

the essential guide into adulthood

# street

smarthandbook



# NSW

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TO PROVIDE ACCESS AND OPPORTUNITIES  
FOR OUR YOUTH



***Mateship is an Australian cultural idiom that embodies equality, loyalty and friendship. Russel Ward, in *The Australian Legend* (1958), saw the concept as a central one to the Australian people. Mateship derives from mate, meaning friend, commonly used in Australia as an amicable form of address.***

*(source: Wikipedia)*

Dear reader,

Although you may not realise it, attending school also educates you on how you will interact with people later in life. Developing skills of how to engage with your peers, your juniors and your superiors will assist you in many ways throughout life, such as shared living, working, personal relationships and also most importantly, how you engage within your own community. We have wonderfully diverse communities here in Australia, that are safe and well cared for. This is something of which we should all be very proud.





Here at Neighbourhood Watch Australasia we make it our business to help create safe, connected and inclusive communities. This means that as you embark on your life and create your space in a community you choose, make sure you create a positive footprint.

As representatives of the community we at Neighbourhood Watch work with Policing Agencies to encourage community participation in building safe and confident communities to reduce the fear of crime and increase feelings of safety. You now have a role to play too. You can get to know the people who live around you and join a local, on line, Neighbourhood Watch Group. All you have to do is be aware of what is happening around you. Know whom to call if you need help. Be there to assist or help a neighbour if they are in need. Simply show some of that Aussie Mateship.

If you would like some more information about what you can do, visit our website [www.nhwa.com.au](http://www.nhwa.com.au)


Cheers

**Bernie Durkin**

President

Neighbourhood Watch Australasia

***Bringing people together to create safe, connected and inclusive communities, where people feel empowered, informed, protected and engaged with one another and with local Police.***



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**A MESSAGE FROM AFP NATIONAL  
MANAGER CRIME OPERATIONS,  
ASSISTANT COMMISSIONER  
DEBBIE PLATZ**



Technology and the internet are part of our everyday lives. It is pretty hard to imagine living without it.

Whether you are using technology as part of your studies or for fun, being digitally Streetsmart means you will know it provides many opportunities and benefits which we can often lose sight of in the face of stories about dangers and risks.

Issues like cyberbullying, harassment, 'sextortion', and image-based abuse can happen to people of all age groups, and it can happen to you. As the Assistant Commissioner responsible for the Australian Centre to Counter Child Exploitation, it's my duty to reinforce to you the importance of protecting yourself and where to get help if something does go wrong.

This Streetsmart Handbook has been developed to guide you on your journey over the coming years. It contains information to answer some of your questions and to point you toward sources of additional support services.

You have probably been learning through technology since you were in pre-school or primary school. You have also been learning how to interact with others, set boundaries, establish norms and express yourselves.

As you grow as young adults, it is important that you continue to build on your critical thinking skills.

You have the ability learn from mistakes, overcome challenges, and develop resilience to make the most of the opportunities presented to you.

I wish you all the very best on your journey.

**Debbie Platz**  
Assistant Commissioner  
Crime Operations



*Debbie Platz  
Assistant Commissioner  
Crime Operations*



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## BEHIND THE WHEEL



## BUYING A CAR



## INTRODUCTION

Buying a new car can be an overwhelming experience with so many considerations. The following information is to assist consumers through the car buying experience – where and how to purchase, and important things to consider while making your decision. This information also suggests a number of steps you can take to protect yourself.

Need a new set of wheels but want to avoid getting ripped off or buying a lemon?

## TIPS BEFORE YOU BUY

*Get your finance sorted first*

Many car dealerships will offer 'finance' (a loan) through a credit provider, but it is also worthwhile shopping around to get the best deal. Banks, credit unions, and other financial institutions all lend money and can be cheaper and more flexible than car dealerships.

*Get an idea of price*

Once you know the type of car that you want to buy, get an idea of the price range to expect. Check the 'For Sale' ads in the papers and online and the prices offered by different car dealers. This will put you in a better position to bargain.

**Set a maximum price and don't go above it.***Remember to bargain*

Who knows? You may be able to save hundreds of dollars.

*Budget for all costs*

Make sure you budget for inspection, registration, transfer, stamp duty costs, petrol, maintenance and insurance.

*Check when the registration runs out*

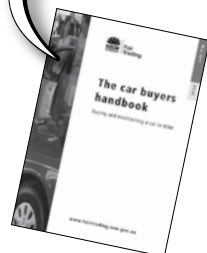
If the car's registration is due within a month or so, add the cost of renewing it to the overall cost of the car. Alternatively, you may want to use the early registration expiry to haggle over the car's price.

*Get an independent mechanical inspection*

A professional inspection, especially for used cars, can alert you to hidden problems that may be costly to fix. You can then decide if you still want the car, or leave that one and look for another.

*Get independent advice if you have any doubts about the contract*

If you have any doubts about the car, contract or finance, get some independent advice.



- *The car buyers handbook tells you what you need to consider before parting with your hard-earned cash. It covers everything from where to buy a car, to obtaining finance, including the importance of vehicle inspections and a PPSR check.*

*Call 13 32 20 and ask for your free copy of The car buyers handbook.*



## BEHIND THE WHEEL

### BUYING A CAR

#### TIPS BEFORE YOU BUY CONTINUED

What risks are involved if I buy a car privately?

#### *Don't sign anything*

Unless you are absolutely sure that you want to buy, don't sign anything. If you are asked to sign something it will most probably be a sales contract. If you are just looking or thinking about buying a car, there is no paperwork involved.

If you sign a contract where the dealer is providing the credit, you can cancel the contract within one day, but you will be charged a fee. More information about finance is available on the Fair Trading website or in 'The car buyers handbook'.

When buying privately, contact the Personal Property Securities Register (PPSR) first. PPSR will confirm if the vehicle is carrying a debt. A PPSR search certificate will give you conditional legal protection against repossession due to a previous owner's unpaid debt.

