The pill

The most common form of contraception for young people is the pill. There are lots of different types of contraceptive pills, including the combined pill and the mini pill.

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 per cent effective in preventing pregnancy.

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.

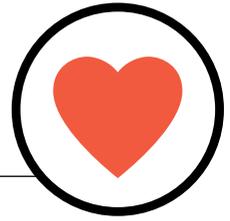
The pill won't stop you from getting a sexually transmitted infection (STI).

Use condoms at the same time as taking the pill to help protect yourself against STIs, especially with new sexual partners.

See your doctor who will prescribe the type of pill that's right for your body.

Healthy Relationships

SAFE SEX AND CONTRACEPTION



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 Sexual Health Quarters on (08) 9227 6177.

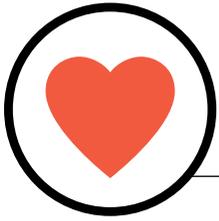
Long acting reversible contraceptives

Long acting reversible contraceptives (LARC) include intrauterine devices and implants, and are the most effective contraceptives available. They are recommended for young people because of their 'fit and forget' method, and because they last a long time.

Examples include Implanon (implant), Depo Provera (injection) and the Intra Uterine Device (IUD) – a small contraceptive inserted into the uterus.

Talk to a health professional or make an appointment at Sexual Health Quarters to help decide the best contraception for you.

Using a LARC and a condom at the same time is the most effective method for young people.



Healthy Relationships

SAFE SEX AND CONTRACEPTION

Emergency contraception

If you have unprotected sex or a condom slips off or breaks, you can take emergency contraception to help prevent pregnancy. It can be bought from a chemist without a doctor's prescription, and 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).



Make an appointment at Sexual Health Quarters on (08) 9227 6177, or your GP, to decide the best form of contraception for you.

Sex, alcohol and other drugs

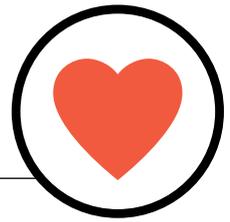
Mixing sex, alcohol and other drugs can end in disaster. People under the influence are much more likely to engage in risky behaviours, risk having sex they didn't want and forget about safer sex, including using condoms.

- 14.6% of sexually active female students and 20.7% of sexually active male students were drunk or high the last time they had sex.
- 40.7% of sexually active female students and 47.8% of sexually active male students reported that they always used a condom.
- 20.6% of male students and 11.4% of female students had seven or more alcoholic drinks in a single session
- 25% of sexually active students report having had unwanted sexual experiences; the main reason cited being that they were too drunk (49%)

(Source: Mitchell *et al*, 5th National Survey of Australian Secondary Students and Sexual Health, 2013)

Healthy Relationships

SEXUALLY TRANSMITTED INFECTIONS



Sexually transmitted infections

Sexually transmitted 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 if you have had unprotected sex
- You can have an STI without having sexual intercourse (i.e. through oral sex)
- You can have an STI after having unprotected sex for the first time
- STIs are very common in young people and spread easily
- Many STIs have no symptoms (and people don't realise they have them)
- If you are sexually active you should have a test every year or when you have a new sexual partner

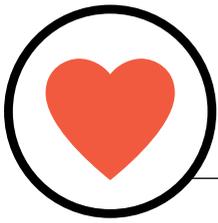
If you've had sex without a condom, you might still have an STI even though you don't have any symptoms. See a doctor if you think you might be at risk.

Remember, most STIs can be treated.

You can have an STI without having any symptoms. This means you can infect other people without knowing it. All STIs can be treated and most can be cured but this does not mean you can't get them again. 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).

If you've had sex and you start having the following symptoms, see a doctor:

- 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



Healthy Relationships

COMMON STIs

Chlamydia

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.

Genital warts

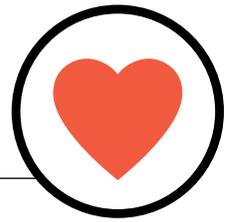
Genital warts are a common infection of the genital and anal area and are caused by certain subtypes of human papilloma virus (HPV). They look like small fleshy lumps (similar to warts found on the hands and feet) and are usually painless, but can cause itching. Most people with HPV infection don't have visible genital warts, it just depends on how the body reacts to the virus. Warts can be passed on through anal or vaginal sex or genital skin-to-skin contact. Some HPVs cause cancer.

How do I know if I have them?

People react to infection with HPV in different ways. Most people won't know they have the infection because they won't have any symptoms, but they can pass it onto someone else who might react differently. A person with no visible warts can infect another person who might then develop genital warts.

Healthy Relationships

COMMON STIs



Can they be treated?

Even though genital warts can be left untreated, most people choose to have them treated with a paint, a cream or by freezing. Even after the warts have been removed, the virus is still present and there's a chance of more outbreaks happening. However, most people's immune systems control the virus within a year of infection, stopping them from having any more outbreaks, unless they have a new infection. There is a free HPV vaccine for year 7/8 students. You need both doses for the best protection against HPV and cancers. There are also cervical screening tests for HPV/cervical cancer.

Herpes

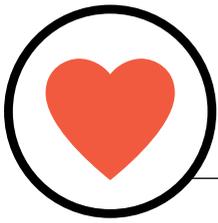
There are two subtypes of the herpes virus, known as herpes type 1 and 2, that cause small, painful blisters to develop. Cold sores around the mouth are usually caused by herpes type 1 and those around the genitals by either herpes type 1 or 2. They can be passed on by oral, vaginal or anal sex or through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



Healthy Relationships

COMMON STIs

Gonorrhoea

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) or no symptoms at all. The only way to be sure is to have a test.

Can it be treated?

Gonorrhoea can be cleared with antibiotics prescribed by a doctor.

Hepatitis B

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?

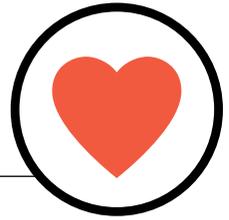
Symptoms can include tiredness, jaundice (yellowing of the skin and eyes), stomach pains, dark urine and pale faeces.

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 per cent protection against the virus. It might be available to you at no cost through a sexual health or family planning clinic.

Healthy Relationships

COMMON STIs



Pubic lice

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

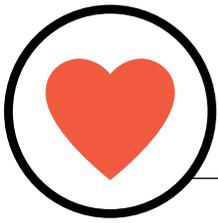
Blood-borne viruses are viruses that are spread through contact with infected blood. They include diseases like HIV and hepatitis B and C and can be transmitted through:

- 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.



**For more information call the
Health Direct helpline on 1800 022 222.**



Healthy Relationships

BLOOD-BORNE VIRUSES

HIV/AIDS

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.

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.

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.

If you have unprotected sex or a blood encounter that's high risk for HIV, you might be eligible for post-exposure prophylaxis (PEP), which is a four-week course of anti-HIV drugs that might prevent HIV infection. For more information, call the PEP Hotline (1300 767 161).

Hepatitis C

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.

How do I know if I have it?

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.

Some common symptoms include:

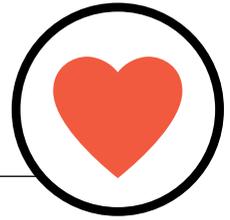
- tiredness and nausea
- stomach cramps
- feeling ill after drinking alcohol or eating greasy foods
- jaundice (yellowing of the skin and eyes)

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.

Healthy Relationships

P R E G N A N C Y



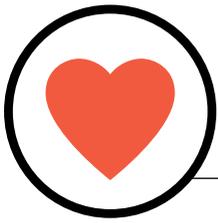
Pregnancy

Fertilisation

Fertilisation is when the sperm and egg meet in the fallopian tube. Conception is when the fertilised egg embeds in the uterus. 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 or your partner could be pregnant. Signs of pregnancy include you or your partner's period not coming at the usual time, feeling unusually tired, urinating more often or having nausea or tender breasts. You can buy pregnancy tests from supermarkets and chemists, but a doctor can give you or your partner a more accurate test.

Finding out you're pregnant

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. Sexual Health Quarters offers pregnancy choices consultation with a trained nurse who can talk with you about all your options. Some organisations offer unplanned pregnancy counselling that is not pro-choice, although appearing to be pro-choice on websites and advertising.



Healthy Relationships

PREGNANCY

Continuing the pregnancy

More than 23,000 Australian teenage girls become pregnant every year and 11,000 choose to have the baby. If you decide to continue with the pregnancy, you should talk to a doctor about maternity care for both you and the baby.

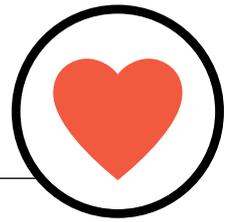
If you'll be raising the child as a couple, on your own or if you are a low income earner, they'll also be able to put you in touch with social services that can help. If you're considering having the child adopted, there are excellent services that can give you detailed information to help you with your decision.

Ending the pregnancy

If you're considering having an abortion to end the pregnancy, you should talk to a doctor or contact Sexual Health Quarters on (08) 9227 6177. Abortion is legal in Western Australia up to 20 weeks, and after 20 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 is available up to nine weeks. Surgical abortion can be done at any time, however the cost is less earlier in the procedure.

Healthy Relationships



REFERENCES

**Content for this chapter
is courtesy of:**



ReachOut
02 8029 7777
www.au.reachout.com



The Line
www.theline.org.au



Hepatitis Australia
National Hepatitis Information Line –
1800 437 222
www.hepatitisaustralia.com



Marie Stopes Australia
Ph: 1300 315 664
www.mariestopes.org.au



**Family Planning Alliance
Australia**
familyplanningallianceaustralia.org.au



Sexual Health Quarters
shq.org.au



**For further contact information
and websites about this chapter,
please see page 163**

**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**



Party Safe

Whether it's going to a pub, club, attending a concert or festival, hosting a party or attending one, going out is fun and an important part of being young. If you follow a few simple tips while you're out and about, you can have a good time as well as keeping you and your friends safe.



Party Safe

PARTYING

Tips for safe partying

- Know where you're going and how you're getting there
- Plan how you're getting home – for example, take cash for a taxi or nominate a designated driver who will remain sober
- Have a plan B to get home if plan A falls through – for example, ask someone's parent if they can pick you up if you can't get a taxi
- Remember that you don't have to use alcohol or other drugs to have fun and don't feel pressured into using them if you don't feel comfortable
- Eat well before heading out – a full stomach slows the absorption of alcohol
- Don't let other people top up your drinks
- Stay close to friends you trust
- Take condoms with you if you think you might end up having sex – and use them
- Never get into a car with a driver who has been drinking
- Remember that your judgement may be impaired if you've been drinking or taking drugs so don't take risks such as diving into water or fooling around near swimming pools
- If you feel unsafe at a venue or party, leave

Party Safe

PARTYING



Hosting a party at home

- Register your party with your local police at least one week in advance
- State that the party is invitation only and ask your guests not to spread the word to others via SMS or social media
- If you are sending invites out via Facebook, make sure the event is set to private
- Indicate on the invitation whether alcohol is provided or is BYO or if the event is alcohol-free
- Secure or hide all valuables
- Make sure responsible adults are on hand to monitor the party
- Serve plenty of food – guests are more likely to get drunk on an empty stomach
- Serve plenty of water and soft drinks
- Have a plan of action if a guest becomes drunk or ill – this might involve arranging for them to get home safely or calling 000 if they're seriously ill
- Ask gate-crashers to leave immediately or threaten that the police will be called
- Call the police if you feel that a situation is beyond your control



Party Safe

D R U G S

Content for this section
is courtesy of:



**Alcohol and Drug
Foundation**
adf.org.au

Facts about drugs

A drug is any substance that has a physiological effect when taken or administered into the body. Drugs can be categorised into legal and illegal drugs. Legal drugs include alcohol, caffeine, nicotine and various prescribed and over-the-counter medications, but may be subject to restrictions based on factors such as age. The active ingredients in legal drugs can be regulated and controlled, such as the alcohol content of a drink. Illegal drugs include cannabis, amphetamines, ecstasy, cocaine and heroin. These are not subject to quality or price controls and therefore a person using illegal drugs can never be sure of how strong the drug is or what's in it. Different batches of an illegally manufactured drug may contain different amounts of the drug and other unidentified additives.

Why do people use drugs?

People use drugs for many reasons; to relax, for enjoyment, to be part of a group, out of curiosity, as a coping mechanism or to minimise physical and/or psychological pain and trauma. There are a variety of different categories of drug use.

- **Experimental use:** A person tries a drug once or twice out of curiosity.
- **Recreational use:** A person chooses to use a drug for enjoyment, particularly to enhance a mood or social occasion.
- **Situational use:** A drug is used to cope with the demands of particular situations.
- **Intensive use or 'bingeing':** A person consumes a heavy amount of drugs over a short period of time, and/or uses continuously over a number of days or weeks.
- **Dependent use:** A person becomes reliant on a drug after prolonged or heavy use over time. They feel a need to take the drug consistently in order to feel normal or to avoid uncomfortable withdrawal symptoms.

Party Safe

D R U G S



Types of drugs

Depressants

These include alcohol, benzodiazepines, cannabis, GHB, heroin, morphine, codeine, methadone and some inhalants. Depressants do not necessarily make a person feel depressed. They affect the central nervous system, slowing down the messages between the brain and the body. As a result they can affect concentration and coordination. In small doses they can cause a person to feel more relaxed and less inhibited. In larger doses they can cause drowsiness, vomiting, unconsciousness and death.

