

Talking Tactics Together



A Stage 3 drug education program designed to increase knowledge and promote communication within families

Some facts to keep in mind.

- 90% of young people have tried alcohol by the age of 14.
- 11% of 12 year olds & 32% of 15 year olds are current drinkers.
- 32% of 15 year old current drinkers had drunk 4 or more drinks in one day in the week before they were surveyed.
- For 12-17 year old current drinkers over 30% had experienced 3 or more negative consequences as a result of drinking in the last 12 months.
- 1/3 of young people were given their last drink by their parents.

Effective health education to young people

5 key components:

- Provided before exposure or at key transition changes
- Presented over a period of time. Not a one off
- Peer led
- Provides opportunity for positive role playing
- **Involves parents**

History of Talking Tactics Together

- Developed by Victorian Department of Education
- Modifications made by Illawarra Shoalhaven LHD

Aims of the program

- Build student and family resilience
- Enhance family communication
- Develop students drama & facilitation skills
- Increase student & parent knowledge
- Provide opportunity for students to role play positive lifestyle choices



Two main components of TTT

- Student learning (12 hrs)

Approx 30 students

- Conducted over 3 weeks

- 4 sessions required

Last session final rehearsal

- **Parent event (2 hrs)**

- **Evenings work better**

- **6pm – 8pm**

- **Tues/Wed - best nights**

Student training



- Learning in a fun environment
- Is self-directed and encourages debate
- A range of learning activities can be included
- Allows reflection on own beliefs, behaviour & experiences
- Key messages reinforced via different activities
- Meets other aspects of curriculum e.g. reading and drama

Parent event explores

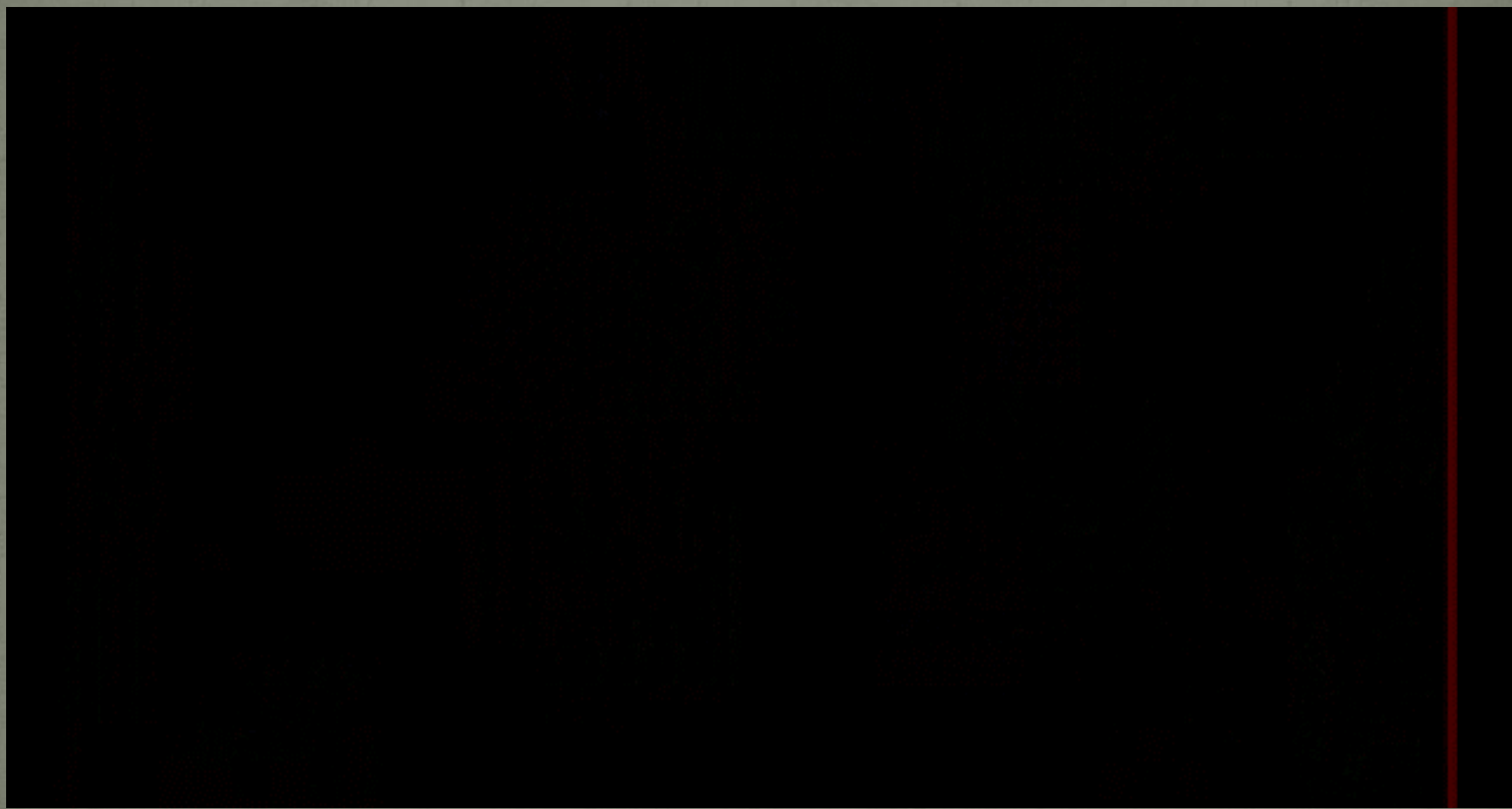
- Belief systems
- Communication
- Decision making
- Importance of providing balanced information
- Not jumping to conclusions
- Challenges YP face