The Personal Property Securities Register (PPSR) replaces REVS and all other State vehicle securities registers. PPSR provides national information about securities over motor vehicles. Visit the PPSR website at [www.ppsr.gov.au](http://www.ppsr.gov.au)

#### WHERE TO BUY A CAR

There are a number of options available in terms of where you can buy a car. They each have their advantages and disadvantages.

#### BUYING FROM A CAR DEALERSHIP

Buying a car from a licensed motor vehicle dealership provides many advantages. Unlike buying privately, the dealer has an obligation to guarantee that there is no money owing on the car. In certain conditions the dealer is obliged by law to provide a warranty. Also, the dealer often allows you to trade in your old car, however you may get more money if you sell it privately. Unlike buying from an auction, you can test drive the car to make sure it has the power and features you require. Most licensed car dealers can also offer you finance or insurance but you don't have to accept it. Shop around and check out the rates offered by banks, credit unions and finance companies.

If you need to obtain a loan to purchase the car, make sure you shop around. Many motor dealers are able to offer finance but you may get a better deal from your own bank or credit union.

There is a 'cooling-off period' that applies if you purchase a car from a dealership and the dealership:

- arranges your loan for the car, or
  - supplies application forms for, or a referral to, a credit provider.
- This is called a linked credit arrangement.



- *It's a fact. One in 5 second-hand cars bought privately still has money owing on it. As the new owner, you could become liable for the debt.*
- *Be aware that the legal safeguards for people who buy from licensed motor dealers don't cover private sales.*



## BEHIND THE WHEEL WHERE TO BUY A CAR

### BUYING FROM A CAR DEALERSHIP CONTINUED

Under these circumstances only, the cooling-off period gives you 1 day to change your mind. The cooling-off period begins when the contract is entered into and generally closes at 5pm on the next day that the dealer is open for business. During the cooling-off period the purchaser can cancel the contract by giving written and signed notice to the dealer. The purchaser will be liable to pay the dealer \$250, or 2% of the purchase price, whichever is the lesser amount.

### BUYING A CAR PRIVATELY

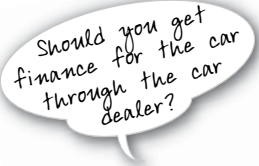
Buying a car privately involves relying on your own judgement and knowledge. You can arrange for a vehicle inspection at your own cost but there are no statutory warranties. Also, making sure that the vehicle is not encumbered, stolen or de-registered is the responsibility of the buyer. Doing a PPSR check will help you ascertain this. Always ask the seller for, and note down, the information listed below:

- the current certificate of registration
- a pink slip which is no more than 42 days old
- proof that the person selling the car is the owner eg. a sales receipt or driver's licence to help identify the seller
  - the registration number
  - the engine number
- the VIN (vehicle identification number) or chassis number.

**Note: Ensure the information shown in the paperwork matches what is on the actual car.**

### BUYING FROM THE ROADSIDE

There are no safeguards with this type of car sale. There are no guarantees of title and no warranties supplied. You could be stuck with a vehicle that has been poorly repaired or even written-off. No matter how good the bargain looks, steer well clear of this method of purchasing a car.



- *It's best to shop around first. It can be more expensive getting a loan through a car dealer.*

---

**IT IS COMMON PRACTICE FOR DEALERS TO TAKE A HOLDING DEPOSIT FOR THE CAR WHEN YOU SIGN A CONTRACT. ALWAYS GET A RECEIPT FOR THIS MONEY.**



## BEHIND THE WHEEL

## WHERE TO BUY A CAR

## BUYING FROM AN AUCTION

The benefit of buying a car at auction is that you could pick up a real bargain. The cars come from situations that include deceased estates and repossessed vehicles. The risk with buying at auction is that the car is not covered by a statutory warranty and generally you can't take it for a test drive. You can arrange an independent vehicle inspection at your own cost but not on the day of the auction.

Auction houses are responsible for ensuring the cars they sell have no money owing on them. Most auction houses require a 10% deposit or \$500 at the fall of the hammer.

Where motor vehicles are sold with number plates attached to private purchasers they have to have a Safety Inspection report (pink slip) issued by an Authorised Inspection Station (AIS). The inspection report must:

- be not more than one month old at the time of auction
- state that the vehicle is fit for registration
- be attached to the vehicle at the time it is offered or displayed for sale or
- be provided to the purchaser at the time of delivery of the vehicle.

When a vehicle (other than an exempted vehicle eg. commercial) is offered or displayed for sale at auction a Form 9 should be displayed. The Form 9 must state that the vehicle is not subject to the warranty provisions of the *Motor Dealers Act 1974* and displayed either on the vehicle, adjacent to the auctioneer or at each entrance to the auction.

## BUYING FROM A CAR MARKET

Car markets bring buyers and sellers together in the one place without the need to drive all over town. However, you are still buying 'privately' and therefore need to rely on your own judgement and knowledge. There will be no guarantee of title or warranties supplied. They can also be an outlet for backyard operators to dispose of sub-standard vehicles, or even possibly stolen vehicles.

## IF THE VEHICLE IS NOT REGISTERED

If the vehicle is not registered you need to take it to an Authorised Unregistered Vehicle Inspection Station (AUVIS). They will conduct a roadworthiness check and identify the vehicle for the purpose of registration for Roads and Maritime Services and provide you with a blue slip. To find your nearest AUVIS, call 1300 137 302.

Does age make a difference when you're buying a car?



- *No, you should be treated like anyone else. It's a good idea to get someone to look at the contract between you and the car dealer to make sure you're not being taken advantage of due to your age.*



## BEHIND THE WHEEL WHERE TO BUY A CAR

### BUYING ONLINE

When buying online you are either buying from a dealer or buying privately so follow the guidelines that apply to those purchases. When you purchase goods online from overseas or another state, NSW consumer protection laws may not apply and may only offer you limited protection. For more information on buying online visit the Fair Trading website.