Stimulants

These include caffeine, ephedrine, nicotine, amphetamines, cocaine and ecstasy (MDMA). Stimulant drugs have the opposite effect to depressants as they speed up the messages between the brain and the body. They can make a person feel more awake, alert, confident or energetic. Large doses of stimulants can cause over-stimulation, causing anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia. Long-term use of strong stimulants can also have these effects.

Hallucinogens

These include ketamine, LSD, datura, magic mushrooms and mescaline. Cannabis and ecstasy can also have hallucinogenic qualities. Hallucinogens distort a person's perception of reality. People who have taken them may imagine they see or hear things, or what they see may be distorted. The effects of hallucinogens vary.

Getting help

In Australia, there are many different treatment options for drug problems. Some aim to help a person stop using a drug, while others aim to reduce the risks and harm related to their drug use. You could call the ADF support line on 1300 85 85 84 or visit **adf.org.au/help-support/support-services-directory** for a list of support services in your state or territory.

There is no safe level of drug use. Use of any drug always carries some risk – even medications can produce unwanted side effects. It is important to be careful when taking any type of drug.

Always call 000 if a drug overdose is known or suspected and remember that paramedics are not obliged to involve the police. A quick response can save someone's life.



Party Safe

ALCOHOL

All about alcohol

Alcohol is the most widely used drug in Australia. Alcohol is a depressant, meaning it slows down the messages travelling between the brain and the body. Alcohol affects every individual differently based on a range of factors, including:

- Your size, weight and health
- Whether you're used to alcohol consumption
- Whether other drugs are taken around the same time
- The amount of alcohol consumed
- The strength of the alcohol

Effects

Some common effects of alcohol consumption include:

- Feeling relaxed
- Slower reflexes
- Difficulty concentrating
- Increased confidence
- Feeling happier or sadder (depending on your mood)

Excessive consumption may lead to:

- Confusion
- Blurred vision
- Memory loss
- Nausea/vomiting
- Passing out
- Coma

Regular consumption of alcohol may eventually have the following long-term effects:

- Regular colds/flu
- Depression
- Poor memory and brain damage
- Difficulty getting an erection
- Difficulty having children
- Liver disease
- Cancer
- High blood pressure and heart disease
- Financial, work and social problems

Party Safe

ALCOHOL



Binge drinking

The term 'binge drinking' generally refers to drinking heavily over a short period of time with the intention of getting drunk, resulting in immediate and severe intoxication. Binge drinking can be harmful in a number of ways:

- **Short-term harms** including hangovers, headaches, nausea, shakiness and possibly vomiting and memory loss. There is also the risk of alcohol poisoning which can cause death.
- **Behaviour-based risks** including falls, assaults, car accidents, shame and embarrassment, loss of valuable items and financial losses through reckless spending while intoxicated.
- **Long-term harms** including becoming dependent on alcohol and developing liver or brain damage.

What is a standard drink?

A standard drink is one that contains 10 grams of alcohol. Keep in mind that not all drinks contain the same concentration of alcohol and most venues do not serve standard drink sizes. Beware of bigger glasses, bottles or cans which hold more than one standard drink. If you're not sure, check out the label.

Tips for low-risk drinking

- **Set limits for yourself and stick to them.** Don't let other people pressure you into drinking more than you want.
- **Quench your thirst first.** Have a non-alcoholic drink first if you are thirsty.
- **Drink slowly.** Take sips, not gulps.
- **Drink from a small glass.** Some wine glasses can hold several standard drinks.
- **Be aware of exactly what you're drinking.** Pre-mixed drinks can be quite strong, even if they don't taste like strong alcohol.
- **Eat before and while drinking.** Although avoid salty snacks as they can make you thirsty.
- **Avoid getting into 'rounds' or 'shouts'.** They are likely to make you drink more than you would otherwise.
- **Avoid 'top ups'.** Drink one drink at a time so it's easier to keep track of how much you are drinking.



Party Safe

ALCOHOL

Getting help for a drinking problem

If your use of alcohol is affecting your health, family, relationships, work, school, financial or other life situations, you should try to get help. You could call the ADF support line on 1300 85 85 84 or visit adf.org.au/help-support/support-services-directory for a list of support services in your state or territory.

Drink spiking

Drink spiking is when someone deliberately adds alcohol or another drug to your drink without your knowledge. People may spike drinks as a prank to get someone drunk or high, but also sometimes to assault or rob someone. Estimates suggest that one-third of drink spiking incidents are associated with a sexual attack. Drink spiking is illegal in all Australian states and territories and penalties include fines and imprisonment ranging from two to 25 years.

Most commonly, drinks are spiked with extra alcohol. Despite media reporting, drink spiking with drugs such as GHB and Rohypnol is very rare. Drugs that are used to spike drinks are usually depressants that make you act like you are drunk or feel like you are about to pass out.

How do I stop my drink being spiked?

- Always watch your drinks and your friend's drinks when you're out at a pub, club or party
- Many people have their drinks spiked by someone they know – to avoid this, buy or pour your own drinks
- If someone you don't know well offers you a drink, always go to the bar with them

Party Safe

ALCOHOL



How do I know if my drink has been spiked?

If your drink has been spiked, you may not be able to see, smell or taste it. The drug or extra alcohol may be colourless and odourless and may not affect the taste of your drink.

Warning signs include:

- Feeling dizzy or faint
- Feeling ill or sleepy
- Feeling drunk even if you think you haven't had much alcohol to drink
- Passing out
- Waking up feeling uncomfortable and confused, with memory blanks about the night before

What to do if your drink is spiked

- Ask someone you trust to help you get to a safe place
- If you feel unwell or have been sexually assaulted, go to the emergency department of the nearest hospital
- Ask your doctor to test for the presence of drugs – urine or blood tests can pick up traces of certain drugs up to 24 hours later



**Drink spiking is serious.
In an emergency, call 000**



Party Safe

HELPING A FRIEND

Content for this section is courtesy of:



ReachOut
www.au.reachout.com

Helping a drunk friend

Friends look out for each other, and that's especially important when you've been drinking. Drinking alcohol involves some very real risks. If one of your friends is in a bad way, there are things you can do to help keep them safe. You may also want to know how to talk to them afterwards if you have concerns about their drinking.

How can I tell if my friend needs help?

Your friend may need help if they:

- Can't talk properly and have glazed eyes
- Are acting strangely and doing stuff they wouldn't normally do
- Are vomiting
- Are falling over and running into things or can't walk straight
- Have passed out

What should I do?

Be there for them

The most important thing to do when a friend is seriously drunk is to stay with them. If you can't be there, make sure that another friend, who isn't as drunk as they are, stays with them.

Stop the booze and start the food

Try to get your friend to eat something, or to drink a non-alcoholic drink. If possible, prevent them from drinking any more alcohol. Taking them to get something to eat can be a good way of slowing down their drinking without it seeming like you're trying to tell them what to do.

Recovery position

If your friend wants to lie down, make sure they're on their side, with something behind their back to prevent them rolling over on to their back or stomach. It's important to do this, because if they vomit while lying on their back they can choke.

Party Safe

HELPING A FRIEND



Get them home safely

Try to make sure your friend makes it home okay, even if it means having them stay over at your place for the night.

Get help

If your friend loses consciousness and can't be woken, call an ambulance immediately and rally any nearby adults for support.

How do I know if my friend is in trouble?

Sometimes being drunk is relatively harmless and just results in a hangover the next day. However, excessive drinking can cause alcohol poisoning, which can potentially cause your friend some serious damage. The following are signs of alcohol poisoning:

- Mental confusion, passing out or coma
- Vomiting
- Seizures/shaking
- Slow or irregular breathing
- Low body temperature, paleness and blue skin

Call 000 if your friend is experiencing any of these symptoms.

Afterwards

If you're worried about your friend, or annoyed that they ruined your night, say something to them another time – there's nothing to be gained by arguing with them while they're drunk.

When it's a regular thing

If you're worried about your friend's drinking, or if they get seriously drunk on a regular basis, you might want to talk to them about it sometime when you're both feeling a bit better.



For more information including how to have a difficult conversation with a friend visit www.au.reachout.com/articles/helping-a-drunk-friend



Party Safe

ONE PUNCH CAN KILL

Content for this section is courtesy of:

**ONE PUNCH
CAN KILL**™

One Punch Can Kill is the original anti-violence awareness campaign that originated in 2007 after the rising level of youth violence in QLD. It was devised and is managed by the QLD Homicide Victims' Support Group. For more information visit the One Punch Can Kill website – www.onepunchcankill.org.au

One punch attacks

A single punch to the head can have devastating consequences. A one punch attack, coward punch or king hit, whatever you choose to call it, is never justified and in many cases has resulted in serious brain injury or death, particularly among young Australians. In a split second, a young person's life, dreams and goals can be shattered by an instance of violence during what was meant to be an enjoyable night out. For the perpetrator, a criminal record and potential imprisonment are just the beginning. They also have to deal with a lifetime of regret for their reckless actions. Always remember the very real consequences that a fight can have.

Recognising potentially violent situations

During a night out it is important to be aware of your surroundings and how others are behaving. A person's body language can convey information on their potential for violent behaviour. Recognising the signals and paying close attention to what is being said and how it is being said can help to warn you of impending trouble. By understanding and interpreting body language information you can help to prevent and avoid violent situations. Some of the signs to look out for include:

Voice

- Changes in pitch and volume
- Shouting or muttering
- Significant changes in the pace of speech delivery
- Speech directed in 'general' and not at you

Body

- Appearing tense or agitated
- Increase in restless body movements

Face

- Increase in muscular tension
- Grinding of jaw
- Sudden loss of colour

Arms

- Arms folded or raised
- Rapid movement or sudden change in position

Legs and feet

- Legs swinging, foot tapping

Party Safe

ONE PUNCH CAN KILL



Hands

- Closing of hands to make a fist
- Tapping of fingers on surface with changes in rhythm
- Thumping fist or slapping hand on another object
- Picking up objects

Posture

- Departure from usual or previous posture
- Moving away or moving back

Identify potential violence

Although you should try to remove yourself from a potentially violent situation, it is not always easy or safe to walk away. Each situation needs to be considered on its merits and the appropriate action taken. To deal with a potential threatening or violent situation, some suggested techniques include:

- Try to talk your way out of it
- Get a bouncer involved
- Ignore the person/pretend you didn't hear or understand
- Remain calm or be polite
- Make it known that you are not looking for trouble
- Don't turn away, leaving you open to be hit from behind

STOP. One Punch Can Kill

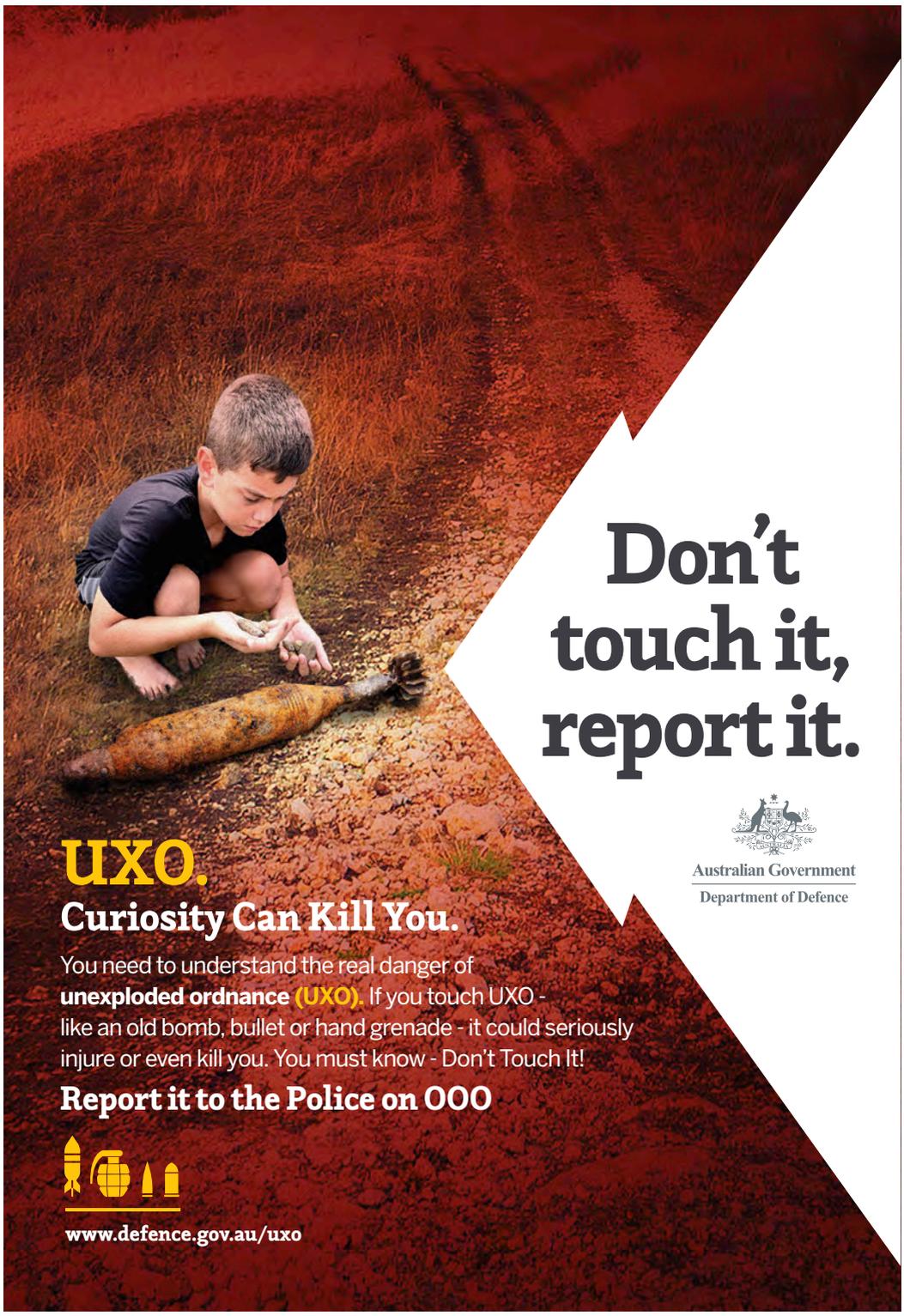
STOP. One Punch Can Kill began in Victoria after the tragic death of David Cassai on NYE 2012 from a senseless, unprovoked violent attack ending his life with a ferocious one punch.

