Core Values

- Teamwork
- Respect
- Excellence
- Opportunity
- Safety

Purpose

- Provide an innovative, safe learning environment which promotes excellence through opportunity, teamwork and respect

Vision

- TRHS is recognised within our community for excellence in education.
- Students are willingly engaged in a wide range of innovative learning programs.
- Students value learning and achieve their personal best.
- Staff embrace innovative quality teaching methods that focus on 21st century learners.
- Staff work cohesively in a highly professional manner to achieve the school purpose.
- Strong relationships enhance our links to the community and provide a sense of belonging for students, staff and community members.
- Success is recognised and celebrated in our school community.

Farewell and Best Wishes to Year 12 2014

Tweed River High School

Innovation, Opportunity and Success

Meetings are normally held on the third Thursday of the month in Staff Common Room at 7pm.

Next meeting
AGM
16th October 2014
President: Anita Johnson

P&C Association

Uniform Shop

Open
Every Tuesday & Thursday
8.00am – 11.00am
(Located next to the Canteen)

Co-ordinator - Kerry Lee
Principal’s Report

Year 12 HSC exams
This week our Year 12 students commenced their HSC exams. Mr Mackney and I met with the students before their first English exam on Monday and it was pleasing to speak to students about the preparation work they have undertaken in the lead up to the exams. Many students have been working with their teachers before and after school for some last minute support. Strong relationships between our senior students and their teachers is certainly a strength of Tweed River High School and this ongoing support will assist our students to maximise their achievement.

I look forward to meeting with students at the completion of their exams and then again when the ATAR’s are released in December, when we invite students to share their results with us over lunch.

Year 11 Turbocharging your HSC
Tuesday evening Year 11 students and their parents were required to attend a Year 11 into 12 evening to ensure that all students are aware of the requirements and responsibilities of Year 12 students. As these young adults move into their final year of schooling the school has decided to provide them with greater flexibility with regard to the hours they are to attend school. However, with greater rights comes greater responsibility. Many senior students commence extension lessons or tutoring sessions at 7.30am, while others attend practical lessons which may not conclude until 4.30pm, while still others attend TAFE courses until 5pm. Consequently, these students have periods during the day when they have no scheduled classes. Consequently, for students who maintain a minimum of 85% attendance and submit all assessment tasks by the due date there will now be an opportunity for those students, with parental permission, to leave school during the day when they have no scheduled lessons. These students will carry a stamped leave pass with them at all times when they are out of the school and documentation regarding their attendance will be closely monitored by the front office.

We have very high expectations of all students, but particularly our seniors. Please contact the school immediately if you receive a BOSTES warning letter for a student in Years 10, 11 or 12. These letters mean that your child is NOT meeting the requirements of one or more courses and this letter is to warn you that urgent action must be taken, or the student may be prevented from moving to the next Year. If a student receives two letters and does not complete the work outlined in the letter they will not be able to progress to the next Year. Please help us support your children to stay on track by contacting their teacher on receipt of a BOSTES “N” determination warning letter.

Term 3 Year Assemblies
Last week we celebrated the Term 3 achievements of students from Year 7 to 11. I was pleased to assist Year Advisers to recognise the vast and varied achievements of our outstanding students. Congratulations to all award recipients and thank you to Mrs Mackney and our Year Advisers for providing these important events.

Announcement of School Captains
Congratulations to our 2015 school leaders. Our Captains are Harry Scanes and Danielle Phillips and the Vice Captains are Jackson Cullen and Zoe Boxsell. I look forward to working with these outstanding young leaders over the next 12 months.

Leisa Conroy

Deputy Principals Reports
Recently I have had to interview Year 11 students and their parents over meeting course requirements. Sadly a number were found not to meet the basic requirements.

I thought it would be an opportune time to explain the importance of academic success at school.

There are three ingredients:

1. Attendance. Parents, attendance is the most important component for succeeding at school. Students can’t afford to lose time particularly in senior years because they go off on a trip. Students need to be at school and in class.

2. Completing tasks. Students need to complete every assignment. It amazes me that students have such a casual attitude to the completion of assignments. In senior years this can lead to students failing the course.

3. Hard work. It speaks for itself. If every student applied themselves they would succeed like never before.

Craig Clement

The NSW Education Act requires students who are enrolled in school to attend all available school days and for parents to ensure that attendance, regardless of whether they are under or over 17 years of age. There are additional consequences for students under the age of 17 years, however, for those over seventeen the eventual consequence of truancy and non-attendance is that the student will be asked to leave or be expelled from school for non-participation in the education offered.

