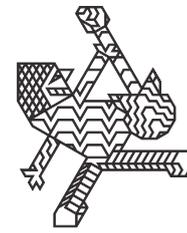




FEST Interactment

*A chatterbox approach
to an
Alcohol and Other Drugs initiative*



In putting this program together we have worked within the Guidelines of the Department of Education and Training. The **FEST** Alcohol and other Drugs initiative should lie comfortably within a school's drug and alcohol policy guidelines.

We recognise that we live in a drug-using society and that not all drugs are harmful, and that a lot of the commonly used drugs in society are legal drugs.

Harm Minimisation involves a range of approaches to reduce drug related harm, including the abstinence from drug use, prevention, early intervention, specialist treatment, supply, control and safer drug use.

Features distinguishing harm minimisation from other approaches are that it:

- acknowledges that many people in our community use drugs.
- takes into account the relationship between PEOPLE, the DRUGS they use and the ENVIRONMENTS in which they use them.

A harm minimisation approach does not condone or encourage drug use. It accepts that drug use by young people is a personal choice that is not within the control of teachers or schools.

This approach recognises that drug use provides varying degrees of risk for the user. It aims to reduce the risks associated with use and to promote healthy behaviours. It acknowledges that students can be affected by their own drug use and the drug use of others, including parents, relatives, siblings and friends.

The **FEST** interactment emphasises:

what are the possible harmful effects of a scenario? and
what strategies could be used to prevent/reduce the harm in this situation?

All drug use has an effect on the body. Drug use can also affect the lifestyle of the user as well as the lives of others. The effects and consequences of drug use are determined by:

The Person

The Drug Situation

The Place

The **FEST** approach to an alcohol and other drugs prevention initiative consists of the following **FEST** chatterboxes:

(+ve / -ve) simplified colour coded linear progression chatterbox

IPSO linear progression harm minimization chatterbox

PRAD personal reflection chatterbox for Alcohol and Other Drugs

FEST cross linking wellbeing chatterbox

WHY THE CHATTERBOX APPROACH?

The **FEST** series of chatterboxes and associated materials is an initiative to motivate students to think about the effects of alcohol and drugs on **Family** life, on their **Education**, on their **Social** life and the **Trauma** it may cause. It is an initiative to inspire students to be proactive in thinking about and putting into place their own strategies about dealing with the possible drug scenarios they may be faced with.