This organisation, co-founded by David's mum Caterina, aims to unite all people who have been affected by senseless acts of street and social violence in an effort to work towards creating a safer community and to raise awareness that one punch can and DOES kill.

In 2014, *STOP. One Punch Can Kill* successfully petitioned the Victorian Government to introduce the 'Coward's Punch Manslaughter' law that carries a 10-year minimum non-parole period.

Caterina is available to speak to schools, sporting and other groups about Harm Prevention, highlighting her son's senseless death in a moving presentation.

For more, visit www.stoponepunchcankill.org



**Don't
touch it,
report it.**



Australian Government
Department of Defence

UXO.

Curiosity Can Kill You.

You need to understand the real danger of **unexploded ordnance (UXO)**. If you touch UXO - like an old bomb, bullet or hand grenade - it could seriously injure or even kill you. You must know - Don't Touch It!

Report it to the Police on 000



www.defence.gov.au/uxo

Party Safe

SCHOOLIES



Schoolies

Finishing school is one of the most exciting times in your life. Celebrating with your friends at schoolies is a great way to commemorate the end of your secondary schooling and mark the beginning of the next phase in your life. The Gold Coast is home to Australia's largest schoolies celebration, however, many schoolies also choose to head to other holiday destinations such as Byron Bay, Lorne and many more. You can visit **www.schoolies.com** to find out more about schoolies and booking your trip.

Before you go to Schoolies

It's a good idea to plan ahead. Suggestions include:

- Arranging travel insurance
- Take your Medicare card with you just in case
- Make sure you have ambulance cover and if you have private health insurance, know what you're covered for
- Have a think about your values regarding sex, alcohol and drugs. Decide what you're prepared to do and where you will draw the line
- Have a chat to the friends you're going with to find out where you all stand. Plan ways you will look out for each other.

Safety tips for Schoolies

- Obey the house rules so you don't get kicked out of your accommodation
- Keep your hotel room locked when you're not there
- Stick with your friends and watch out for each other
- Walk to and from the main schoolies area in groups
- Never wander off alone and avoid going off with strangers
- Agree with your friends beforehand where to meet if you get separated
- Make sure your phone is charged
- Carry condoms and use them if you are having sex
- Don't drink or take drugs and drive
- Trust your senses – if you feel unsafe, move away from the situation



Party Safe

SCHOOLIES

What to watch out for during Schoolies

Take some simple precautions so you can enjoy yourself without putting yourself or your future at risk. Some issues to be aware of include:

- **Drink spiking:** Assume that anyone is capable of spiking your drink. Lots of drink spiking is actually done by people you know adding more alcohol (as opposed to other drugs) into your drink. Don't leave your drinks sitting around and if you do, ditch them and buy new drinks. Buy drinks with lids you have to open yourself and don't accept water from anyone either.
- **Sexual assault:** This is unfortunately a common occurrence during schoolies. Look out for drink spiking. Going off with a stranger puts you at high risk, especially if you have been drinking, so don't go to a private place such as a hotel room with someone you don't know. Catch a cab at the end of the night rather than walking the streets.
- **Brawls:** Avoid gangs of males who seem to be wandering without purpose. Testosterone plus alcohol can sometimes equal a brawl. Violence tends to spread through a crowd, so don't hang around to watch if a brawl starts.
- **Drugs:** If you decide to take drugs, make sure you tell your friends what kind so they can give this information to ambulance officers or other medical staff in case of an overdose. Avoid mixing drugs with alcohol or other drugs.
- **Physical injuries:** When outside, even on the beach, keep your shoes on and watch for broken glass and syringes. Don't sit down without checking behind you.
- **Drowning:** Don't drink or take drugs and swim.
- **Theft:** Don't leave your stuff unattended on the beach. Take it in turns to look after everyone's stuff.



If an emergency situation arises during Schoolies call 000 immediately.

Party Safe

REFERENCES



**Content for this chapter
is courtesy of:**



**Alcohol and Drug
Foundation**
adf.org.au



ReachOut
au.reachout.com



One Punch Can Kill
www.onepunchcankill.org.au



Health Direct
www.healthdirect.gov.au



Health Direct
healthywa.wa.gov.au



**For further contact information
and websites about this chapter,
please see page 163**

Being online has made meeting and interacting with others easier than ever before, but it's important to know how to stay safe.

Here are ThinkUKnow's top tips for safer online interactions:

- Question suspicious accounts, and trust your instincts if something doesn't seem right - not everyone is who they say they are.
- Avoid meeting someone in person that you have only ever spoken to online. However, if you do meet, choose a public place and take someone with you.
- If something goes wrong, know how to block or un-match and report.
- Your safety should always come first!

Sometimes things don't go to plan but there is always help available.

For more information, visit www.thinkuknow.org.au

ThinkUKnow is a national online child safety program led by the Australian Federal Police, delivered in schools through educational presentations and resources for young people and their parents and carers.





School's Out

You can follow many pathways out of the school grounds.

It could be an apprenticeship/traineeship/cadetship or further study. Maybe you want to head straight into the workforce, start a business or take a gap year to think about it some more.

While it is great to have options, you do not have to lock yourself into one while you are still finding out what you like.



School's Out

APPRENTICESHIPS & TRAINEESHIPS

It is good to have a plan, and maybe even a back-up plan, to work towards while you are at school. It will keep you focused and motivated.

However, it is also OK to be unsure. Keep discussing your options with your parents/guardians, friends, teachers and people you look up to.

Apprenticeships, traineeships and cadetships

Apprenticeships, traineeships and cadetships combine training and work that will lead to a formal qualification.

Examples of apprenticeships range from trades like an electrician, plumber, carpenter or hairdresser.

Usually, your employer will pay your training and you study and work at the same time.

This is great way to get a qualification because you are studying and learning on the job while also earning a wage.

Many companies offer this type of employment, so you need to check their websites individually to seek out the opportunities available.

Preparing for an apprenticeship pathway:

1. Find out what an Australian apprenticeship is really about by logging onto **www.aapathways.com.au/about-australian-apprenticeships-traineeships/australian-apprenticeships**
2. Speak with a career adviser about options or visit **www.aapathways.com.au/careers-for-australian-apprenticeships-traineesh/career-services**
3. Decide which industry suits you best by visiting **www.aapathways.com.au/careers-for-australian-apprenticeships-traineesh/industry-information**



4. Challenge yourself with quizzes that cover more than 30 industries at www.aapathways.com.au/insiders-advisers/practice-aptitude-quizzes
5. Find out about employment services at www.employment.gov.au/job-seekers-0#im-looking-for-work
6. Look at job pathways at www.aapathways.com.au/careers-for-australian-apprenticeships-traineesh/job-pathways
7. Consider doing a Preapprenticeship course. Find out more at www.aapathways.com.au/complex-search-app-preapp
8. Create a resume. Check out for tips www.thekidsareallright.com.au/2012/outsidetheschool/resume-for-teenagers



For more information visit
www.australianapprenticeships.gov.au

Further study

There are many pathways to get a qualification through further study including university, TAFE and specialised courses.

University

About 30 per cent of students go direct to university from school. There are however alternative pathways by transferring from recognised VET studies or undertaking bridging or foundation programs to help prepare students for university courses.

When considering going straight to university, it is important to explore course requirements including prerequisite Year 11 and 12 subjects.

There are other things to consider like the cost of university study, and associated living expenses like course materials, petrol, travel, even the possibility and needing to move out of home.



TAFE

TAFE and training courses can give you the skills to work in hundreds of industries.

This kind of training will also provide pathways for further training and better careers.

Qualifications include:

- **Certificate I** courses – basic skills that can be used in simple jobs
- **Certificate II** courses – train participants for entry-level positions or apprenticeships
- **Certificate III** courses – help develop skills, knowledge and problem-solving abilities
- **Certificate IV** courses – training for supervisory and management positions
- **Diploma** courses – skills in professional, technical or creative fields
- **Advanced Diploma** – high-level skills in technical, professional and creative fields
- **Graduate Certificate and Graduate Diploma** – equivalent to a university degree with Honours.

To decide the right course for you, first work out the job you want to determine the skills and qualifications you need.

Top 5 reasons TAFE is a great option

1. Provides up-to-date training in courses designed and updated with help from industry – the employers who may be your future managers.
2. Endless choices – more than 30 broad study areas from agriculture and natural resources, computing and information systems to hairdressing. Some also offer degree courses in areas like music, biotechnology and nanotechnology.
3. Gets you ready for work with practical skills and knowledge to perform well on your first day on the job.
4. Can provide a stepping-stone on the path to your career – some study areas have pathways to university entrance.
5. Affordable – free of the Higher Education Contribution Scheme (HECS), so you avoid deferred debts.



TAFE institutes charge a tuition fee and sometimes personal-use items such as tools of the trade, student services and take-home goods. Student loans may be available and some students may be eligible for a concession/exemption.

For more information:

Visit www.fulltimecourses.tafe.wa.edu.au

Call the TAFE Admissions Line on 6212 9888

Email tafe.admissions@dtwd.wa.gov.au

Private courses

Many private education and training centres exist, offering certificates in a range of industries from administration to beauty therapy, hospitality to fitness.

It is quite easy to search the web for local courses that will lead to specific skills training by entering the job you want.

Paying for ongoing study

Paying fees is a fact of life, and paying for further education is not exempt. Once you have decided on a course and where you would like to study, ensure you can cover expenses of course fees and also living costs while you study.

These are some of your options:

- Pay all fees upfront before the course starts – the dream scenario but not always achievable!
- Get a government loan – visit www.studyassist.gov.au
- Apply for a study scholarship – visit www.scholarships.org.au
- Do an apprenticeship or cadetship – www.australianapprenticeships.gov.au
- Get student income support – <https://www.humanservices.gov.au/individuals/services/centrelink>
- Work and study at the same time



School's Out

EMPLOYMENT

Employment

A paid job means your own money, which can lead to freedom and the chance to learn, do new things and even help out your parents/guardians with a few of your expenses like your mobile phone or subscriptions.

Getting your first job is not always easy, and people often have to apply for a number of jobs before they are successful. Do not get discouraged, learn where you can improve and keep applying – it is like everything, as you get more experience in interviews, you will become more successful.

Finding jobs on formal advertising channels like **seek.com.au**, local notice boards or newspapers are a good place to start.

However, about 80 per cent of jobs are never formally advertised so ask your friends, family members and other networks if they know of any work opportunities.

Also, make a list of the places you would like to work and just rock up and ask if there are any vacancies. This is a first-impressions situation so treat it like an interview. Dress appropriately, speak clearly and have a resume with a cover letter that you can leave behind.

When it comes to junior positions, employers are interested in employability skills that allow people to do their jobs while acknowledging the candidate may not have all the technical knowledge. In other words, employing young people is a great way for companies to be able to train staff. This means, showing your potential employer that you are good at communication, teamwork, problem-solving will be a great start. Then provide examples of your initiative and planning/organisation skills and most of all, your willingness to learn. In the world we live in, technology skills across social media, web and other electronic communication will be a plus!

Starting a business

While your experience and qualifications may be a little light-on since you have just finished school, starting a business is always an option if you have a particular talent, skill or passion.

There are programs out there aimed at helping young people build enterprise skills and develop innovative ideas.

Visit Small Business Development Corporation for ideas at **www.smallbusiness.wa.gov.au/business-advice/starting-your-business**



Taking a gap year

A 'gap year' means taking a year off between finishing high school and starting further study or training.

A gap year might be an option if you:

- Didn't get into the course you wanted and want to take a year to reconsider your options and apply again
- Need a break from studying
- Want to get some skills and experience under your belt before embarking on a course
- Want to work and save money in preparation for more study

You can take a gap year even if you have been accepted into a course by deferring your studies.

What to do during a gap year

We are pretty sure that mum, dad, carers, even housemates, wouldn't be too keen about seeing you on the couch for a year. A gap year is a great time to do a combination of deciding your future, earning some money, discovering what you love and exploring the big wide world.