The school is piloting a program to assist the parents of senior students to comply with these requirements. Any student leaving the school during the day must be carrying a Common Leave Pass provided by the school following a written request from a parent, otherwise the student can be considered to be a truant and placing their position in jeopardy.

The HSC program for seniors where students can be studying at school and at TAFE or undertaking a School based apprenticeship can mean that there are blocks of time during the day between classes. A number of students wish to use this time to undertake part time work or to go home for lunch or study etc. These students still require a leave pass which many find just “too much trouble” to organise each day. The pilot program this Term is aimed at making this process easier for students and their parents while meeting the requirements of the Education Act and the duty of care responsibilities of the DEC.

Parents are able to sign an “Enduring Senior Student Leave Pass”. Students must return the signed permission form to the Deputy Principal and agree to abide by the conditions outlined in it before they receive a Common Leave Pass. The leave pass is to be stamped by the office each time the student signs out of the school grounds. Further explanation of this program will be outlined to senior students in coming days. Students who do not participate in this program are not permitted to leave school grounds during the day. Parents or the school can revoke the permission any time conditions are not being met. Permissions will be reviewed and renewed at the end of each Term.

Breen Mackney
**Term 4 Week 3A**

**Monday 20 October**

**Tuesday 21 October**

- Titans 4 Tomorrow Workshop

**Wednesday 22 October**

- Yr10/11 Marine Studies/SLR Scuba course

**Thursday 23 October**

- P&C AGM

**Friday 24 October**

- Yr12 seminar in SEC (p1-3)
- AIME excursion, Bond Uni

**Term 4 Week 4B**

**Monday 27 October**

**Tuesday 28 October**

**Wednesday 29 October**

**Thursday 30 October**

**Friday 31 October**

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**Principal's Quality Work Award**

**Year 7**

Science – Ms Blair

Trinity ROBINSON; Zach JOHANSEN-BAILEY; Simone OGG

**Year 8**

Science – Ms Blair

Blake ALBRECHT; Corey COX

**Year 9**

Science – Ms Blair

Carl ALBRECHT; Owen GREEN

**Year 10**

Science – Ms Blair

Mitchell CROMPTON

**Year 11**

Science – Mr Gallagher

Jana CAPPER (2 awards); Lucas CATEL (2 awards); Dylan DAVIES (2 awards); Alaya DION; Amilia GREEN; Nikaila HARTLEY (2 awards); Teagan JEFFERIES; Jannaya O'NEILL; Isaac THIESSEN

**2014 RACQ Technology Challenge HUMAN POWERED VEHICLE awards Tweed River High School Team – Mr Wiggins (TAS)**

**Year 7**

Lachlan FRIEND; Lachlan TAYLOR

**Year 8**

Seth CUSACK; Joshua THOMAS

**Year 9**

Carl ALBRECHT; Owen GREEN; Ryan NOVOTNY; Lachlan PRESTAGE; Joshua SMART

**Year 10**

Jason BENTLEY; Tyler GASCOYNE; Sam TAYLOR (Team captain)

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**KYDD Food at the Canteen**

**Term 4**

**Week 3**

- **Monday**: Pasta bake with bacon or vego $4.00
- **Tuesday**: Pad Thai noodle box $4.50
- **Wednesday**: Meal Deal - A burger & a small water $5.00
- **Thursday**: Macaroni cheese $4.00
- **Friday**: Mild chilli con carne with rice $4.50

**Week 4**

- **Monday**: Bucket of wedges with salsa, sour cream and cheese $3.50
- **Tuesday**: Lasagne $4.00
- **Wednesday**: Meal Deal - a focaccia & a paddle pop $5.00
- **Thursday**: Beef or bean burritos with salsa, rice and cheese $4.50
- **Friday**: Pasta carbonara or vego $4.00

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**Tweed Youth Times**

Make sure you check this magazine on a regular basis. It is all about our community kids and regularly features photos and articles on our students. Issued monthly.

www.facebook.com/tweedyouthtimes1
I hope everyone is having a good start to the new term!

The first week has been a big week, with Year 11’s doing school captain speeches for next year. The speeches were fantastic. We would like to thank all the fantastic applicants and extend a special congratulations to our successful applicants. Our new school captains are Harry Scanes and Danielle Phillips and our new vice captains are Jackson Cullen and Zoe Boxsell.

An SRC planning day will be held next Friday with the new captains and vice captains. The purpose of the planning meetings is to work out what direction our school is heading in over the next year and to set goals and tasks for us as a school to reach and improve upon. Have a good first week back.