### IMPORTANT PRE-PURCHASE CHECKS

#### CHECK FOR DEBT

The Personal Property Securities Register (PPSR), replaces REVS and all the other state vehicle securities registers, provides national information about securities over motor vehicles

PPSR can tell you whether or not a vehicle has a secured interest. A secured interest simply means that there could be money owing on the car or that the registered owner may not own the vehicle outright. If you buy a vehicle with a secured interest, action could be taken to repossess it, even though the debt is not yours. Completing a PPSR check means you can confirm this important aspect before you make a purchase.

You can conduct your a PPSR enquiry online at [www.ppsr.gov.au](http://www.ppsr.gov.au) or by calling 1300 007 777.

You can purchase a PPSR search certificate (through the internet or telephone) for a small fee, which will buy you peace of mind as it provides confirmation of your enquiry and offers legal protection against the vehicle being repossessed by a creditor due to a previous owner's unpaid debt.

If PPSR says the vehicle is recorded as being encumbered and you still wish to proceed with the purchase, PPSR can tell you what steps to take.

Are second-hand cars covered by warranties?



- *You can only get a statutory warranty for a second-hand car if it is bought from a licensed motor dealer.*

**YOU MUST ALWAYS HAVE A CURRENT REGISTRATION LABEL AND NUMBER PLATES DISPLAYED ON YOUR VEHICLE.**



## BEHIND THE WHEEL

### IMPORTANT PRE-PURCHASE CHECKS

#### CHECK FOR DEBT CONTINUED

If you buy a late model second-hand car, check with the manufacturer that the balance of the new car warranty can be transferred to you and that it has not been cancelled particularly if the vehicle has been recorded as a repairable write-off. Some warranties have conditions that invalidate the warranty when there has been an accident.

Where the information provided by the seller does not match, the Roads and Maritime Services can also give advice on what to do.

#### SEVEN EASY STEPS TO FOLLOW WHEN YOU BUY A CAR PRIVATELY

1. Ask if any money is owing on the vehicle  Yes  No
2. Get the registration number, engine number, and vehicle ID number (VIN) or chassis number from the vehicle.

**Registration number:**.....

**Engine no:**.....

**VIN/Chassis no:**.....

3. Confirm that the registration number, engine number and VIN/chassis numbers on the vehicle match those on the registration papers.

**Registration number:**.....

**Engine no:**.....

**VIN/Chassis no:**.....

4. Call PPSR on 1300 007 777 or visit [www.ppsr.gov.au](http://www.ppsr.gov.au) to complete a vehicle search with these numbers.
5. Purchase a PPSR Search Certificate to guard against repossession.
6. Arrange for the current owner to repay the debt, if one exists. PPSR can tell you how to do this.
7. Complete the transaction before midnight the next day.

• *Important: PPSR does not guarantee the accuracy of stolen and written-off vehicle information. To check if the registration is still valid, visit [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au) call Roads and Maritime Services on 13 22 13 or contact your local motor registry.*



## BEHIND THE WHEEL

## IMPORTANT PRE-PURCHASE CHECKS

## VEHICLE INSPECTIONS

Before purchasing a second-hand car it is important to inspect the vehicle thoroughly. Inspections can help you identify problems and assess a car's value more accurately. They can also provide some room for negotiation on the sale price. There are details that are easy to check yourself and can be found on the Fair Trading website or in 'The car buyers handbook'.

A professional inspection, especially for used cars, can alert you to hidden problems that may be costly to fix.

## TEST DRIVES

As part of a thorough inspection many people test-drive the car. The following are some things to check when test-driving steering, brakes, exhaust, engine, transmission, suspension and bodywork.

## WARRANTIES

The *Motor Dealers Act 1974* requires licensed dealers to fix certain defects if they occur in vehicles that they have sold. This is called a statutory warranty. When buying a second-hand car you can only get a statutory warranty if you buy the car from a licensed motor dealer.

New cars have a 12 month statutory warranty. However, most manufacturers provide a manufacturers warranty from the date of sale.

In NSW all second-hand passenger cars that are less than 10 years old and have travelled less than 160,000km and are priced under the luxury tax limit have a minimum warranty of 3 months or 5,000km – whichever comes first.

This is called the standard warranty.

Both the car and any accessories fitted to it (such as sound systems) are covered by the warranty. Superficial damage (such as paint scratches or minor tears in the upholstery) and normal wear and tear are not covered.

What if something goes wrong during a test drive?



- *Before taking the car for a test drive, check with the seller that the seller has an insurance policy that covers you if an accident occurs.*



## BEHIND THE WHEEL

## IMPORTANT PRE-PURCHASE CHECKS

## CAR WARRANTIES CONTINUED ...

Will I need to get an extended warranty for my car?

Nor does the warranty cover:

- routine services
- tune-ups
- batteries
- tyres (however they must be roadworthy at the time of sale)
- defects that arise from accidents or misuse of the vehicle.

**Important:** You can only get a statutory warranty for a second-hand car if it is bought from a licensed motor dealer.

## MOTOR DEALER FORMS

Licensed dealerships are required to put a form on every second-hand vehicle for sale or on display, describing the vehicle. The form includes the dealer's name, cash price, engine number, odometer (speedo) reading and importantly whether a warranty applies. The form will be either a Form 4, 6 or 8 and it is important to know the difference, as it affects the warranty.

**Form 4** means the car has a standard statutory warranty as described above.

**Form 6** means the car has a standard warranty, **but not for defects listed by the motor dealer as being excluded from warranty.** The dealer must list the defects that are excluded and give an estimate of the cost of repairing them. Roadworthiness items (such as tyres or brakes) cannot be excluded from warranty. A car displaying a Form 6 must be sold with a pink slip showing that it is roadworthy.

**Form 8** means the car is not covered by warranty. Generally this is because it is older than 10 years, has travelled more than 160,000km, is a commercial vehicle or priced above the luxury car limit (ie, \$57,466). A car displaying a Form 8 must be sold with a pink slip showing that it is roadworthy.