Make it a year to remember by:

Getting a paid job – part-time or casual is fine

Volunteering – do this in your community to contribute

Doing work experience – ask employers in your field of interest if you can do an internship for a small amount of pay or a short-term work experience stint that might help you get your foot in the door

Travelling – explore your own state, country or head overseas for an adventure

Studying – consider a short course, even an online courses to get more skills and knowledge so you're ready when you start university or TAFE



School's Out

REFERENCES

Content for this chapter is courtesy of:



**Government of Western
Australia – Youth**
[dlgc.communities.wa.gov.au/
communityinitiatives/pages/youth.aspx](http://dlgc.communities.wa.gov.au/communityinitiatives/pages/youth.aspx)



**Australian
Apprenticeships
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www.aapathways.com.au

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StudyAssist

Study Assist
[www.studyassist.gov.au/while-youre-
studying/what-am-i-eligible](http://www.studyassist.gov.au/while-youre-studying/what-am-i-eligible)



**Small Business
Development Corporation**

**Small Business Development
Corporation**
[www.smallbusiness.wa.gov.au/
business-advice/starting-your-
business](http://www.smallbusiness.wa.gov.au/business-advice/starting-your-business)



**Government of Western Australia
Department of Training
and Workforce Development**

**Government of Western
Australia Department of Training
and Workforce Development**
www.fulltimecourses.tafe.wa.edu.au



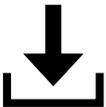
Read

What Next After School? All You Need to Know About Work, Travel and Study, by Elizabeth Holmes



Visit

www.australianuniversities.com.au to see how universities are ranked in Australia



Download

AusAppPathways is a free app that will help students and jobseekers explore the many careers that can begin through an apprenticeship or traineeship pathway. Download the app on the Apple App Store or on Google Play.



For further contact information and websites about this chapter, please see page 165

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Getting Stuff Sorted

This section provides information you need to know about getting your driver's licence, enrolling to vote and how to manage your own 'stuff' like when to get a myGov account and what it is useful for. It is also time to start thinking about whether you would like to become an organ donor. Read Zaidee's story, it might change the way you look at organ donation.

BULLYING. NO WAY!

TAKE A STAND
TOGETHER

At our school we treat others the
way we want to be treated.



www.bullyingnoway.gov.au

Getting Stuff Sorted

BEHIND THE WHEEL



Learning to drive

WA's *Drive Safe* handbook provides information about road rules in WA that will help you get your learner's licence.

Download a free copy at

www.transport.wa.gov.au/licensing/learner-activities-and-resources.asp



WA has a Graduated Driver Training and Licensing (GDTL) process to help young people learn the road rules, hone their skills, pass their learner test, and progress to P-plates.

Here's how it works:

- Step 1:** Get a learner's permit
- Step 2:** Learn to drive/ride
- Step 3:** Complete the Hazard Perception Test
- Step 4:** Continue to gain experience
- Step 5:** Pass the Practical Driving Assessment
- Step 6:** Get a provisional licence (P-plates)

Introduction

You can apply for your learner's licence in Western Australia when you turn 16 years old.

This will allow you to drive a car under supervision. Your supervisor must have a current full licence, which they have held for at least one year.

To get your learner's licence, you must pass the learner's permit Computerised Theory Test (CTT).

Before you sit the test, read the handbook and practice the relevant theory test before you head into a Driver and Vehicle Services (DVS) centre or regional agent.

Your eyesight test will be conducted at the same time and location as paying the application fee for your learner's permit.

If you need any visual aids to pass the eyesight test, your learner's permit will be endorsed with a condition to show that you must wear visual aids when driving. You'll need to have your visual aids with you.



Getting Stuff Sorted

BEHIND THE WHEEL

L-plates

Once you pass the theory and eye sight test and pay your learner's permit fee, you will get your L-plates.

You will also be issued with a Learner Guide and Log Book for a small fee, which contains information to assist you in developing safe driving skills.

The Learner Guide and Log Book also gives you access to download the Learn&Log app from the App Store or Google Play to record your supervised driving hours. You can use the printed log book, the Learn&Log app or a combination of both to record your hours.

Driving with a learner's licence allows you to drive for two years under these conditions:

- Only drive with a supervisor who holds a valid open licence for the class of vehicle you are driving and has held the licence for at least one year
- Always display your L plates
- Carry your learner licence with you
- Record 50 hours of supervised driving in your learner log book, including five hours of night driving
- Know the rules for driving in WA.

For more visit www.transport.wa.gov.au/licensing/step-2-learn-to-drive-ride.asp

Did you know?

You can print your L-plates, red P-plates and green P-plates from the WA Department of Transport website. Visit www.transport.wa.gov.au/licensing/licensing-resources.asp

Getting Stuff Sorted

BEHIND THE WHEEL



P-plates

Once you have held your learner's licence for six months, you can start preparing for your Practical Driving Assessment by sitting your Hazard Perception Test (HPT).

You must pass the HPT before you can attempt a Practical Driving Assessment (PDA). You can practice with the online simulators below to ensure you're confident before taking the HPT online at <https://www.transport.wa.gov.au/licensing/step-3-complete-hazard-perception-test.asp>

After passing your HPT, keep building on your experience and working towards your minimum 50 supervised driving hours which must include at least five hours at night (between sunset and sunrise).

When you have met the minimum requirements for the class of driver's licence you have applied for, you can sit the Practical Driving Assessment (PDA).

To sit your PDA you must:

- Be a minimum of 17 years of age
- Have completed a minimum of 50 supervised driving hours, including at least five hours at night (between sunset and sunrise)
- Present your log book, ensuring your declaration of completion has been signed by you and your supervising driver. You must bring your entire Learner Guide and log book with you
- Provide a roadworthy vehicle of the correct class for your assessment.
- Present your learner's permit
- Arrive at least 10 minutes before your scheduled appointment
- Ensure the vehicle you are taking the assessment in has a centrally mounted hand brake accessible to the driving assessor
- Present your primary and secondary identification.



Getting Stuff Sorted

BEHIND THE WHEEL

Once you have passed your PDA, you will be issued with a provisional licence (P-plates) and can drive unsupervised.

During this time, you're considered a novice driver – meaning you're under 19 years of age and have not held a driver's licence for more than two years (in Australia or elsewhere).

You'll start off with red P-plates and transfer to 'green Ps' after six months. Night-time driving restrictions apply for the first six months.

A person is a provisional driver's licence holder for the first two years that they hold any driver's licence (i.e. period or periods adding up to 730 days) or until they are 19 years of age (whichever is the longer period).

Programs to help get your Ps

These programs will you move from L-plates to P-plates:

- **keys2drive** – an Australian Government funded program that provides learner drivers and their parents/supervisors a free lesson with a *keys2drive* accredited driving instructor. Visit www.keys2drive.com.au
- **Keys4Life** – a program for teachers to deliver pre-driver education to year 10-12 students that upskills young people with positive road user attitudes and an awareness about how to be responsible, safer drivers. Visit www.sdera.wa.edu.au/programs/keys4life
- **The Road Safety Commission** – has developed online games and quizzes to help you get your driver's licence, and become a safe driver. Visit www.rsc.wa.gov.au/Your-Safety/Games

Driving and alcohol

If you are on your L-plates or P-plates, you cannot have any alcohol in your bloodstream.

If you drive with a blood alcohol level over zero while you are on your L-plates or P-plates, your permit or licence **will be cancelled**.

And that could be the least of your problems.

The message here is simple – **DO NOT DRINK AND DRIVE, EVER!**

Getting Stuff Sorted

BEHIND THE WHEEL



Buying a car

Safety should be the most important consideration when looking for a new or used car.

The safest cars can offer you and your passengers up to five times more protection in crashes than those that meet the minimum standards. You should always check the safety rating before buying a car.

Most of Australia's new top-selling models have been crash tested and given a star rating for safety (five stars is the safest). Try to avoid cars that have fewer than four stars.

For a full list of Australasian New Car Assessment Program (ANCAP) ratings visit **www.ancap.com.au/home**

Tips to buying a used car

1. Take your time.

Don't feel the need to rush. If you're not sure, take more time to think about your purchase. If you're buying from a dealership don't sign a contract until you're sure it's the right decision.

2. Test drive.

A test drive is an important part of the car-buying process. You should never buy a car without taking the time to drive it first. If test-driving more than one car, try to do them close together so you can make an accurate comparison.

3. Get a car history report.

If you're looking to purchase a used car through a private sale, it's important to get a Personal Properties Security Register (PPSR) check to ensure the car has no money owing on it. This can be done for a small fee. Visit **www.ppsr.gov.au**. You should also consider an RAC Car History Report which gives you a full history of the car, such as whether it has been written off and then repaired. RAC members get 10 per cent off.

Content for this section is courtesy of:



RAC WA
rac.com.au



Getting Stuff Sorted

BEHIND THE WHEEL

4. Vehicle condition appraisals.

An RAC Vehicle Condition Appraisal from an experienced mechanic will give you a full report on the car's general condition and safety components.

5. Safety star rating.

When buying a new car, use the ANCAP star-rating guide to select a car that's safe for you and your passengers.

Visit **www.ancap.com.au**

For used cars, the RAC's Used Car Safety Ratings guide is your go-to for safety ratings.

6. Signing the paperwork.

Check for extra fees and charges associated with your contract that you may not be aware of like paint protection, floor mats and stereo upgrades without doing your research first. It costs extra for an extended warranty, so check what this costs and see if the warranty conditions match your needs.

Most used cars purchased through a dealership come with a statutory warranty. Check your paperwork to see if the car you're buying qualifies for this.

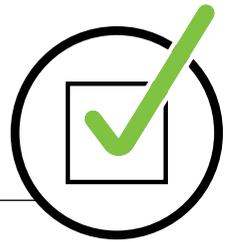
If you've bought a used car privately, you must notify the Department of Transport within 14 days of purchasing the vehicle. The transfer papers can be completed online or via a hard copy form.

7. Vehicle insurance.

As soon as you have purchased the vehicle and know the car's details, make sure you organise insurance. If you're financing your car with RAC Finance, you'll need fully comprehensive insurance.

Getting Stuff Sorted

BEHIND THE WHEEL



Riding a motorbike

You can apply for a learner's permit to ride a Learner Approved Motorcycle Scheme (LAMS) approved motorcycle (R-E class) vehicle once you are 16 years of age.

There are six steps involved in getting a licence that allows you to ride a LAMS approved motorcycle.

If you have not previously held a driver's licence, you must follow the same procedures for someone getting their licence for the first time.

This will include passing a motorcycle theory test, hazard perception test and practical riding assessment as well as completing a minimum of 50 supervised driving hours (including five night time hours) in an approved log book if applying for an R-E class, or a motorcycle theory test and practical riding assessment if applying for an R-N class.

When you are ready to sit your practical riding assessment, contact the Department of Transport to book a test time. The earliest you can do the practical assessment for an R-E class vehicle is when you are at least 17 years of age and if this is your first class of licence held you will need to complete a minimum 50 hours of supervised driving (including five hours of night-time driving) in an approved log book prior to sitting the assessment. All assessments must be conducted on a motorcycle that meets the minimum vehicle assessment standards for the relevant class.

More information is available at www.transport.wa.gov.au

Did you know?

You can apply for a moped licence at 16 years old. And, if you want to wait a while you are automatically authorised to ride a moped once you have your P-plates

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THREE LIVES.**



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BLOOD SERVICE**

Getting Stuff Sorted

BEHIND THE WHEEL



Oops, I crashed

If you are involved in, or witness, a traffic accident and there is danger, serious injuries or life-threatening concerns, telephone Triple Zero (000).

If you are a driver of a vehicle involved in a traffic crash, you must stop immediately and supply your name and address.

The driver of a vehicle must report a traffic crash when the incident occurs on a road or any place commonly used by the public, e.g. car parks. You must also report to police if the:

- incident resulted in bodily harm to any person
- total value of property damaged to all involved parties exceeds \$3000
- owner or representative of any damaged property is not present.

Content for this section is courtesy of:



**Western Australia
Police Force**
www.police.wa.gov.au



Getting Stuff Sorted

VOTING

Enrolling to vote

Australia is a representative democracy. We elect representatives to make decisions on our behalf.

Voting is your chance to actively participate in our democracy and have your say in shaping our country, our state, even the suburb where we live and its surrounds.

Once you turn 18 years old, you must enrol to vote. If you want to get organised, you can enrol when you are 16 but you just won't be able to take action until you turn 18!

Voting is compulsory in Australia for federal elections, by-elections and referendums, and State and local government elections.

Below is a quick snapshot of what each level of government in Australia is responsible for, and what most political candidates will base their election campaign platforms and commitments on to get your vote.

Federal Government

The Federal Government makes decisions about issues that affect all Australians including:

- the national economy
- education
- defence
- foreign policy
- immigration
- social services
- trade and commerce
- Medicare and health funding.

Getting Stuff Sorted

VOTING



State Government

The State Government makes decisions about issues that specifically affect people living in that state such as

- hospitals and health services
- drugs and crime prevention
- education and training
- family and community development
- transport and road safety
- rural and regional service development.

Local government

Local government (councils) makes decisions on localised issues like:

- sporting facilities and recreation reserves
- libraries and community centres
- animal registrations
- rubbish and recycling collection
- family services (ie maternal and child health, childcare and kindergartens)
- meals on wheels and home help
- town planning and building regulations
- local roads and footpaths.

How to enrol

Visit www.aec.gov.au/enrol/ and enrol to vote online.

Paper forms are also available at any Australian Post Office or from the Australian Electoral Commission office in your state.