Thank you
Jordan Carroll, Publicity Officer
On **Tuesday 18th November** Tweed River High School’s CAPA department will be running a performance extravaganza. This extravaganza will consist of the musical theatre piece “The Dream” which involves dance, drama and music students, as well as the end of year dance showcase. The dance showcase will involve different dance styles, performed as dance groups, solos and duos. It will take place at the **Tweed Civic Centre**, doors will open at 6.45pm and the show will begin at **7pm**. The cost of the ticket will be **$7**. Tickets will be available to purchase from the school office from Monday 20th October (Money to be paid at the Front Office then tickets to be collected from Miss Pope). Refreshments will be available to purchase on the night. So come down and support all these talented students who will put on a show like no other.
Carer Support Group
For carers of people with disability

Launching in carers week on October 16th, 2014
4:30PM at Club Latitude, a state of the art activity centre for people with disabilities. Supervision provided on request to enable you to attend the support group. Regular meeting times will be announced once interest is known. If you are interested please phone Club Latitude on 07 55239123.

Support Groups give carers the chance to meet others in a similar situation, talk, listen, support others and be supported.

MONSTER GARAGE SALE

Saturday 25 October
7am – 1pm
Salvation Army Tweed Centre
Cnr Woodlands & Leisure Drive, Banora Point

Thinking about doing a spring clean
We will take your unwanted items.
Items can be dropped off at the Salvation Army - Tweed Centre
Friday 24 October
12noon – 4pm or call 6427 310 498 for pick up.

Cooloon Children’s Centre Inc
Community Kid’s Fest 2014
Hoopla Circus
Renata Music for kids
Pony Rides + Farm Animals
Jumping Slide + Helium Balloons
Kid’s Indigenous Workshop
Art & Craft
Crocodiles & Dragons Wildlife Show
Face Painting and Hair Colour Marquise

A FREE Celebration for Children and Families
Saturday 25th October 2014
10am-2pm (Daylight Saving Time)
Cnr Park and Recreation Streets Tweed Heads
Raffles and Bar B Q—all day

THE Pitch presents
HEALTHY NORTH COAST RAP & POETRY SLAM

Do you write rap or poetry? Does mental health matter to you?
North Coast NSW Medicare Local is inviting young people on the North Coast, aged between 12 and 25, to enter the latest PITCH competition, the Healthy North Coast Rap and Poetry Slam.

You could win one of three prizes!
1st: Roland GAA SH-01 + Bose SoundTrue Headphones
2nd: Senheiser MK4 Studio Condenser Microphone + Studio Headphones
3rd: Zoom H4 Handy Recorder

All entries must be uploaded before 20 October 2014. To find out more visit www.healthynorthcoast.org.au/competition.
Far North Coast Knockouts and Trials
There are a number of sporting trials coming up at the start of this Term including:

- Beach Volleyball Knockout – Friday 31st October at Clarke’s Beach Byron Bay. Trials in Week 2.
- FNC Open Boys Cricket – trials are coming up on the 5th November. See Miss Alford if you are a serious player and want to trial.
- North Coast Surf Life Saving Carnival – 7th November at Byron Bay. See Miss Alford to nominate yourself and events you want to compete in.

Far North Coast Futsal Knockout
Good luck to our Futsal teams who are competing in the FNC knockout competition in Week 2. Boys games are on Thursday the 16th and girls on Friday the 17th at Seagulls club. Thank you to Ms Cowan and Mr McClure who are coaching the teams.

School Sport Australia U15 Touch Football – Tarryn Aiken
A special mention must go to Tarryn Aiken who is competing in the NSW All School U15 touch football team from the 20th-24th October in Melbourne. This is a fantastic opportunity for Tarryn and we are very proud of her achievements at the school. Good luck!

Tweed Valley Finals 2014
Congratulations to all of the students who participated in the Tweed Valley finals this year. We had a number of successful teams in the finals and many who won these finals. It is great to see many students involved in this inter-school competition and enjoying competing against other schools in a format which is rare in NSW.

