

A DEADLY CHOICE

Deadly Choices[®]

IS A HEALTHY CHOICE



**DEADLY CHOICES
EDUCATION PROGRAMS**

BACKGROUND

Deadly Choices education programs are health education and capacity development programs aimed at supporting students to be positive role models and mentors for their peer groups, family, and community by leading a healthy lifestyle.

It is delivered in a flexible manner to suit your school or community group's environment and timetable, and covers a range of healthy lifestyle education and behaviour change topics.

The programs also involve a 715 Aboriginal and Torres Strait Islander Preventative Health Check and developing links with your local Aboriginal Medical Service or health centre.

Upon completion of a Deadly Choices education program, students may be rewarded with Deadly Choices merchandise. The criteria for rewards includes:

- full attendance;
- good behaviour; and
- school attendance.

Rewards include a Deadly Choices education program shirt, the chance to win rewards such as tickets to football games, other Deadly Choices merchandise, and opportunities to participate in end of school year camps - depending on availability in your area.

If you have any questions about the education programs, feel free to contact:

on



DEADLY CHOICES EDUCATION PROGRAM

Structure

This eight session program is delivered in a flexible manner to suit school environments and timetables, and covers the following healthy lifestyle topics:

- Leadership
- Chronic disease
- Tobacco cessation
- Nutrition
- Physical activity
- Harmful substances
- Healthy relationships
- Access and health checks

Additional information

- Reward for completion: Education Program shirt
- Develop links with your local Community Controlled Health Service, which provide a range of supports including Social Health Teams, Aboriginal Health Workers, Allied Health professionals etc
- Preventative health checks: to be conducted at school/community group or local clinic. Health check shirt available following completion at a participating clinic
- Pre- and post-program evaluation conducted each term (results of which can be provided to organisation if desired). Note: to analyse the program and support ongoing improvements, ethics approval to conduct research will be sought as part of the program consent process.

As part of the Australian Curriculum, students develop personal and social capability as they learn to understand themselves and others, and manage their relationships, lives, work and learning more effectively.

Personal and social capability involves students in a range of practices including recognising and regulating emotions, developing empathy for others and understanding relationships, establishing and building positive relationships, making responsible decisions, working effectively in teams, handling challenging situations constructively and developing leadership skills.

We provide students with opportunities to build on the following elements:

Self-awareness

- Recognise emotions
- Recognise personal qualities and achievements
- Develop reflective practice

Self-management

- Express emotions appropriately
- Develop self-discipline and set goals
- Become confident, resilient and adaptable

Social awareness

- Appreciate diverse perspectives
- Understand relationships



DEADLY CHOICES EDUCATION PROGRAMS AGREEMENT

School: _____

School contact phone: _____

School contact email: _____

Program facilitator name: _____

Program facilitator phone: _____

Program facilitator email: _____

Student year group(s): _____ Number of students: _____

Term start date: _____

Please indicate the program(s) to be delivered:

Full eight session Deadly Choices Education Program

In partnership with your school, [the Deadly Choices team](#) commits to deliver the program(s) within the agreed term timeframe, and:

- Follow all school policy and procedures
- Liaise with school contact regarding program developments or cancellations
- Provide research and program consent forms prior to program commencement date
- Wear appropriate dress and footwear
- Maintain Senior First Aid certification
- Hold a current Working with Children and Young People Blue Card
- Only publish photos of children with returned photo and media consent forms
- Coordinate health checks for eligible students during the program, with support from local Aboriginal Medical Service

The school commits to:

- Allow the above program(s) to be delivered in the agreed timeframe (including set class period, time, and class length)
- Full commitment from participating students
- A minimum of _____ participants per program
- Provide appropriate classroom and outdoor activity space for the program duration
- Provide a contact person for the duration of the program
- Support the return of all permission forms prior to the first session of program delivery

School contact name: _____

Signature: _____ Date: _____

Position: _____

DC Program Officer: _____

Signature: _____ Date: _____