Getting Stuff Sorted

GOVERNMENT SERVICES

Accessing government services

myGov is a secure way to access government services online with one login and one password.

A myGov account provides secure access to a range of government services using one username and password.

You will need a myGov account for Centrelink payments, Medicare claims, lodging a tax return with the Australian Taxation Office, looking for a job, accessing your health records or the National Disability Insurance Scheme.

To create a myGov account:

1. Go to **my.gov.au** and select **Create an account**
2. Enter your email address and accept the terms of use if you agree
3. Enter your confirmation code
4. Choose a password and three secret questions
5. Get your username by email
6. Sign in to your myGov account and follow the steps to link to other services

Your own Medicare card

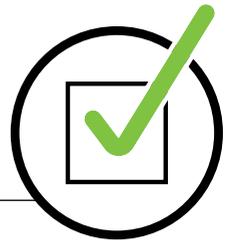
You can transfer from your parents' Medicare card to your own Medicare card once you turn 15 years old.

Download a form from **<https://www.humanservices.gov.au/individuals/forms/ms011>** and take it, along with your ID, to your local Medicare service centre.

Once your application is confirmed, you can access and view your information by linking your Medicare account to your myGov account.

Getting Stuff Sorted

GOVERNMENT SERVICES



Your health records

Once you turn 14, you can manage your own health information via the government's My Health Record system, which is an online summary of your key health information.

When you have a My Health Record, your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate.

You can access your health information from any computer or device that is connected to the internet.

Your parent or legal guardian will no longer automatically have access to your health records, but you can invite them to be your nominated representative.

To manage your My Health Record, you will need:

1. A myGov account
2. Your Medicare number, name, address, date of birth and gender. You may also be asked questions such as the date of your last doctor's visit to ensure it is you!
3. To link your My Health Record to your myGov account, and set it up.



Find out more about My Health Record at
www.myhealthrecord.gov.au/for-teens

Please note that information about Centrelink can be found in the Money Matters chapter.

Health insurance

You can remain on your parents' family health insurance policy until you turn 25 years old if you are still studying full-time, not working full-time and are not married.

If your circumstances change that do result in not being fully dependent on your parents, you may need to come off their policy earlier.

Check with your parents' health insurer for details, as all policies differ slightly, to ensure you are well covered in case of an accident!

Being online has made meeting and interacting with others easier than ever before, but it's important to know how to stay safe.

Here are ThinkUKnow's top tips for safer online interactions:

- Question suspicious accounts, and trust your instincts if something doesn't seem right - not everyone is who they say they are.
- Avoid meeting someone in person that you have only ever spoken to online. However, if you do meet, choose a public place and take someone with you.
- If something goes wrong, know how to block or un-match and report.
- Your safety should always come first!

Sometimes things don't go to plan but there is always help available.

For more information, visit www.thinkuknow.org.au

ThinkUKnow is a national online child safety program led by the Australian Federal Police, delivered in schools through educational presentations and resources for young people and their parents and carers.



Getting Stuff Sorted

LEAVING HOME



Leaving home

You might be moving to study, to try something new, for work, or to feel more independent. Whatever the reason, be sure that leaving home is the right decision for you. Even if there are problems where you are living, moving out may not be the answer.

We are just not getting along

Families argue, people who live together can go through rough patches. If you are experiencing problems where you live, before you make any rash decisions try talking:

- Problems over with members of your household
- With family or friends that you don't live with
- To your school welfare co-ordinator or a youth counsellor

Somewhere safe to live

Every child and young person has a right to be safe where he or she lives.

If you're over 18 and have a stable income, you can probably move into shared accommodation with friends, look at renting your own place or join an existing share house through a site like **www.flatmatefinders.com.au**

If you're under 18, your age may make it difficult to rent a house or sign a lease.

If you're leaving home because of family conflict or abuse, then there are refuges and supported accommodation services that may be available to you.

Content for this section is courtesy of:



ReachOut
www.au.reachout.com



Getting Stuff Sorted

LEAVING HOME

Types of housing

If you do decide to move out, seek advice on your rights in different housing situations and be aware of your responsibilities.

Living independently in a flat/house

This is the most expensive option and usually involves signing a lease or tenancy agreement, which you can't do until you turn 18. Get advice before you sign a lease if you don't know your obligations or legal rights as a tenant.



For more information visit
[www.communities.wa.gov.au/
services/housing](http://www.communities.wa.gov.au/services/housing)

Shared housing

You might move in with some friends or with people you don't know. Shared houses all have their own 'rules' so you need to ask a lot of questions. Think about how you will get on sharing a house with other people. Usually the more people you share with the less expensive it will be.

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.

Boarding houses

Boarding houses generally provide individual bedrooms with basic furniture and shared lounge rooms, bathroom, laundry. They usually provide some meals.

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

Most youth housing is shared, and youth workers from community organisations provide support.

Getting Stuff Sorted

LEAVING HOME



Coping with the adjustment

It can be hard being away from the people you are closest to and most familiar with. It's normal to feel isolated, lonely and overwhelmed when you move away from friends and family.

Strategies to help you adjust:

- **Keep in contact** – Reach out to family and friends when you move away through Facebook, emails, texts, Skype and phone calls.
- **Plan ahead** – Organise times to meet up with people you've moved away from.
- **Get involved** – Meet new people and make new friends by getting involved in activities that interest you like sport, music, community services.
- **Create your own space** – Bring a bit of home to your new home like posters, bedding and photos to make you feel comfortable.
- **Give it time** – Moving away from friends and family is a big thing, and it takes time to get used to. Once you're familiar with new routines and make new friends, it's likely that being away will start to feel easier.

Ask Izzy is support service that helps you find the services you need now that are local to where you live.

This free and anonymous service allows you to search for housing, meals, healthcare, counselling, legal advice, addiction treatment and more.

Find out more at askizzy.org.au

 facebook.com/askizzyau





Getting Stuff Sorted

BLOOD AND ORGAN DONATION

Blood donation

Young people over the age of 18 years old who are healthy and weigh more than 50kg can donate blood.

You may be able to donate **whole blood**, **plasma** or **platelets**. Each type of blood donation is used for different medical treatments, and your blood type determines the best donation for you to make.

To start donating plasma or platelets you need to have given whole blood sometime in the previous two years.

Take the eligibility quiz at www.donateblood.com.au/eligibility to find out if you can give blood.

Australian Organ Donor Register

You can join the Australian Organ Donor Register to enter your organ and tissue after death donation decision from the age of 16 years.

You don't have to be on it, but it's the best way to make your decision clear if you want to donate organs and which organs or tissue you want to give.

It's important to put your decision on the register even if you've put it elsewhere, like on your driver's licence.

The register only covers donations for transplants – not those for research.

Remember too ... tell your family your decision about being an organ donor. They'll have the final say.

When you die, they need to agree before your organs can be donated. They're more likely to follow your wishes if they already know about them.



To register or to find out more about organ donation please visit www.donatelife.gov.au

Getting Stuff Sorted

BLOOD AND ORGAN DONATION



Zaidee's story

Zaidee Rose Alexander Turner – aged 7 years and 22 days died suddenly on 2nd December 2004 from a burst blood vessel in her brain called a Cerebral Aneurysm.

Zaidee's parents, Kim and Allan, founded Zaidee's Rainbow Foundation not long after.

At the time of Zaidee's death, the Turner family had been registered organ and tissue donors for five years.

As a result Zaidee donated her organs and tissues at the Royal Children's Hospital, as were her wishes at the time.

From this gift, the lives of seven people (six children and one adult) were improved and, in some cases, saved.

Zaidee was the only child in Victoria under the age of 16 years and we have been told one of the youngest Australians to donate her organs and tissues in 2004. She was only one of six children nationally to donate their organs.

Zaidee's story is directed towards both children and adults so they can think about others who are waiting for a life-saving operation and a suitable match for an organ or tissue.

Think about giving this gift to others so they can live a better life and in some cases, have a second chance at life.

Zaidee's gift of her organs to others will allow them to have another birthday.

One in five people on the transplant waiting list will never get the chance to have another birthday if people do not become registered donors.

The symbol is representative of hope; after every storm the sun shines and there is a rainbow. For those people on the transplant waiting list, the rainbow symbol offers them hope.

At the end of their rainbow is an organ or tissue to improve their life – or in most cases – save their life.

Allan Turner

CEO Zaidee's Rainbow Foundation and Zaidee's dad



Getting Stuff Sorted

BLOOD AND ORGAN DONATION

What you can do if you are under 16 years old

Discuss organ and tissue donation with your parents and express your thoughts and wishes about what you would like to happen if your life was cut short.

Ask your school to arrange for Zaidee's Rainbow Foundation to come out and speak with your class.

Purchase Zaidee laces online at www.zaidee.org/zaidees-shop

For more information please visit www.zaidee.org

Resources for parents and teachers are available at www.zaideeschool.org

Getting Stuff Sorted



REFERENCES

Content for this chapter is courtesy of:



**Australian Electoral
Commission**
www.aec.gov.au



Department of
Transport

Department of Transport
www.transport.wa.gov.au



My Health Record
www.myhealthrecord.gov.au



Australian Government
Department of Human Services

Department of Human Services
www.humanservices.gov.au



RAC WA
rac.com.au



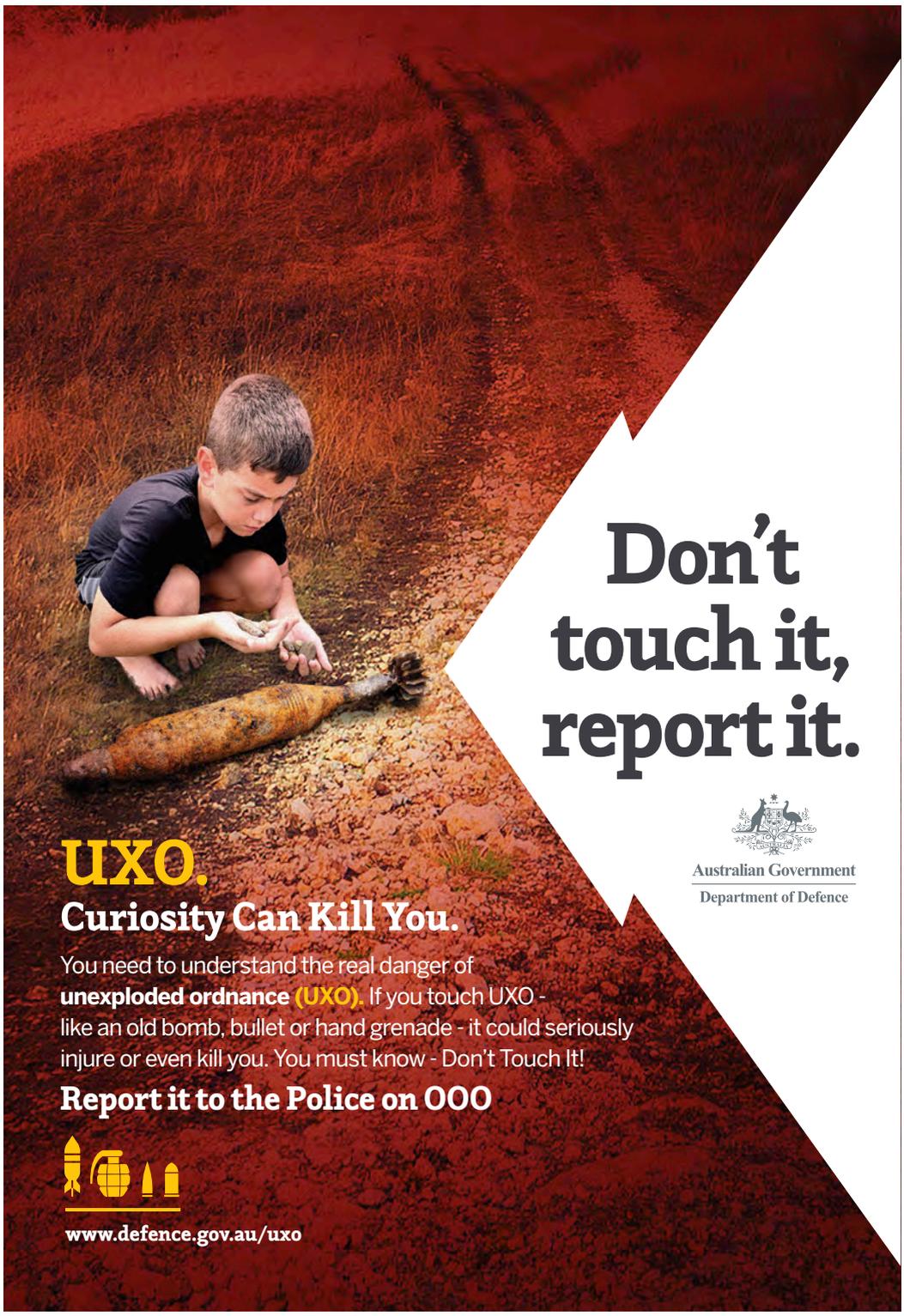
Western Australia Police Force
www.police.wa.gov.au



Donate Life
donatelife.gov.au



**For further contact information
and websites about this chapter,
please see page 165**



**Don't
touch it,
report it.**



Australian Government
Department of Defence

UXO. **Curiosity Can Kill You.**

You need to understand the real danger of **unexploded ordnance (UXO)**. If you touch UXO - like an old bomb, bullet or hand grenade - it could seriously injure or even kill you. You must know - Don't Touch It!