Yours in Sport
Miss Jennifer Alford
Sports Organiser 2014
Tweed River High School

Thank you to local businesses
CONNECT Work Placement and the school would like to thank the following businesses for their ongoing support in taking vocational students to assist them in fulfilling the work placement component of their VET course.

| Bellakai | Police & Community Youth Clubs NSW Ltd - PCYC |
| Seagulls Club | Komune |
| Tweed Heads Bowls Club | Teammoto Motorcycles |
| South Tweed Sports | Pottsville Tavern |
| Destination Tweed | Boyds Bay Garage |
| Fishermans Cove | Essential Energy Tweed Heads |
| Beach House Seaside Resort | Greenmount Beach Club |
| Billy Preston Building | Re Café Nate |
| Chris Annand Electrical | Southern Cross Homes - St. Martha’s |
| Border Sheet Metal | Nando’s |
| Raw Energy | Just European |
| Michel’s Patisserie | Drift Espresso |
| Peppers Resort - Seasons | Connections Café - The Salvation Army Tweed Centre |
| Cullen Project Management | Subway - Tweed Heads West |
| Cooly Dive | Forty Two 25 Café |
| Tweed Ultima | A Book An A Bite |
| Santai Resort | Greenhouse Factory Restaurant & Bar |
| Kidz Biz | Ginger Root Café |
| Nino’s Café | Michael Stack Bricklaying |
| Tweed River High School - Kydd Food Pty Ltd | Coast To Country Constructions |
| Pancakes In Paradise (Coolangatta) | Café Button Pty Ltd |
| South Coast Automotive Group | Victoria Face Administration Services |
| GRILL’D | Kirra Sports Club |
| | Secret Deck Café |
The following students have been awarded certificates for excellent reading during class time in the Library over the past two weeks.

<table>
<thead>
<tr>
<th>Year 8</th>
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<tbody>
<tr>
<td>Jai BARLOW</td>
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<tr>
<td>Jye De GROOT</td>
</tr>
<tr>
<td>Navarone GRAHAM</td>
</tr>
<tr>
<td>Jalen RILEY</td>
</tr>
<tr>
<td>Joshua THOMAS</td>
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</tbody>
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Reading awards have been generously supported by

McDonald’s Restaurants
Tweed Heads
Mr J. Davis

Mr Spicer
Mr Whitehead
Mrs James
Tweed River High School, Tweed Annihilators win the Design, Make and Race (DMR) category of the 2014 RACQ Technology Challenge!

A team of 10 students including Jayson Bentley, Seth Cusack, Lachlan Friend, Owen Green, Ryan Novotny, Lachlan Prestage, Joshua Smart, Lachlan Taylor, Sam Taylor (Captain) and Joshua Thomas recently competed in the annual event, held in Maryborough, Queensland. The team had to design, build and race a human powered vehicle and race it over 24 hours. The students, assisted by Mr Wiggins, Mr Arrowsmith and parents, spent many hours after school and on weekends building the vehicle to make it race ready. The students also had to spend many hours developing the design and documenting the construction in the form of a design folio.

The hours paid off! Not only did students complete the gruelling 24 hour race, but they won their category! In addition to participating in the race students had to participate in an interview, where they were marked on their knowledge of the vehicle design and construction, along with the design folio that they produced.

The team took out all three prizes for their category! They won the best design folio, the best interview and overall champion for the DMR category!

The team would like to acknowledge the various contributors to the project. Firstly, the parents who assisted at the race, along with Mr Patch. The team would also like to thank all parents that helped students with the vehicle, design folio and race. A particular mention goes out to the following parents, who spent countless hours helping the students; Brett Friend, Darren Smart, Gary Prestage, Anthony Thomas and Naomi Taylor. A special mention also goes out to all the sponsors shown below, who made this all possible!

Finally, a challenge to all students! Will you step up to the mark? Can you go to the next step and form a team to win the overall 24hr race?
New Scout Group for Coolangatta

We are seeking expressions of interest from any families or community members who are interested in establishing a new Scout Group in the Coolangatta/Tweed Heads area at the Scout Den on Scott Street Coolangatta.

No group has been active here for some years, but with the increasing population of children in the area we are keen to see if there is enough interest to support a new group.

Scouting is open to both girls and boys aged between 6 and 26, and to parents or other community members who are interested in participating. Scouting is all about having fun and testing your limits. There is a strong emphasis on outdoor activities such as camping, canoeing, sailing and bushwalking but also lots of other activities such as cooking, craft, electronics and more. A core value of the Scouting movement is supporting the community.

As a voluntary organisation, we will expect that anyone who is interested in their children becoming members will assist in delivering scouting by assisting at section meetings, being on the Group Executive or becoming a leader. To become a leader, previous experience would certainly be useful but not essential and a Blue Card must be obtained. Full training will be provided.