- *Extended warranties are like an insurance policy you can buy for a vehicle to generally cover it for mechanical failure or breakdown. It is purchased separately by you and is not a substitute for any statutory warranty that may apply.*

*Failure due to fair wear and tear may not be covered, so think about whether it's worth it to you.*





## BEHIND THE WHEEL INSURANCE

### INSURANCE

Cars are powerful machines that can cause substantial damage. Even though we may regularly have our cars serviced and drive safely, unfortunately accidents occur. Before you can register your car with Roads and Maritime Services, you must prove that you have purchased a green slip – otherwise known as Compulsory Third Party (CTP) personal injury insurance.

There are many insurers competing for your business, so it's wise to shop around. You might be able to save money by visiting the green slip calculator at the Motor Accidents Authority's (MAA) web site, [www.maa.nsw.gov.au](http://www.maa.nsw.gov.au)

Based on the information you provide, the calculator will tell you which insurer will sell you a green slip for the cheapest price. If you don't have access to the internet, you can call the MAA's green slip help line on 1300 137 600.

- If you cause an accident, your green slip insurance covers medical costs for:
- your passengers
  - other road users, such as drivers, passengers, pedestrians, cyclists, motor cyclists and pillion passengers
  - injuries caused through the use of a trailer.

Your green slip insurance does not cover:

- you for your personal injuries if you cause the accident
- damage to property or other vehicles.

There are two other types of insurance available for your vehicle:

**Third party property** – which covers you for the damage your car might cause to someone else's vehicle or property.

**Comprehensive** – which provides third party property cover and also covers your car for accidental damage, theft and fire.



- *It is against the law to drive or ride without third party insurance, and if you do, you could be fined.*

---

**IMPORTANT: YOUR GREEN SLIP WILL ONLY COVER YOU IF YOUR VEHICLE IS REGISTERED. IF YOU ALLOW YOUR REGISTRATION TO LAPSE, YOU ARE PERSONALLY LIABLE FOR ANY INJURIES YOU CAUSE IN A MOTOR VEHICLE ACCIDENT.**



## BEHIND THE WHEEL REGISTRATION

### REGISTRATION

Once you have purchased your new or used vehicle, you need to arrange registration. An unregistered vehicle can incur hefty fines, and will leave your car uninsured. If you have an accident in your unregistered car, you will be liable for any damage caused to people or property.

### TO ESTABLISH REGISTRATION

If there are no number plates attached to the vehicle, the registration has been expired for more than 3 months, or the vehicle has moved to NSW from another state, you will need to establish the registration of your vehicle.

To do this you must attend a motor registry in person and provide the following:

- completed application form
- proof of your identity eg. your driver's licence
- the receipt showing that you are the new owner, or the certificate of registration for your vehicle, completed and signed on the back by the seller
- current green slip
- identity and safety check report, known as a blue slip, from an Authorised Unregistered Vehicle Inspection Station (AUVIS)
- payment for registration, including stamp duty
- if previously registered interstate, proof of that registration.

### TO RENEW AN EXISTING REGISTRATION

You can renew your vehicle's registration at a motor registry, online at [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au), by calling 13 22 13 or the interactive voice response system on 1300 360 782.

You will need to provide:

- the renewal notice
- the current green slip
- vehicle safety check report (pink slip) if your car is more than 5 years old
- payment for registration.

How do  
I renew  
registration?



- *To renew online or over the phone you must get your pink slip from an eSafety Check Station and your green slip provider must send your insurance details to Roads and Maritime Services electronically*



## BEHIND THE WHEEL REGISTRATION

### TRANSFERRING REGISTRATION

To transfer the registration of a vehicle, you can visit a motor registry and provide the following:

- completed application form
- proof of your identity eg. your driver's licence
- the receipt showing that you are the new owner or the certificate of registration for your vehicle, completed and signed on the back by the seller
- payment for the transfer fee and stamp duty.

You can transfer the vehicle's registration online at [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au) if you have an online account with Roads and Maritime Services (RMS) and the Notice of Disposal has already been recorded.

You have 14 days to transfer the Certificate of Registration into your name.

After this period you will be charged a late transfer fee. Failing to transfer the registration can result in RMS cancelling the registration altogether. Your vehicle will then be unregistered which can result in hefty fines and will leave your car uninsured.

### STAMP DUTY

The Office of State Revenue (OSR) levies stamp duty when a vehicle is registered in a new name. RMS collects the stamp duty on the OSR's behalf.

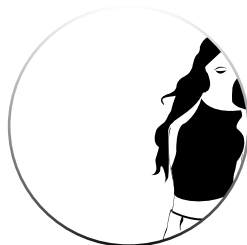
You will pay stamp duty on the market value of the vehicle or on the price you paid for the vehicle, whichever is higher. Stamp duty is 3% of the market value of the car, up to \$45,000 then 5% on the value over \$45,000.

For example, the stamp duty for a vehicle with a market value of \$50,000 is calculated as follows:

$$\begin{aligned} \$45,000 \text{ at } 3\% &= \$1,350 \\ \$5,000 \text{ at } 5\% &= \$250 \\ \text{Total stamp duty to be paid} &= \$1,600 \end{aligned}$$

(Calculations are provided by RMS and are correct at time of printing. Please check with the OSR or RMS to confirm.)

When does  
my green slip  
cover me?



- *Your green slip will only cover you if your vehicle is registered. If you allow your registration to lapse, you may be personally liable for any injuries you cause in an accident.*



## BEHIND THE WHEEL

## DRIVING

## DRIVER LICENCE

You can apply for a car learner licence at 16.

You can get your red provisional P1 licence when you are 17 and have passed the practical assessment. The P1 licence is valid for 18 months.

You can get your green provisional P2 licence when you have held your P1 licence for at least 12 months and have passed the Hazard Perception Test. The P2 licence is valid for 2 years and 6 months.

You can get your full driver's licence when you have held your P2 licence for at least 2 years and have passed the Driver Qualification Test.

When you are the holder of a learner, P1 or P2 licence you have a legal alcohol limit of zero. This means you cannot have any alcohol in your system when you are driving. The penalties include large fines and licence disqualification.