Report it to the Police on 000

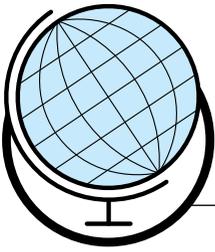


www.defence.gov.au/uxo



A World of Opportunity

This chapter provides information about travelling in Australia or overseas, learning about culture, and enjoying other opportunities and adventures like volunteering in your community or abroad.



A world of opportunity

TRAVELLING IN AUSTRALIA

Travelling in Australia

Australia is a huge country with different adventures to be had in every state. Once you have decided a holiday in Australia is for you, figure out what kind – action, nature, party, history or culture.

To get this planning started, decide:

1. How long you want to be away
2. How you will get around
3. How much money you have
4. Will you travel solo, with a partner, a friend or in a group?

For ideas on where to go and what to do visit

www.australia.com

Driving

Driving is a great way to see Australia; vast open roads, hidden gems off the beaten track and the sixth longest coastline in the world.

Like all long-distance driving, do not get behind the wheel if you're tired. Schedule in breaks and power naps or change drivers regularly, keep to the speed limit, and be cautious – this is probably all new so take it easy out there.

If you are driving across, or around, Australia, be mindful that road laws vary from state to state. Before crossing borders, read up on where you are going and what the quirky road rules that apply in each state are, from speed limits to sharing roads with bikes, trams and pedestrians.

In some states, it's illegal to cross the border with fresh produce – this is to protect the local agriculture from pests like the fruit fly.

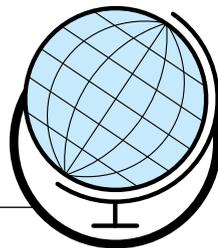
If you get booked for speeding or a traffic violation, be polite and provide the right details. The police will check anyway. Even if you're from another state, you'll still get a fine in the mail.



For more information about driving interstate visit: **www.austroads.com.au**

A world of opportunity

TRAVELLING OVERSEAS



Travelling overseas

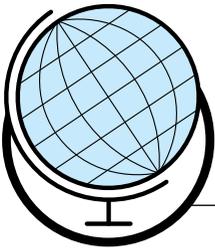
Planning a trip adds to the excitement and anticipation of a new adventure, and being organised and informed will give you peace of mind when you arrive.

There is an overwhelming amount of information available to research on the Internet. For a personalised travel plan, visit a travel agent, speak to a tour booking agent, or pop into your local bookstore and purchase a guide (travel books are a great memento of your adventure).

Ask friends and family for ideas, tips and advice, and join the conversation with like-minded travellers and those who have been there and done that on social media groups.

Let's get this planning started

- **What sort of trip do you want?** A working holiday, relaxing holiday, extended trip, one with volunteer opportunities, or a package tour.
- **Where do you want to go?** Another country where English is a common language, a western country, or somewhere culturally and linguistically diverse.
- **What's your destination like?** Research things like people, weather, geography, history, language, food, culture and customs.
- **What's your mode of travel?** If it's overseas, you're going to be travelling by air most likely, but once you get there, have some research under your belt about taxis, public transport, walking, cycling and car hire that will get you around.
- **What sort of accommodation?** Short stay or extended, hotel, hostel, backpackers, Airbnbs, or maybe a homestay or on-site accommodation like a university or college campus. There are many choices and most will come down to budget and style.
- **What's your itinerary?** List key destinations, travel dates and must-do activities like sightseeing and experiences.
- **What's your budget?** Work out how much money you will have and if it is enough. If not, you might need to re-adjust your trip to fit your budget. See tips in this section on affordable travel.
- **Is my destination considered 'safe'?** Find out if there are any medical alerts or travel warnings to the region you are planning on visiting at dfat.gov.au



A world of opportunity

TRAVELLING OVERSEAS

- **Is a vaccination necessary?** Book an appointment with your GP to find out if you need any vaccinations or precautionary medications – these might need to go into your budget as some are quite costly.
- **Is your passport current?** If you are applying for a passport for the first time, do so as soon as you can. Don't leave it to the last minute or you may pay more and have the added stress of it not being delivered on time. If you have a passport, check the expiration date before you book and check the conditions on passport validity as this can change depending on where you travelling. Don't rely on your travel agent to tell you this. It is your responsibility. For more information about getting a new passport, renewing an existing one, the application process and relevant forms and fees, visit www.passports.gov.au

Tips for affordable travel

- **Going 'round the world:** If you plan to visit a number of countries, consider a 'round-the-world' airfare - there's quite a bit of flexibility with where you can fly and the fare is usually valid for 12 months of travel.
- **Keep an eye out for sales and specials:** Check out travel agents, airlines and online sites for regular specials and deals on flights and accommodation – if you have some flexibility with when you can travel, you'll often find last-minute or end-of-season discounts.
- **Travel off-peak:** Consider travelling at off-peak times or out of the main holiday season – prices can be less than half their full season equivalent.
- **Prepare your own food:** Dining out three times a day can get expensive; there are usually facilities for storing and cooking your own food at places like hostels, camping grounds and backpackers.
- **Talk to other travellers:** Get first-hand advice about local deals, what the going prices are, and options for inexpensive food, lodging and transport when you get to your destination.
- **Money:** Check with your bank about the best ATM card options for travellers. Many major banks offer debit/credit cards with lower ATM fees and exchange rate surcharges than their standard cards. Carry an emergency reserve of cash in a major international currency (US dollars or the Euro) that will tide you over in the event your card is lost or stolen. Make sure your bank/debit card can access your funds while overseas. It is a good idea to take a small amount of cash in the local currency in case you need something on arrival.

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TRAVELLING OVERSEAS



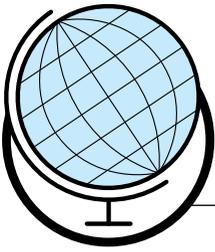
Insurance

Do not leave Australia without travel insurance. If you can't afford insurance, you probably shouldn't be going overseas.

Medicare does not cover you outside of Australia. Some hospitals overseas will not even admit injured people who do not have insurance coverage, no matter how serious their condition may be.

Medical treatment overseas can leave a huge dent in your hard-earned savings. If you are seriously injured, it could be in the tens, even hundreds, of thousands of dollars. For the sake of a few hundred dollars, you will have peace of mind and so will your family. Travel insurance is also great if you lose a valuable item and some will cover expenses incurred by delayed or cancelled flights. There are many good deals on travel insurance for young people but remember to read the fine print and compare cover options between companies. Once you have chosen be very clear about what your insurance policy covers and give a copy to someone back at home.

If you extend your stay overseas, don't forget to extend your insurance before it expires to make sure you're never without it.



A world of opportunity

TRAVEL AND HEALTH

Travel and health

Looking after your health and wellbeing when you travel overseas is a no-brainer. You can't travel if you get sick or injured and you certainly don't want your long-awaited trip compromised or even cancelled because of an avoidable illness or accident.

Things to think about

- **General health and fitness** - have a full health and dental check before you travel. If you're planning an active holiday, make sure you have the fitness levels required for your planned activities like skiing, mountain climbing, rafting or trekking
- **Sexual health** – safe sex practices and your sexual health are important things to consider whether you are at home or travelling overseas
- **Vaccinations** – talk to your doctor about where you plan to travel and what vaccinations you will need
- **Medications** – talk to your doctor about medicines you may need to take with you or, if you have a health condition, about managing your current medications while overseas
- **First aid** – learn some basic first aid knowledge if you don't have any already, and pack a simple traveller's first aid or medical kit for handling minor accidents or injuries

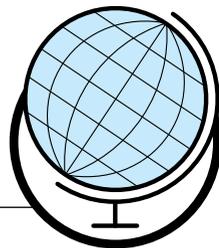
If you get sick overseas or are involved in a medical emergency, contact your travel insurance provider as soon as possible. Travel insurance companies often have 24-hour assistance centres that you can contact from anywhere in the world. Take your travel insurance policy information and contact numbers with you so you can easily contact your insurer from overseas. Leave details of your travel insurance policy with family or friends back home.

Emergency contacts

Take contact details for places you may need in an emergency, such as the local Australian Embassy and your travel insurer's emergency contact number. Travel with emergency contact details like a family member or friend back home, and make sure they have your travel itinerary, insurance details and a copy of your passport. Stay in regular contact with loved ones in Australia.

A world of opportunity

TRAVEL AND HEALTH



Register your travel plans

Register your travel plans with the Australian Government Department of Foreign Affairs and Trade before you leave Australia. The registration information you provide will help someone contact or find you in an emergency – whether it is a natural disaster, civil disturbance or family emergency. Register at **oraو.dfat.gov.au**

Food and drink

Be sensible about what you eat and drink when you travel overseas. As a general rule drink bottled water, avoid ice and beware of uncooked foods. Do your research and discover more tips about consuming specific foods and drinks in the country you are travelling.

Discount cards

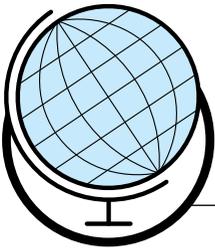
Discount card options for students, travellers under the age of 31 years old and teachers can help your money go further while travelling in Australia and overseas.

The International Student Identity Card for students and the International Youth Travel Card for non-students offer savings on attractions and travel in many countries.

There are also specific discount cards and memberships to organisations like Youth Hostels Association (YHA) Australia or backpackers' groups.



For more information about discount cards visit:
www.statravel.com.au/discount_cards.htm
and **www.yha.com.au/membership**



A world of opportunity

WORKING OVERSEAS

Working overseas

Most young people return home from their overseas working holiday describing it as 'a life-changing experience'.

Working overseas can be a great way to travel, meet people, experience new things, and you're getting paid (bonus).

It can be a good career move too. Many Australian employers are impressed by overseas work experience on a resume because it demonstrates initiative, confidence, drive and ability to adapt to different circumstances.

Work types

Most people find it fairly easy to get some sort of work overseas. Common choices for overseas work include:

- Hospitality – pubs, bars, cafes and restaurants
- Summer camps or ski fields
- Office/administration
- Teaching English as a Second Language (www.tefl.com)

Working holiday visas

Australia has agreements with several countries that allow young Australians to get a working holiday visa so you can legally work in the countries you're visiting.



Rules about working as a traveller vary from country to country. For up-to-date information visit: immi.homeaffairs.gov.au/visas/getting-a-visa/visa-finder and smartraveller.gov.au/guide/all-travellers/pages/living-and-working-overseas.aspx

A world of opportunity

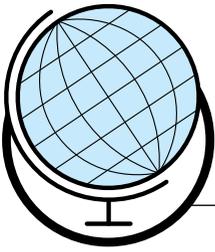
WORKING OVERSEAS



Things to consider

- **Positions available** – What sort of jobs will accept travellers and what do they pay?
- **Living costs** – How much will you need to live on?
- **Job environment** – Will you be respected, and will you have to work long hours and weekends?
- **Living arrangements** – Is accommodation included and if not, what accommodation and other amenities are available near the workplace?
- **Language, culture and customs** – Can you learn the language and are there any laws and customs affecting behaviour, dress, food and drinking?
- **Safety** – Is the location safe for foreigners and is the workplace generally safe?

There are agencies, companies and other organisations that can help you find a job and prepare for your trip.



A world of opportunity

STUDYING OVERSEAS

Studying overseas

Studying overseas is an exciting, fun and rewarding experience for high school and university students.

There are many websites that can help you find out more about studying overseas, and most universities have a 'Study Abroad' office to assist international students.

Financial assistance schemes to study overseas are available, along with scholarship opportunities for international exchange programs for high school students.



For more information visit
www.studyoverseas.gov.au/

Other helpful resources

Southern Cross Cultural Exchange

Not-for-profit Australian organisation offering cultural exchange opportunities for high school students.
www.thisisscce.com

AFS Cultural Programs

Exchange organisation offering placements all over the world, and scholarships. afs.org.au

Youth For Understanding

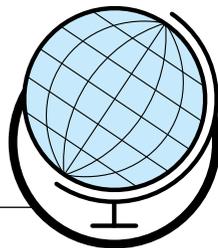
Exchange organisation placing high school students in international schools. www.yfu.com.au

Go Abroad – Study Abroad Directory

Information about countries to study in and courses to undertake. www.goabroad.com/study-abroad

A world of opportunity

VOLUNTEERING



Volunteering

Volunteering in Australia or overseas is a great way to:

- Contribute to a community
- Learn new skills
- Build up your work experience
- Make new friends
- Have fun

Types of volunteering

When choosing where to volunteer, it helps to pick an area that interests you or where you would like to make a difference in your community. Some ideas for volunteering include:

- Working on an environmental project
- Visiting a sick or elderly person
- Joining a volunteer emergency services group like the CFA or SES
- Delivering meals to elderly people or people with a disability
- Getting involved in human rights and social justice



For ideas about where to volunteer and what you could do, visit: www.volunteeringwa.org.au/volunteer/finding-your-volunteer-role and www.volunteeringwa.org.au

Know your rights

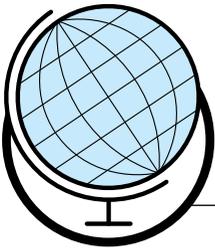
Volunteers are not a substitute for paid workers, so be aware of employers who might try to use volunteers as cheap or free labour.