If you are interested in the new group and would like more information, please contact John Laing on rdso.seq@scoutsqld.com.au or 0409 573 900. John is the Regional Development and Support Officer for South East Queensland. We plan to hold a general meeting of interested community members in early November to discuss options.

www.scoutsqld.com.au


A copy of an article which appeared in the Tweed Daily News free edition on Wed 1/10/14
Leaving school and thinking about vocational training?

From 1 January 2015, Smart and Skilled will give you the chance to gain the skills you need to get a job and advance your career. Under Smart and Skilled you can choose the training qualification and approved training provider that best suits your needs.

Smart and Skilled offers choice

Choose your training

Eligible school leavers can enrol in government subsidised courses up to and including Certificate III. Higher level qualifications (at Certificate IV and above) may also be available in targeted priority areas. Courses that help improve your reading, writing and numeracy are also available under Smart and Skilled.

Choose your training provider

You can choose to go to TAFE NSW or another approved private or community training provider.

Choose your own career pathway

There are many pathways to a successful career. Smart and Skilled offers you a range of options to help you choose your own career pathway.

For example, you can:

- enrol in a Smart and Skilled course to help you find a job. Smart and Skilled courses receive government funding because they help people get relevant job skills
- do an apprenticeship or traineeship that combines employment and work-based training with formal training to help you build your career
- choose a higher level course to increase your skills and advance your career prospects. All Smart and Skilled qualifications are nationally recognised and supported by employers and industry
- complete a qualification that provides an alternative pathway into university or further studies.

Who is eligible for Smart and Skilled?

You are eligible for Smart and Skilled training if you:

- are an Australian citizen, permanent resident, humanitarian visa holder or a New Zealand citizen
- are 15 years or older
- have left school
- live or work in NSW
- do not already have a Certificate IV or above.

For more information about Smart and Skilled go to: www.smartandskilled.nsw.gov.au.
Which qualifications are available?

A wide range of Smart and Skilled courses are available, including:

- Foundation Skills courses (Certificate I and Certificate II courses)
- entitlement courses up to and including Certificate III
- all apprenticeships and selected traineeships, and
- higher level courses (Certificate IV, Diploma and Advanced Diploma), subject to funding availability.

If you are not ready to do a full qualification you may be eligible for pre-vocational training which will help you access a full qualification at a later date. Further details will be released in 2015.

Please see the 2015 NSW Skills List (www.training.nsw.gov.au/smartandskilled/nsw_skills_list.html) to find out what courses are subsidised under Smart and Skilled in 2015.

How much will a course cost?

Smart and Skilled fees vary depending on the course you study. This reflects differences in the cost of training and the course level. In general, lower level courses have lower fees.

- If you have a VET in Schools qualification it won’t affect your eligibility for Smart and Skilled or the fee you pay.
- Your choice of training provider doesn’t affect the fee you pay for any course.
- Student fees are set for the whole qualification, not year-by-year.
- Aboriginal or Torres Strait Islander students, students with a disability, and students who are Commonwealth welfare recipients or dependents of recipients will be eligible for fee concessions or exemptions.
- Students undertaking Diploma and Advanced Diploma courses (and a limited number of Certificate IV courses) will be eligible for VET FEE-HELP (a loan covering the cost of the course).


To find out more about Smart and Skilled

Go to the Smart and Skilled website www.smartandskilled.nsw.gov.au. From November 2014 it will include a course finder to help you select Smart and Skilled courses and find out which training providers offer these courses, and a fees calculator.

You can also ask your school careers advisor for advice on how a Smart and Skilled course might work for you.

© September 2014
Department of Education and Communities
Parties - Will You Allow Alcohol at Your Adolescent's Party?

Many parents and carers will be helping young people in their family celebrate birthdays, special occasions, finishing their school year or leaving school.

It is time for careful planning so that everyone enjoys themselves. Some parents may not be aware of their responsibilities in relation to supplying alcohol to under 18’s.

Regardless of where the function will be held, it is against the law to obtain for, or supply alcohol to anyone under 18 years of age - even at private parties. This activity is called secondary supply of alcohol - an offence that carries a maximum penalty of $5,500 per offence or $11,000 and 12 months prison in very serious circumstances. On the spot fines of $550 can also be issued by police.

This information comes to you from the NSW Department of Liquor, Gaming and Racing. Check their website for further information: [www.dlr.nsw.gov.au/liquor_info_young_people_2nd_party.asp](http://www.dlr.nsw.gov.au/liquor_info_young_people_2nd_party.asp)

Points to consider:

- What do you do if an underage guest arrives with alcohol?
- What do you do if they arrive intoxicated?
- What do you do if your alcohol has been consumed during the course of the party?
- How can you plan a successful party that addresses these issues?

