



# AWaRE

## Alcohol: Well-being and Risk Education Program

**3 out of 4 young people 12-17 do not drink  
Why not join them?**

**The **AWaRE** program is an early intervention program aimed at secondary students in Year 7 to Year 10 and focuses on harm reduction and education in order to reduce alcohol use in adolescence.**

**The **AWaRE** Program covers the following issues:**

- Effects of Alcohol
- Decision making
- Impacts of Alcohol
- Harm Minimisation
- Resilience
- Peer Pressure
- Parent Education

**The program is offered free of charge to schools in:**

- Bayside
- Mornington
- Cardinia

Surrounding local government areas may be able to access this program at no cost, please contact Lauren to discuss.

**AWaRE** provides an engaging, fun and “hands on” approach for young people to learn the risks involved with excessive drinking. By educating young people about the harms associated with alcohol misuse and binge drinking, they are able to make an informed and educated decision based on facts rather than misconceptions.

Participants learn strategies to cope with peer pressure, short and long terms harms (physical and mental), harm minimisation strategies with the aim to reduce alcohol consumption during teenage years.

Programs can be tailored to your school or service needs and can run from an hour to a whole day.

**For more information or to discuss how this program can be implemented into your school/service please contact:**

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