For more information on obtaining your licence, call or visit RMS website:

Call **RMS (Roads and Maritime Services)**

Phone: 13 22 13

Or visit the website:

[www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

## DRIVING OFFENCES

## Some serious driving offences

*Culpable driving:*

If you kill someone while you are driving a motor vehicle, you could be charged with culpable driving.

What is the first step I need to take if I want to get my licence?



*Before learning to drive a car you must:*

- *Be at least 16 years of age*
- *Study the Road Users' Handbook*
- *Pass a knowledge test*
- *Pass an eyesight test*
- *Obtain a green Learner's Licence*
- *Obtain a Learner Driver Log Book*
- *A Learner's Licence is valid for 3 years.*



## BEHIND THE WHEEL DRIVING

### DRIVING OFFENCES CONTINUED ...

#### *Reckless driving*

Reckless driving is when a person deliberately ignores the fact that his or her driving is likely to cause someone else's death or serious injury.

Negligent driving is when a driver seriously fails to take the amount of care that it would be reasonable to expect him or her to take in the circumstances.

The penalties for culpable and reckless driving are applied by the court and depend on the seriousness of the offence. They can involve imprisonment and can be very severe.

#### *Aggravated dangerous driving*

Aggravated dangerous driving offences apply to a driver who (at the time that the death or grievous bodily harm occurred), was affected by alcohol or a drug, or was driving in a manner or at a speed dangerous to the public.

If you are convicted of this offence, you will lose your licence and be disqualified from getting a licence for a certain period. You could also be fined heavily and/or imprisoned.

#### *Speeding*

Anyone who drives faster than the sign posted speed limit is breaking the law.

Novice drivers have special maximum speed limits that apply even if the sign posted limit is higher as follows:

- Learner licence holders must not go faster than 80 km/h.
- Provisional P1 licence holders must not go faster than 90 km/h.
- Provisional P2 licence holders must not go faster than 100 km/h.

If you speed, you could be fined, lose demerit points, or even lose your licence or be disqualified from getting a licence for a certain period, depending on how much over the speed limit you are. You could also be charged with Speed Dangerous or Manner Dangerous which may result in a prison sentence.

#### *What about races and speed trials?*

It is against the law to organise, promote or take part in:

- Any kind of race between vehicles on a road
- Any attempt to break a speed record on a road
- Any kind of speed trial on a road

I'm a good driver.  
I never drive  
recklessly!



- *The penalties for the serious driving offences are harsh. They include large fines, licence disqualification and periods of imprisonment. These matters must go to court and it is the court that will decide on what penalty to apply.*



## BEHIND THE WHEEL

## DRIVING

## DRIVING OFFENCES CONTINUED ...

A drink or two  
won't hurt...



- *Different blood alcohol limits apply to different people. It is an offence to drive if the amount of alcohol in your blood is over the limit that applies to you.*

- Any kind of competition on a road designed to test driving skills or the reliability or mechanical condition of a vehicle, unless you have written permission from the Commissioner of Police.

The penalties for unauthorised racing or speed trials are very severe. If the police find that you have been involved in unauthorised races or speed trials, they may take possession of your vehicle on the spot and impound it for up to 3 months. If you are convicted, you can lose demerit points, be fined and get your licence suspended. You will also have to pay for storage fees when you get your vehicle back. If you are convicted for this offence a second time, your vehicle may be forfeited and sold.

You can also be fined if you cause burnouts, that is, making the vehicle undergo a sustained loss of traction with the road surface.

## DRIVING AND ALCOHOL

## DRIVING AND ALCOHOL

*Driving when you're over the limit*

Different blood alcohol limits apply to different licence classes. It is an offence to drive if the amount of alcohol in your blood is over the limit.

*Blood alcohol limits – which one applies to me?*

If you are on your Ls or your Ps, or if you are under 25 and you have held a licence for less than 3 years (not including your Ls), you must stay under the 0.00 blood alcohol limit.

It is an offence to drive a car (or teach a learner driver) if you are over this limit. You could be fined and lose your licence.

The 0.05 blood alcohol limit applies to most other drivers and riders. The 0.02 blood alcohol limit applies to heavy vehicle, taxi & bus drivers. Different penalties apply depending on how much over the limit you are, and whether it is your first drink driving offence or not.

You could be fined, lose your licence and even be imprisoned.

IN NSW, FINES  
AND LICENCE  
CANCELLATION ARE  
PENALTIES FOR  
BEING AT OR OVER  
THE LIMIT.



## BEHIND THE WHEEL DRIVING AND ALCOHOL

### DRIVING AND ALCOHOL CONTINUED ...

#### *Breath tests*

The police have the power to ask anyone who has been driving a car, or teaching a learner driver to have a breath test.

If you are asked by the police to have a breath test, it is against the law to refuse. If you refuse, you could be fined, lose your licence and even be imprisoned.

If the breath test shows that your blood alcohol level is over the limit which applies to you, the police have the power to arrest you and take you to a police station.

Once you have been arrested, the police have the power to ask you to have a breath analysis. It is an offence to refuse to have a breath analysis or to try to do something to change your blood alcohol level before you have the analysis.

The police cannot ask you to have a breath test or breath analysis:

- If you are in hospital and it would interfere with your medical treatment;
- If you are injured and it would be dangerous to your medical condition;
- If more than 2 hours have passed since you last drove, taught a learner to drive, or rode a motorcycle, or if you are at home;
  - If a Medical Practitioner is not present.

You have the right to get a signed, written statement of the result of the breath analysis from the police.

It should be noted that a blood sample will be taken if you are admitted to hospital for treatment as a result of a crash.

#### *Driving under the influence*

It is an offence to drive while you are under the influence of alcohol. The police will look particularly at the way you are driving and will charge you if they think that you are so affected by alcohol that you cannot control the vehicle properly.