It is much easier to plan and control what happens at your next party if you follow some simple guidelines. Here are some suggestions that can make a difference:

- Ideally RSVP invitations should be issued, giving as many details as possible about times of starting and finishing, the nature of the party, a dress code, how it will be supervised and how guests will return home. Indicate guests will be required to bring their invitation for party entry.
- On the invitation, suggest guest parents contact host parents to fine tune details and discuss any concerns. This will ensure parents are not pressured against their better judgement and gives everyone permission to talk about supervision, safety, alcohol and drug issues etc.
- Have only one entrance or exit to make it easier to control who attends your party.
- Guest lists should be kept to a manageable size. If guest numbers are large, ask other parents to assist with supervision or consider hiring security personnel.
- Host parents need to be aware of appropriate return transport for guests and/or provide oversight, supervised accommodation.
- Make it clear in advance it is an alcohol free party. (Parents are reminded of the NSW Office of Liquor, Gaming and Racing penalties cited earlier).

- Alcohol at parties is not easily supervised. Alcohol can easily be consumed in advance or mixed with soft drinks prior to the party. Alcohol may be left outside in cars or hidden in bushes. Although these problems can occur, they are less likely if the party is well supervised.
- Constitute BYO alcohol from under 18s. Return it to their parents or carers.
- If guests are a mixture of under and over 18s, there is less control over the consumption of alcohol. A nominated adult should serve alcohol.
- Actively serve non-alcoholic food throughout the party. This will slow down alcohol consumption for those who are drinking.
- Attractive non-alcoholic drinks should always be provided. For example, ‘Mocktails’, non-alcoholic punches, soft drinks, fruit juices, coffee, tea and of course, water.
- If under 18s consume alcohol or other drugs during the party, their parents should be contacted and asked to collect them. Parents should be advised of unacceptable behaviour.
- Be firm about excluding gatecrashers. If admittance is by invitation only, gatecrashers are less likely. Prior to the party, encourage students not to broadcast party details in the school community, via the Internet or mobile phone. If gatecrashers arrive, ask them to leave immediately or tell them the police will be called.
- Parents should be present and provide active supervision throughout the party.
- If you are planning a large party, it may be a good idea to employ security guards.

Register your party with NSW Police

NSW Police have developed a range of strategies and an online party sign up form which must be completed at least 72 hours before your party. Register your party at [www.mynpc.com.au](http://www.mynpc.com.au).

This way local Police will know that you are having a party and can offer support. Have emergency numbers handy and call police before the situation gets out of control. Advise neighbours of your party as common courtesy.

Other useful websites to help you plan a successful party and avoid problems:


This website has current safe partying information, games, and competitions on how to party safely for young people and information for parents.

Look for information about the RRISK Program and risk taking at our website [www.risk.com.au](http://www.risk.com.au)
Talking to Young People about Alcohol and Drugs

It is best for education about alcohol and drugs to begin before young people are exposed to personal decisions about their use. Young people who have accurate information, coping and decision making skills and understand the issues, will be in a good position to make responsible decisions about alcohol and drugs.

Parents provide a powerful role model when it comes to drinking and attitudes to alcohol and other drugs. Take time to talk. Sitting down with the young person in your care and mapping out a plan of action and what to say if they are offered drugs or alcohol can help equip them for the almost inevitable real event. Listen to what the young person in your family says about alcohol and drugs and follow up with a discussion. Take the opportunities when they come up during everyday activities, for example:

When you pour a glass of alcohol
When alcohol or other drugs are mentioned on TV or other media
When using or giving out medicines
When your young person has an assignment on alcohol, smoking, medicines or other drugs.

It is important to understand that in some situations young people may take risks. Sitting down afterwards and helping them identify where things started to go wrong enables them to consider what they could do differently the next time they are faced with a similar situation.

Australian Alcohol Guideline for Children and young people under 18

Not drinking alcohol is the safest option.

For children under 15
Parents and carers are advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking is especially important.

For Young people aged 15-18 years
The safest option is to delay the initiation of drinking for as long as possible. Australian Alcohol Guidelines to reduce health risks from drinking alcohol. National Health and Medical Research Council, 2009 can be found at http://www.nhmrc.gov.au/files_nhmrc/filepublications/symposies/ds10-alcohol.pdf

For more information about the RRISK Program and risk taking at our website www.rrisk.com.au