You have the right to:

- A healthy and safe environment
- An orientation or induction session
- Training and supervision
- Say 'no' if you are uncomfortable or think you are being exploited
- Not work in a position previously held by a paid worker



For more information about rights and responsibilities, visit www.volunteeringwa.org.au/resources/faqs-for-volunteers



A world of opportunity

VOLUNTEERING

Age requirements and police checks

Many volunteer positions require you to be 18 or older, but there are opportunities for younger people. Unless it clearly states that you have to be 18 or over, assume it's OK to apply for a volunteer position.

Some organisations, especially those that work with children, require a police check or a Working with Children Check. If this kind of check is required, the organisation you're volunteering for can help organise it for you.



For opportunities in your community visit
govolunteer.com.au

Volunteering overseas

While there are plenty of opportunities to volunteer in your own backyard, there's a whole world out there seeking volunteers to help with a multitude of projects and programs.

Volunteering overseas is a great way to combine your wanderlust and passion for making a positive impact on the world. A quick online search will turn up heaps of organisations that can find overseas volunteer placements for you.

Before you sign up for anything, make sure you check out the tips and advice on **smartraveller.gov.au/guide/pages/volunteering-overseas.aspx**.

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VOLUNTEERING



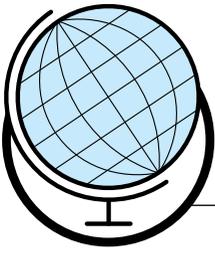
Volunteering with children

It can be confronting for travellers to see children living in poverty overseas. While it is important that the international community works to prevent child exploitation and neglect, volunteers should ensure that they are contributing in an ethical and meaningful way. Volunteers considering short-term placements with children, particularly in orphanages, need to carefully think about the potential long-term impact they may have on children in need of stability, structure and care.

Working directly with children in communities and orphanages may not be the most effective way to provide sustainable assistance. Volunteers should first consider donating to or working on projects that aim to develop and strengthen local communities, to create longer-term alternatives for children living in poverty.

Research any overseas organisations offering opportunities to volunteer with children, particularly in orphanages. In some circumstances, these organisations have removed children from adequate family care in order to profit from donations from abroad. There are also reports of unscrupulous organisations deliberately housing children in poor conditions to attract ongoing financial support from volunteers.

Volunteers at these organisations may unknowingly contribute towards child exploitation. Australians considering volunteering with children should carefully consider these risks.



A world of opportunity

TRAVELLING SENSIBLY

Travel sensibly

Whether you are travelling in Australia or overseas for holidays, work, study or volunteering, staying safe means making sensible choices, just as you would if you were staying home.

Transport

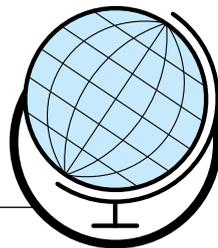
- Use only officially-licensed and reputable transport companies to get around.
- When travelling alone with a driver, act as if someone is expecting you and will raise an alarm if you don't arrive – you might like to make a phone call or mention in passing to your driver that your boss, colleague or partner is waiting for you at your destination.
- Sit in the back seat when travelling with a driver and avoid train carriages/compartments in which you are the sole occupant.
- Where possible, sit with your belongings within arm's length as backpacks can be easily stolen from an unsecured car boot, bus luggage compartment or ends of a train carriage.
- Do not hitchhike.
- If you don't have an international driver's licence, do not drive.
- If you don't have a motorbike or scooter licence, do not take it up just because you are overseas and the local laws are relaxed – the danger does not disappear because you had your passport stamped.

Accommodation

- Book accommodation prior to arrival, especially if you're due to arrive at your destination at night to avoid walking through unknown streets in the dark.
- Avoid accommodation in isolated areas by checking online reviews and Google maps – a little extra money for a more centralised location goes a long way.
- If staying in backpacker/dorm accommodation, specify if you want a single-sex room, always lock your valuables in a safe, and avoid ground-floor rooms, as they are most prone to break-ins.
- It is common for hotels and other accommodation establishments to keep your passport but always keep a copy with you.
- Avoid sharing accommodation with strangers or people you have just met, particularly if you are travelling alone. Staying in someone's house (including arrangements to rent a spare room or couch) can leave you vulnerable. Offers of free accommodation are almost always too good to be true.
- Ask staff to write down the address and contact information of your accommodation in the local language.

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TRAVELLING SENSIBLY



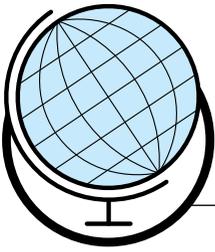
Going out

- Do not drink to excess or take drugs that might make you more vulnerable or impair your decision-making. In some countries, particularly those with a considerable number of backpackers travelling to them or transiting through, drug laws exist that seem harsh by Australian standards, and carry penalties that can include imprisonment or the death penalty.
- Never leave your drink unattended or in the care of a stranger or new friend as drink-spiking is common around the world.
- Be careful about the information you share when out in public – keep your accommodation details and whether you are travelling alone to yourself.
- Avoid walking alone after dark or in isolated areas.
- Be aware of cultural standards. For example, in some cultures, women shaking hands with men is unacceptable, inadvertent gestures such as making eye contact with a man or sitting in the front seat of a taxi can be misinterpreted as a sexual advance.
- If you are visiting new friends, make sure you have independent control over your travel options.

Staying health conscious

- Recognise your limits, particularly as holidays often entail more adventure and less downtime than you may be used to. Understand that excessive partying can impair judgment and have longer-term consequences than just a hangover.
- If you are travelling alone and become ill, get to a health facility quickly as your capacity to do so may diminish with time.
- Be aware that the risk of sexually transmitted infections including HIV is much higher in some countries than in Australia.

Australians in need of counselling services overseas can contact the Australian Government Consular Emergency Centre on +61 2 6261 3305 to be transferred to a Lifeline telephone counsellor.



A world of opportunity

CULTURE

Culture

Many things influence who we are and what is important to us. We become who we are and learn how to think as we observe, experience and find out about life. People, places and families can be a big part of this. Culture is also a big part of this.

Culture can be described as the beliefs, values and customs that any particular group of people share. Examples of cultural groups include:

- Families
- Ethnic or traditional groups
- Friends and peers
- Religions
- Schools
- Generational groups
- Work and interest groups

Cultural awareness

It is important to be aware of the many diverse cultures in Australia because it helps to:

- Understand that other people have different points of view to our own
- Understand why people value certain things above other things
- Respect other people's beliefs, values, and expression of their culture

A world of opportunity

CULTURE



Becoming culturally aware

Becoming culturally aware is about:

- Developing an understanding of yourself and your own cultural background
- Being able to see where others are similar or different to you
- Learning more about cultures that are different to your own

Understanding and learning about culture

Everywhere you look you can see other people's cultures.

Things that can help make you more culturally aware include:

- Ask yourself why your family believes what they believe, or why your family does what they do
- Think about what you and your friends value or talk about the most
- If you have a religion, consider why it is important to you
- Think about what ideas or beliefs do you share with other groups or people around you
- Notice other people's family structures like grandparents and relatives living with them
- Does your neighbour's cooking smell different to the cooking smells in your own house?
- Learn about different foods people eat to celebrate certain days in the year

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www.salvos.org.au

CREDIT CARD DONATIONS 13 72 58

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REFERENCES

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Volunteering WA
www.volunteeringwa.org.au



Smart Traveller
smartraveller.gov.au



Australian Government

Department of Foreign Affairs and Trade

Department of Foreign Affairs and Trade
dfat.gov.au



**For further contact information
and websites about this chapter,
please see page 167**



**Don't
touch it,
report it.**



Australian Government
Department of Defence

UXO.
Curiosity Can Kill You.

You need to understand the real danger of **unexploded ordnance (UXO)**. If you touch UXO - like an old bomb, bullet or hand grenade - it could seriously injure or even kill you. You must know - Don't Touch It!

Report it to the Police on 000

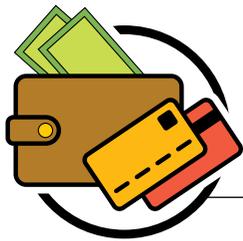


www.defence.gov.au/uxo



Money Matters

Being a full-time secondary student in Western Australia means you are eligible for discounts, concessions and maybe even some financial help (eligibility criteria applies). This chapter also provides tips for budgeting, and saving for big-ticket items.



Money Matters

STUDENT CONCESSIONS

It saves to be a student

Full-time students in Western Australia are entitled to discounts and concessions on a range of things including:

- public transport
- airfares
- books
- computers and software
- medical and dental costs
- tickets to movies and events
- club memberships

Most places that offer student discounts or concessions will just need to see your student card from your school. Make sure you always have it with you.

For other discounts you may need to buy or apply for a specific discount card.

If you are not sure if a student discount is available, just ask – the worst they can do is say no.

Public transport concessions

Full-time school students up to the age of 18 years old can travel on a child myki.

If you are aged 17 and 18 years you must also carry proof of age identification such as a passport, learner's permit, driver's licence, Proof of Age card or Key Pass. A Health Care Card, PTV School Student ID or PTV Approved School Student ID is also acceptable.

School students can also purchase a half or full year student pass in their chosen area and must carry a PTV Approved School Student ID card or PTV School Student ID card.

A student pass gives you unlimited travel on all train, tram and bus services within your chosen zones until the expiry of the pass.



Tertiary SmartRider

Who can get one?

You may apply for a Tertiary SmartRider only if you are:

- enrolled in full-time studies at a Western Australian University or TAFE College, or
- a secondary school student attending school in the year you turn 19 or older, or
- an interstate primary or secondary school student.

You are unable to apply for a Tertiary SmartRider if you are

- a part-time student
- studying by correspondence
- enrolled in an interstate or overseas institution
- a visiting interstate or overseas tertiary student

How to obtain

The process for obtaining a Tertiary SmartRider depends on whether you attend a participating or non-participating institution. A participating institution has an arrangement with us to provide data on students who apply for a Tertiary SmartRider through the institution or its appointed SmartRider Retail Sales Outlet.

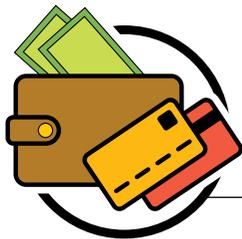
The participating institutions are Curtin University, Edith Cowan University, Murdoch University and the University of Western Australia. The non-participating ones are Notre Dame University and all TAFE Colleges.

- If you attend a participating institution, find out from them what process they have established for you to obtain a Tertiary SmartRider.
- If you attend a non-participating institution in the Perth metropolitan area, apply at a Transperth InfoCentre or Transperth Retail Sales Outlet.
- If you attend a non-participating institution in a regional area, complete the Application for Tertiary SmartRider (Regional) form. Post this form together with a \$5.00 cheque or money order to the address on the form.

Purchase cost and minimum initial value – new and replacement cards

The standard purchase cost is \$5.00. However, this may vary if you are attend a participating institution and use their process to obtain your Tertiary SmartRider. The minimum initial value is \$5.00.

Your Tertiary SmartRider can also be used as proof of eligibility for concession on Transwa services.



Money Matters

STUDENT CONCESSIONS

International student concession cards

Planning to travel in Australia or overseas? You might like to consider buying an internationally recognised student card.

These cards are recognised around the world, giving you access to discounts and benefits both in Australia and overseas to save on airfares, accommodation, entry to museums and attractions, even food and shopping.

A quick online search should turn up a few companies that offer these cards. Before you hand over money for any concession card, though, do a bit of research.

As a starting point, check out International Student Identity Card website at www.isic.com.au

Other concession cards

Some organisations offer student discount cards that you can buy in return for discounts at businesses that they have a sponsorship arrangement with. A quick search for 'student concession cards' should turn some up.

Before you buy one of these cards, though, you should do some research. Ask around to see if any of your friends or family have bought a card like it, and whether they thought it was worth the money.

Health Care Card

From 1 January 2019, Centrelink will send a Health Care Card if you are getting or eligible for Youth Allowance, Austudy or ABSTUDY.

This means you should get both your payment and Health Care Card at the time of approval.

A Health Care Card will give you concessions including discounts on household bills, medical expenses, study costs, motor vehicle registration and public transport.

Money Matters

STUDENT CONCESSIONS



Examples:

- **Prescription medicine** – Bring your Health Care Card to the chemist when buying prescription medicines for a discounted price
- **Dental treatment** – Bring your Health Care Card to the dentist for free or discounted dental care (depending on what you're getting done) through public dental clinics in community health centres and rural hospitals
- **Ambulance travel** – Health Care Card holders get free ambulance and air ambulance travel anywhere in Australia in an emergency or on the recommendation of a doctor
- **Eye care and glasses** – Free eye examinations and low-cost glasses are available for Health Care Card holders in Western Australia (and their dependants under the age of 16 if they are listed on the concession card)
- **Hearing services** – A wide range of free and discounted hearing services are available to Health Care Card holders, including hearing tests and hearing aids

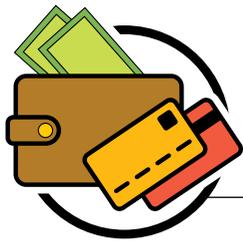
Concessions can change over time. Sometimes the amount of discount can change, and sometimes a concession can stop being offered altogether.

It is a good idea to make sure you double-check that a concession is currently available before you assume that you'll get it.