Keys to a successful parent event

- Put parents at ease
- Engagement through interactive activities
- Collaborative e.g. YP sitting with parents for trivia
- Discussion on helpful parenting strategies

Parent event activities

- Hidden Thoughts – communication
- Hot seat – decision making
- Friends – challenges YP face



Do the numbers stack up?

2014

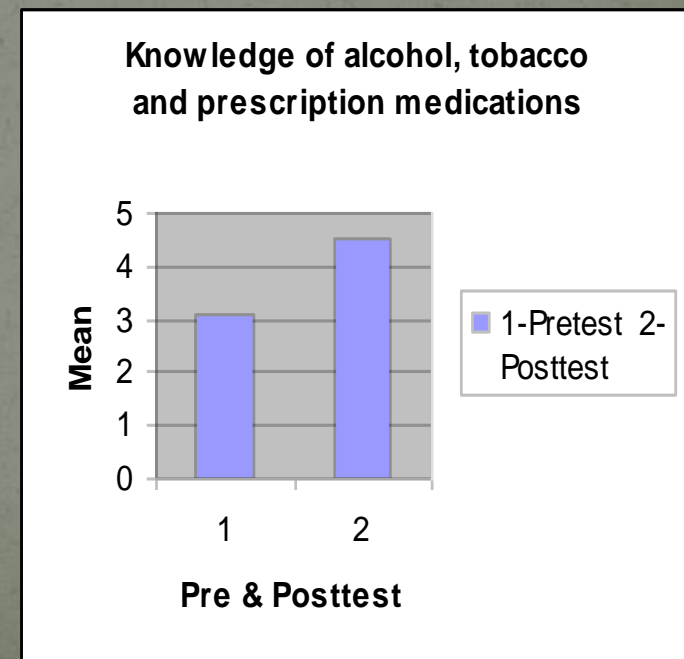
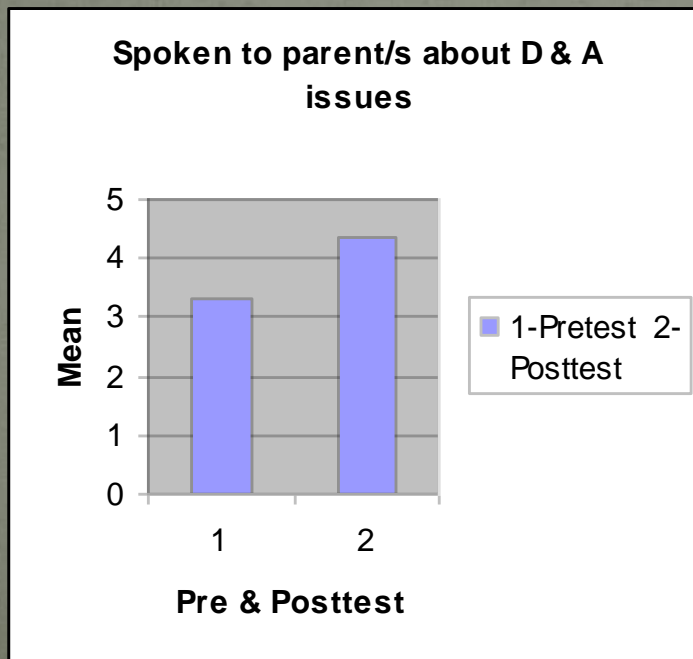
- 9 schools
- 389 students
- 330 parents/carers