- *You can be charged with driving under the influence in addition to other drink-driving offences, such as driving when you're over the limit.*

---

**YOU WILL LOSE  
YOUR LICENCE  
AND COULD BE  
FINED HEAVILY AND  
EVEN IMPRISONED  
FOR DRINK-  
DRIVING.**



Can my passengers be fined for not wearing a seatbelt?



- *Passengers will be fined for not wearing seat belts if they are over 16.*

### *Driving under the influence of drugs*

It is against the law to drive while you are under the influence of drugs. The police will look particularly at the way you are driving and will charge you if they think that you are so affected by drugs that you cannot control the vehicle properly.

### *Seat belts*

All car drivers and passengers in NSW must wear seat belts where fitted.

The driver of a car will be fined and will lose demerit points for driving when not wearing a seat belt themselves, or for carrying passengers under the age of 16 who do not wear seat belts or approved child restraints. The driver may also lose his or her licence.





## BEHIND THE WHEEL CAR ACCIDENTS



### WHAT SHOULD YOU DO AT THE SCENE OF AN ACCIDENT?

#### *Stop*

You must stop immediately after you have had an accident, no matter how minor it may seem.

#### *Assist*

If you are driving a car or riding a motorcycle that is involved in an accident, you have a legal obligation to stop and to give any assistance which you are capable of giving to anyone who has been killed or injured in the accident. This is required by the law, regardless of whether the accident was your fault or not.

If you deliberately fail to stop, or give assistance, you could be fined, imprisoned, or lose your licence (or be disqualified from getting a licence) for a certain period. The only exceptions are if you are too badly injured yourself, or if you can prove that you did not know the accident had happened.

#### *Call the police*

Police should be called to the scene of an accident where:

- Someone is killed or injured
- If any of the vehicles are towed from the scene
- Where it is believed that a driver involved in the accident is affected by alcohol or other drug
- Where drivers refuse or cannot exchange details i.e. licence number, address and registration information.

#### *Give and get details*

If you are a driver or rider involved in an accident in which someone has been injured or any property (including an animal) has been damaged or destroyed, you have a legal obligation to give the injured person or the owner of the property:

- Your name and address
- Your licence details, and
- The name and address of the person who owns the vehicle (if you are not the owner).

What details have to be given after an accident?



- *Your name and address, registration number of your vehicle and name and address of the vehicle owner (if it is not your own vehicle).*

**NOTE: EVEN IF THE POLICE ARE NOT ACTUALLY CALLED TO THE SCENE OF AN ACCIDENT, YOU MAY STILL BE REQUIRED TO REPORT IT TO A POLICE STATION.**



## BEHIND THE WHEEL CAR ACCIDENTS

### WHAT SHOULD YOU DO AT THE SCENE OF AN ACCIDENT? CONT ...

The only time you do not have to provide this information is if you are unable to because of injuries you have suffered in the accident.

It is an offence to give false or misleading information.

**Remember that you also have a right to get this information from other drivers or riders involved in the accident.**

You do not have work out who is to blame for the accident at this stage. You also do not need to make or accept any offers of payment for damage caused.

#### **Remove debris**

If you are the driver or rider of a vehicle that has been involved in an accident, you have a legal obligation to remove anything that has fallen from your vehicle and that may cause injury or damage to other people or vehicles.

If you are unable to do this because of injuries you have suffered in the accident, then the person who removes your vehicle from the scene is responsible for clearing the debris.

### YOU DO NOT HAVE TO REPORT THE ACCIDENT IF:

- You have already given this information to a police officer at the scene of the accident, or
- You are unable to because of injuries you have suffered in the accident.



- *No, you remove anything that might be a hazard to others.*

REMEMBER THAT YOU MUST NOT DRIVE A VEHICLE AFTER IT HAS BEEN DAMAGED AND IS LIKELY TO CAUSE DANGER TO YOURSELF OR OTHER PEOPLE.

IF YOU FAIL TO REPORT AN ACCIDENT WHEN YOU ARE REQUIRED TO, IT COULD AFFECT YOUR RIGHT TO CLAIM COMPENSATION.





## BEHIND THE WHEEL CAR ACCIDENTS

### IF YOU ARE INJURED IN AN ACCIDENT

You might be able to make a claim for personal injuries compensation from the other driver. You can do this by lodging a claim form with the other driver's compulsory third party insurer.

You must do this as soon as possible after the accident.

In order to succeed with such a claim, you will have to prove that the driver of the other vehicle involved in the accident was at fault.

However, in some cases it may be difficult to say who was responsible for causing the injury or damage, as there was some degree of fault by both parties. This doesn't stop you from being able to make a claim, but the amount of compensation you receive might be reduced according to the amount you are seen to have contributed to the accident.

After a claim form has been lodged, a settlement may be negotiated between you and the other driver's third party insurer.

If you cannot agree to a settlement, then you may have to take your case to court.

### IF SOMEONE ELSE IS INJURED IN AN ACCIDENT

They may have a right to claim personal injuries compensation from you.

This is covered by your compulsory third party insurance. Both you and your insurance company will receive the claim from the injured person. Your insurance company will consider the claim and may attempt to negotiate a settlement. If a settlement cannot be reached, it is up to the injured person to decide whether or not they want to take their case to court.



- *In some cases it may be difficult to say who was responsible for causing the injury or damage, as there was some degree of fault by both parties. This doesn't stop you from being able to make a claim.*



## BEHIND THE WHEEL CAR ACCIDENTS

### DAMAGE TO PROPERTY

What if I don't have comprehensive insurance?



- *If you do not have comprehensive insurance, then your only options are to demand payment from the other driver or pay for the repairs yourself.*

#### *If your property is damaged?*

If your property has been damaged in an accident and you have comprehensive insurance, you can either:

- Make a claim on your insurance policy (for more information, contact your insurance company)
- Demand payment from the other driver involved in the accident by sending them a letter of demand (get legal advice first), or
- Pay for the repairs yourself.

If you decide to demand payment from the other driver and they refuse to pay, you may have to sue them for compensation (or 'damages'). In order to do this, you will have to prove that they were 'negligent' – in other words, that the accident was their fault.