Visit www.humanservices.gov.au/individuals/services/centrelink/low-income-health-care-card to keep up-to-date.

Health Care Card holders in Western Australia are eligible for discounts and concession rates on TAFE and training enrolment. To find out more about these discounts, check out the TAFE enrolment fees concession page on the Department of Human Services website.

TAFEs may also offer concessions on enrolment fees to partners of people who have Health Care Cards, if they are dependent on the cardholder for their income. Talk to your student administration office to find out more about this.



Money Matters

FINANCIAL ASSISTANCE

Financial assistance

If you are aged 15-24 years old, you may be eligible for Centrelink payments and services while you are studying full-time, undertaking an apprenticeship or becoming independent from your parents or carer.

Depending on your (or your family's) circumstances, you may be able to get Youth Allowance or ABSTUDY while at secondary school.

These payments provide financial support while you are looking for work, studying, training or undertaking an Australian apprenticeship.

Disability Support Pension may also be available to support young people who have a medical condition or disability.

To claim a payment like Youth Allowance or ABSTUDY, update details and get reminders, create a myGov account via **my.gov.au** and follow the steps to link your Centrelink member service.

To do this, you will need a Centrelink CRN or a linking code.

The myGov website is pretty simple and intuitive and steps you through each part of the process.

If you have a question about using myGov, you can ask the myGov digital assistant (DA). Go to the myGov website, select **Ask a question** and type your question. The DA will answer your question.

If you cannot register online visit a Centrelink service centre near you or call 132 307.

Money Matters

FINANCIAL ASSISTANCE



Centrelink for school-aged students

The main benefits for secondary school students are Youth Allowance and ABSTUDY. To find out if any other payments could apply to you, or when you might become eligible for other benefits, visit www.humanservices.gov.au/individuals/subjects/payments-students-and-trainees

Youth Allowance

Youth Allowance is financial help for Australia residents who are:

- 16 to 21 and looking for full-time work, or
- 18 to 24 and studying full-time, or
- 16 to 24 and doing a full-time Australian Apprenticeship, or
- 16 to 17 and independent or needing to live away from home to study
- 16 to 17, studying full time and have completed year 12 or equivalent

This payment is income and assets tested to work out how much Youth Allowance you get.



Find out more at www.humanservices.gov.au/individuals/services/centrelink/youth-allowance

ABSTUDY

ABSTUDY is financial help for Aboriginal or Torres Strait Islander students or Australian apprentices enrolled in an approved course, for example at secondary school, TAFE or university to cover the costs associated with studying (including travel), housing and living expenses

The amount of ABSTUDY you may get depends on personal circumstances such as whether or not you are living away from home.

Budget and save

It is hard to argue that most secondary students do not have an abundance of their own cash. Sure, parents might help in varying degrees, and many have a part-time job.

Whatever income you do have, it is wise to budget and where possible save!

Being online has made meeting and interacting with others easier than ever before, but it's important to know how to stay safe.

Here are ThinkUKnow's top tips for safer online interactions:

- Question suspicious accounts, and trust your instincts if something doesn't seem right - not everyone is who they say they are.
- Avoid meeting someone in person that you have only ever spoken to online. However, if you do meet, choose a public place and take someone with you.
- If something goes wrong, know how to block or un-match and report.
- Your safety should always come first!

Sometimes things don't go to plan but there is always help available.

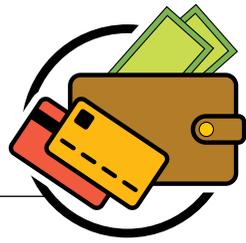
For more information, visit www.thinkuknow.org.au

ThinkUKnow is a national online child safety program led by the Australian Federal Police, delivered in schools through educational presentations and resources for young people and their parents and carers.



Money Matters

BUDGETING



Reach your savings goals

Setting a savings goal can be exciting. Your goal could be to have money aside 'just in case', or you might have a target like a dress for the school dance, a new pair shoes or runners or an event. At the other end of the scale, you might be saving for a holiday at the end of the year or your first car.

Whatever your goal, the key is just start! Once you see your bank account building with a regular savings plan, it can be a sense of achievement.

Tips to successful saving

- What is the main prize (ie your desired purchase)?
- How much money will you need?
- Tell your family and friends about your goal (they'll keep you motivated)
- How much can you afford each week/fortnight/month?
- Work out how long it will take to achieve (this will manage your expectations)
- Check your bank statements and watch it grow

Banking

Do your research on what banks are best for students and young people and then which of their products will serve your needs best (ie everyday transaction accounts versus savings accounts).

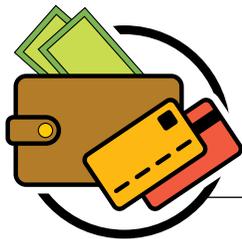
When every cent counts, don't get stung by bank fees. Some online banks don't charge any fees for an account. Maybe start with these!

Keep your details to yourself.

When checking your accounts online, avoid using public computers or free wireless hotspots. Even if you are using your own device, always log out of your banking – **NEVER STORE YOUR PASSWORDS!**



WARNING: Any message you receive unsolicited from a bank that asks you to click on a link is most likely a scam.



Money Matters

T A X

Tax

When you start working, you will start paying income tax – money taken from your wage and paid to the government to provide services like health, education and social security.

Your employer will work out how much tax you pay and this will appear on your pay slip.

Tax file number

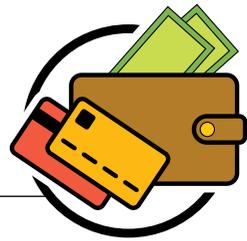
You will need to provide your employer with a tax file number (TFN), issued by the Australian Tax Office.

The easiest way to get a TFN is by completing and printing out the online form at www.ato.gov.au/individuals/tax-file-number/apply-for-a-tfn and take it to your nearest Australia Post office where a short interview will be held. You will need to take proof of identify and sign the application in front of an Australia Post employee.

If you cannot use the Australia Post service and you are a Department of Human Services (Centrelink) customer, you can apply in person at a Centrelink centre. You will need to take in the application form from the ATO website or call the 24/7 number – 1300 720 092 – and ask it to be sent to you.

Money Matters

T A X



Tax return

A tax return is done at the end of the financial year to work out if you have paid the correct amount of tax throughout the year.

The financial year runs from 1 July to 30 June the following year. If you are doing your tax return yourself, it is usually due on 31 October following the end of the financial year (ie if the financial year ends on 30 June 2020, then your tax return needs to be submitted by 31 October 2020).

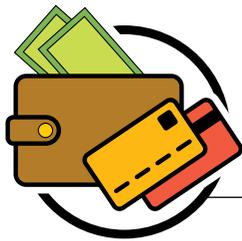
If the ATO assesses your return and you have paid more tax than you needed to, you will receive a refund from the Australian Tax Office. Bonus!

Tax returns are usually paid into your bank account within 15-50 days depending on how you submitted it. If you don't provide your bank details be a cheque will be sent through the mail.

If it turns out you haven't paid enough tax, the Notice of Assessment will tell you how much more you need to pay, and when it needs to be paid by.



To work out if you need to do a Tax Return, visit www.ato.gov.au/Calculators-and-tools/Do-I-need-to-lodge-a-tax-return/



Money Matters

SUPERANNUATION

Superannuation

Superannuation (also known as 'super') is money that your employer legally must contribute into an account in your name for you to access when you retire.

Employers have to make contributions for employees under 18 if they are working more than 30 hours per week. If you are under 18 and working less than 30 hours a week your employer does not have to make superannuation contributions for you.

If you are eligible for superannuation your employer should be paying a percentage of your gross wage (ie what you get paid before the tax comes out).

The amount varies and if you want to check you are getting what you are entitled to, contact the Australian Taxation Office on 131 020.

If you are eligible for super contributions made by your employer, you can nominate which account your super is paid into.

Look around for the best super fund for you as some will have fees and charges, and others will have none. Some super funds exist just for young people who are studying.

You can change super funds along your working journey. It is important to roll over any money from one employer to another if this is the case.

Money that goes into superannuation cannot be accessed until you retire (or when you turn 65 if you haven't retired). It may seem a long way off, but think of it like this – it is your money that you don't see anyway (like compulsory savings), and the more that is put away during your working life, the more you will have to play with when you finish working (think caravanning around Australia!).



For more information about superannuation visit www.ato.gov.au/Individuals/Super/

Money Matters

REFERENCES



**Content for this chapter
is courtesy of:**



Australian Taxation Office
www.ato.gov.au



MoneySmart
www.moneysmart.gov.au



Read

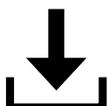
The Barefoot Investor and *The Barefoot Investor for Families* by finance guru Scott Pape.

Often described as 'the only money guide you will ever need'.



Visit

www.superguru.com.au to learn more about the ins and out of superannuation and set up your future as soon as you get your first job.



Download

The TrackMySPEND app developed by ASIC's MoneySmart is a free, easy-to-use app you can use to track your personal expenses on the go. Download for free on the Apple App Store or get the Android app on Google Play.



**For further contact information
and websites about this chapter,
please see page 167**

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Contacts



Healthy Mind

Bully Zero Australia Foundation
bullyzero.org.au

headspace
headspace.org.au

Kids Helpline
1800 55 1800

Lifeline
13 11 14



Healthy Body

Access for All Abilities
aaavic.org.au

The Butterfly Foundation
www.thebutterflyfoundation.org.au

Girls Make Your Move
campaigns.health.gov.au/girlsmove

headspace
headspace.org.au

Health Direct
www.healthdirect.gov.au

Healthy WA
healthywa.wa.gov.au

Nutrition Australia
www.nutritionaustralia.org

Perth Children's Hospital
pch.health.wa.gov.au

Quit
www.quit.org.au

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TOGETHER

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way we want to be treated.



www.bullyingnoway.gov.au

Contacts



Healthy Relationships

Family Planning Alliance Australia
familyplanningallianceaustralia.org.au

Get the Facts
www.getthefacts.health.wa.gov.au

Hepatitis Australia
www.hepatitisaustralia.com

The Line
www.theline.org.au

Marie Stopes Australia
www.mariestopes.org.au

ReachOut
www.au.reachout.com

Sexual Health Quarters
shq.org.au

The Victorian Aids Council
www.vac.org.au



Party Safe

Alcohol and Drug Foundation
adf.org.au

Better Health
www.betterhelp.com

Health Direct
www.healthdirect.gov.au

One Punch Can Kill
www.onepunchcankill.org.au

ReachOut
www.au.reachout.com

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because giving blood feels good.

 **Australian Red Cross
BLOOD SERVICE**

Contacts



School's Out

Australian Apprenticeships
www.australianapprenticeships.gov.au

Australian Apprenticeships Pathways
www.aapathways.com.au

Australia.gov.au – Youth
www.australia.gov.au/information-and-services/benefits-and-payments/students-and-trainees/youth-sites

Government of Western Australia Department of Training and Workforce Development
www.fulltimecourses.tafe.wa.edu.au

Government of Western Australia – Youth
dlgc.communities.wa.gov.au/CommunityInitiatives/Pages

Small Business Development Corporation
www.smallbusiness.wa.gov.au/business-advice/starting-your-business

Study Assist
www.studyassist.gov.au/while-youre-studying/what-am-i-eligible



Getting Stuff Sorted

Australian Electoral Commission
www.aec.gov.au

Department of Human Services
www.humanservices.gov.au

Department of Transport
www.transport.wa.gov.au

Donate Life
donatelifelife.gov.au

Flatmate Finders
www.flatmatefinders.com.au

My Health Record
www.myhealthrecord.gov.au/for-teens

Department of Transport
www.transport.wa.gov.au

WA.gov.au
www.wa.gov.au/service/business-support/consumer-protection

WA Housing Authority
www.housing.wa.gov.au/Pages

Zaidee's Rainbow Foundation
www.zaidee.org

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www.salvos.org.au

CREDIT CARD DONATIONS 13 72 58

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A World of Opportunity

AFS Intercultural Programs Australia
afs.org.au

Australian Passport Office
www.passports.gov.au

Austrroads
www.austrroads.com.au

Australia.gov.au – Youth
www.australia.gov.au/information-and-services/benefits-and-payments/students-and-trainees/youth-sites

Department of Foreign Affairs and Trade
dfat.gov.au

Government of Western Australia – Youth
dlgc.communities.wa.gov.au/CommunityInitiatives/Pages/Youth.aspx

Go Abroad
www.goabroad.com/study-abroad

Smart Traveller
smartraveller.gov.au

Southern Cross Cultural Exchange
www.thisisscce.com

Study Overseas
www.studyoverseas.gov.au

Volunteering WA
www.volunteeringwa.org.au

Youth For Understanding
www.yfu.com.au

Youth Hostels Association
www.yha.com.au/membership



Money Matters

Australian Taxation Office
www.ato.gov.au

Department of Human Services
www.humanservices.gov.au

International Student Identity Card
www.isic.com.au

MoneySmart
www.moneysmart.gov.au

MyGov
my.gov.au

Transperth
www.transperth.wa.gov.au

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touch it,
report it.**



Australian Government
Department of Defence

UXO.

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You need to understand the real danger of **unexploded ordnance (UXO)**. If you touch UXO - like an old bomb, bullet or hand grenade - it could seriously injure or even kill you. You must know - Don't Touch It!

Report it to the Police on 000



www.defence.gov.au/uxo