2015

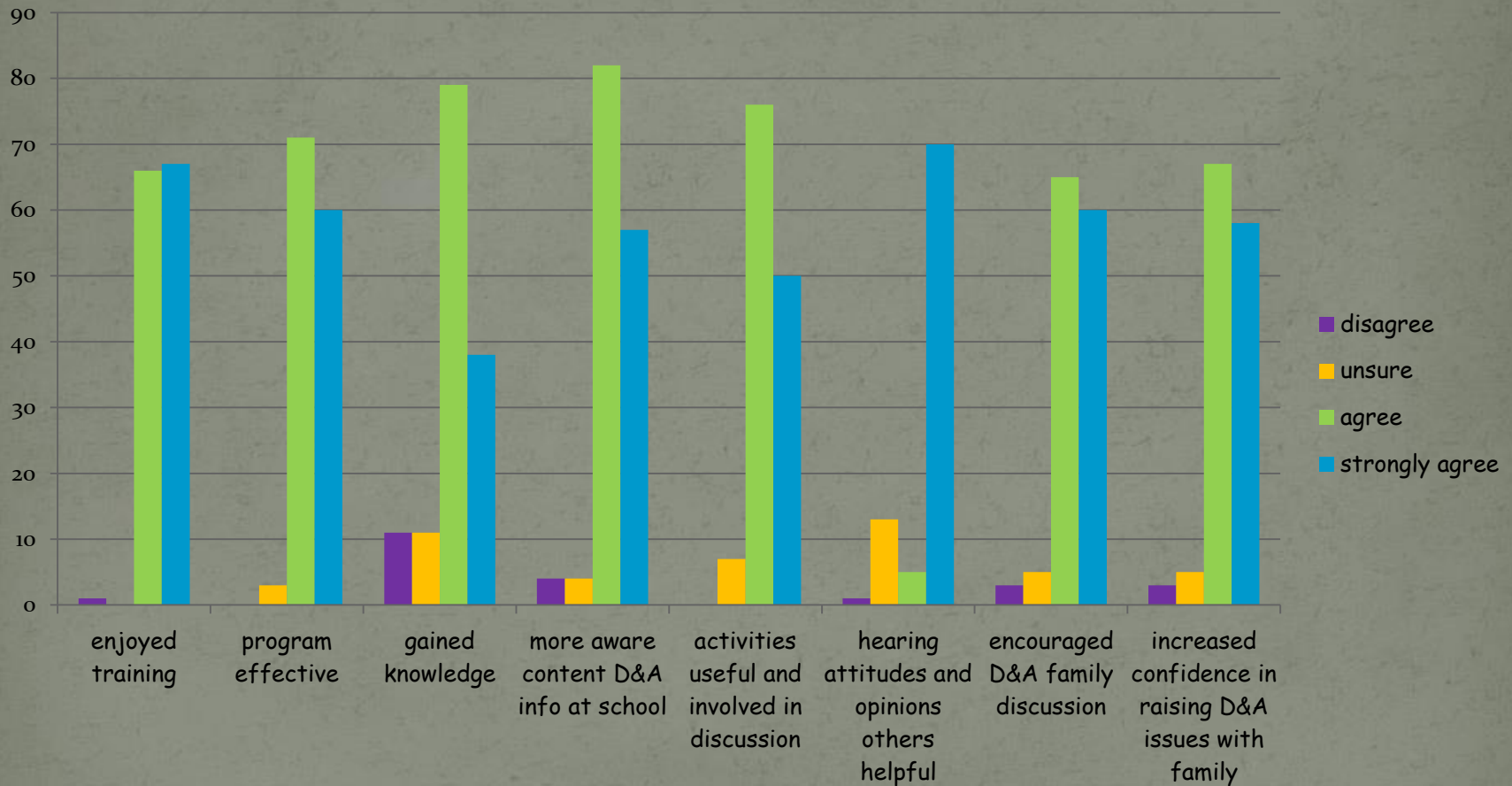
- 11 schools
- 558 students
- 342 parents/carers

Does the program work?

- Pre and post testing showed a significant difference in 2 areas
 - Increased knowledge
 - Increased conversations



Parent Outcomes & Evaluation



Parent Quotes

- *I didn't realise how differently my daughter thinks about these issues*
- *The role playing....I was watching myself!*
- *This program is giving children confidence to discuss these issues openly with parents*
- *It made difficult topics approachable and made me think about how I can approach conversations more positively*
- *I didn't have to come tonight, for the past month all we have talked about at home is drugs and alcohol*

Is the program sustainable

- Yes, but

Schools require support from health providers especially the parent event