#### *If someone else's property is damaged?*

They can:

- Make a claim on their insurance policy (if they have comprehensive insurance);
- Pay for the repairs themselves, or
- Demand payment from you by sending you a letter of demand.

If you receive a letter of demand, don't ignore it! You should contact your insurance company as soon as possible (if you any have insurance other than compulsory third party insurance).



## BEHIND THE WHEEL MOTORCYCLES AND THE LAW

### RIDER'S LICENCE

You can apply for a motorcycle learner's permit at 16 years and 9 months.

You will automatically get a full motorcycle licence after you have been on your Ps for 12 months.

### WHAT SPECIAL RULES APPLY TO L-PLATERS?

*When riding a motorcycle, some special rules apply:*

- You must have an "L" plate on the back of your motorcycle
  - You must not carry a passenger
- You must not ride a motorcycle with an engine capacity over 660 ml, or with a power to weight ratio over 150 kilowatts per tonne
  - You must stay under the 0.00 blood alcohol limit.

### RIDING UNDER THE INFLUENCE

#### *Alcohol*

It is an offence to ride a motorcycle if you are over the blood alcohol limit. You could be fined and lose your licence and/or be imprisoned.

#### *Drugs*

It is against the law to ride a motorcycle under the influence of drugs. You could be fined, lose your licence, and even be imprisoned. "Drugs" include cannabis, amphetamines, barbiturates, heroin and most sedatives (e.g. valium).

#### **Remember:**

The Police have the power to ask anyone riding a motorcycle to have a breath test.

Helmets are uncomfortable to wear!



- *In NSW it is compulsory for a rider and pillion passenger to wear an approved motorcycle helmet.*

*Approved motorcycle helmets carry the Standards Australia sticker.*



## BEHIND THE WHEEL

### MOTORCYCLES AND THE LAW

#### MOTORCYCLE SAFETY

##### *Improving motorcycle safety*

Motorcycle riders are less protected than vehicle occupants and risk serious bodily injury if involved in an accident, regardless of whether they were at fault. Severe head and brain injuries often occur in motorcycle accidents and motorcycle riders face a fatality risk 20 times greater than for a car occupant in NSW.

#### PROTECTIVE HEADGEAR AND CLOTHING

Anyone who rides a motorcycle, or is thinking of riding or being a pillion passenger on a motorcycle, understands that they are more likely to be hurt in the event of a crash than car drivers. Injuries sustained by riders and pillion passengers are often to the head, arms and legs, and frequently involve broken bones and skin damage, sometimes referred to as 'gravel rash'.

##### *Why wear protective clothing?*

To reduce the seriousness of head injuries, those on motorcycles must wear approved helmets at all times. Protective clothing, such as leather pants, jacket, gloves and covered boots can reduce the severity of injuries sustained.

##### *Motorcycle helmets*

All motorcycle riders and passengers in NSW must wear approved motorcycle helmets. There are no exceptions.

A motorcycle rider will be fined and will lose demerit points for riding without a helmet themselves, or for carrying a passenger under the age of 16 who does not wear a helmet.

A passenger will be fined for not wearing a helmet if they are over 16.

##### *Gloves*

When choosing gloves, keep the following tips in mind:

- pick the ones that are going to suit the type of riding you plan on doing (for example, consider weather conditions, racing versus recreational riding and so on);

Can  
motorcycle  
riders be  
breath  
tested?



- *Yes. The Police have the power to ask anyone riding a motorcycle to have a breath test.*



## BEHIND THE WHEEL MOTORCYCLES AND THE LAW

### PROTECTIVE HEADGEAR AND CLOTHING CONTINUED ...

- Make sure they fit comfortably to improve your grip on the handlebars;
- Tight gloves may restrict circulation, causing your hands to become cold; and
  - Bulky gloves may create problems in operating the motorcycle controls.

#### *Motorcycle boots*

Motorcycle boots provide important protection for the feet, ankles and the lower legs, and are heavily reinforced in the areas which sustain most stress and injury.

This is especially important in a crash, as riders often trap their feet under the motorcycle as it slides along the road.

Motorcycle boots are also designed to remain secure on the feet, where other types of footwear frequently come off in crashes.

**Remember:** motorcycle boots are purpose made equipment, any other footwear will not provide the same level of protection.

#### *Jackets, pants and suits*

The most common material used for protective clothing is leather, and in terms of abrasion resistance very little can match it. There are other synthetic materials on the market which offer abrasion resistance as well as weather protection. These are valid alternatives to leather. Many jackets and pants of both synthetic and leather construction now come with impact absorbing inserts, and even spine protectors.

When choosing clothing, comfort and function are important. Make sure that when you're seated in a riding position, the material doesn't bunch up and restrict blood flow. Importantly, make sure that whatever clothing you choose, it is made specifically for motorcycle use only.

One final thing you might consider is buying protective clothing that is lightly coloured so you can increase your visibility in traffic.



- *Just as some riders choose to ride in unprotective casual clothing, many other riders wear 'the right stuff' but leave out gloves and boots.*

*In a crash, it's not unusual for the hands and feet to flap about uncontrollably, striking the bitumen many times. Countless riders have survived a crash with almost no injuries except severe skin loss and lacerations to the hands and feet.*

For contact information and websites about  
Behind the Wheel, please see **page 193**

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POLICE CITIZENS  
 YOUTH CLUBS NSW





## BULLYING



### WHY DO PEOPLE DO IT?

Bullies seek to hurt others for different reasons. Some think it is fun and are looking for a laugh, others are simply bored. Some bullies think it will make them popular, fit in with a group or fear that, if they don't go along, they will become the next target. Others want power.

Sometimes, bullying is a way for perpetrators take their frustration and anger out on others or seek revenge.

Bullying can not only occur within the school community, it can also occur in the home between siblings or by a young person bullying a parent, especially their mother. Bullying has direct links to domestic and family violence. Also, the likelihood a young person bullying others may increase if they see one parent subjected to abuse and violence by the other parent or partner.



### WHAT IS BULLYING BEHAVIOUR?

Bullying can include any of the following:

- teasing
- name calling
- making fun of or humiliating an individual
- deliberately excluding someone from groups or activities
- making negative comments about a person's race, sex or sexuality
  - pushing, hitting or being violent in some other way
  - making threats or saying things to scare someone
  - forcing someone to do silly or dangerous things
  - damaging, hiding or breaking a person's things
    - demanding money, food or other items
  - belittling someone's abilities and achievements
    - writing insulting or spiteful notes or graffiti
      - making fun of a person's appearance
- posting offensive messages on social networking sites
  - sending malicious or threatening text messages.

*Bullying is when a person, or a group of people, uses behaviour that is cruel or hurtful to you. This includes someone being physically violent, making threats or harassing you. Bullying means ongoing verbal or physical attacks against you.*

**BULLYING MUST  
BE TREATED  
SERIOUSLY**



## BULLYING

## BULLYING

## WHAT IS BULLYING BEHAVIOUR? CONT ...

If I keep quiet  
it might go  
away!

Bullying can happen anywhere: out of school, in the school grounds, in the toilets, going to and from school, in the classroom, by mobile phone or over the internet.

Bullying must be treated seriously. It can amount to a criminal offence when there is physical violence, intimidation or threats made to harm you.

Bullying happens a lot in Australian schools. Research suggests that about one in five students have been bullied or harassed at some stage of their time at school.

See these websites for more information

**Lawstuff** [www.lawstuff.org.au/](http://www.lawstuff.org.au/)

**Bullying No Way!** [www.bullyingnoway.com.au/](http://www.bullyingnoway.com.au/)

and

**Cybersmart** [www.cybersmart.gov.au](http://www.cybersmart.gov.au).

## WHAT CAN I DO IF I AM BEING BULLIED?

*Tell someone what is happening to you.*

If you are being bullied at school, or outside school, tell someone about what is happening to you. You can do any of the following:

- talk to the school counsellor and ask them to help you do something about it
- tell your parents so they can talk to the school about it
- tell your teachers or the principal, so they can talk to and identify the best approach to dealing with the bully/bullies and the bullying behaviour.
- keep telling people until someone helps you.

If you have a friend that is being bullied, try to support them. Talk to them about what is happening and ask them if you can help them to do something about it. You could offer to go with them to talk to the school counsellor, the teacher or the principal.

- You can also call the **Kids Helpline**, a counselling service specifically for people aged between 5 and 25, on 1800 55 1800.

*Make a Formal Complaint to the School*

Your school has a duty to make sure that students are not bullied or harassed and that it is a safe place for you to be. If telling people is not enough to stop the bully's behaviour, you can make a formal complaint to the school. Ask your parents or a trusted adult to help make the complaint, if you need to.

*Bullying is not OK, and you don't have to put up with it. You have the right to feel safe.*



## BULLYING BULLYING



### WHAT CAN I DO IF I AM BEING BULLIED? CONT ...

#### *Get Legal Advice*

If the school cannot or will not stop the bullying, you can contact a community legal centre and get legal advice. This is a free and confidential service.

For contact details of the **National Children's & Youth Law Centre** go to [www.lawstuff.org.au/](http://www.lawstuff.org.au/)

#### *Call the Police*

If someone has been physically or sexually violent towards you, has threatened to be physically or sexually violent towards you or has damaged or stolen your property, you can involve the police.

These behaviours are against the law and if the bully is over 10 years of age, they could be charged or given a warning by the police.

**For further information, go to:  
Bullying No Way! [www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)**

## CYBER-BULLYING

### WHAT IS CYBER-BULLYING?

Cyber-bullying occurs when people deliberately and repeatedly intend to hurt another person via communication technologies such as email, websites, message boards, instant messaging or mobile phones.

#### *How is cyber-bullying different from other types of bullying?*

While physical and verbal bullying are done face to face, cyber-bullies hide behind a computer screen or phone, doing their damage anonymously. Cyber-bullying can be more vicious, because people are less inhibited when they think they can hide their identity. In addition to not knowing who is bullying them, sometimes the person doesn't even know it is happening.

While cyber-bullying is 'virtual', its repercussions are anything but. This form of bullying can be seen by more people because the internet has a worldwide audience and victims are no longer protected by the safety of their home.

Don't be part of the problem. Think before you type. Words are powerful. They can hurt people. Treat others as you want to be treated. Being unable to see a person is no excuse for rude behaviour.

How can I avoid online bullying?



*Be very careful about sharing personal information (address, phone number, etc), feelings or photos online. Stay as private as you can.*

**CYBER-BULLYING CAN HAPPEN AT ANY TIME OF DAY OR NIGHT, FROM ANY LOCATION.**



## BULLYING

## CYBER-BULLYING

## WHAT IS CYBER-BULLYING? CONT ...

Parents can handle cyber-bullying, can't they?



*NO ... Because most incidents of cyber-bullying occur out of adults' sight, it's important that you learn to protect yourself online and look to ways of responding to the cyber-bullying of others when you see it. However, it is still important to let a parent or other trusted adult know and to report incidents to your internet service provider (ISP), school or police.*

*Is cyber-bullying only a problem for young people or does it affect adults too?*

Anyone, at any age, can be a target of cyber-bullying, just as anyone, at any age, can be a cyber-bully. In fact, teachers have been cyber-bullied. We probably hear more about cyber-bullying in relation to young people, because they are often more tech-savvy than adults, spending many hours on the internet and using mobile phones.

*So what can we do?*

### Prevention

Cyber-bullying is everyone's business and the best response is a proactive or preventative one. Protecting your information is a good starting point for thwarting the random cyber-bully.

- **Do not give out any personal or identifying information** (i.e. your name, names of family/friends, home address, phone number, school, shopping centres, parks or other locations near your home, your favourite teams, email addresses or screen names, passwords, photos of yourself). Be cautious. You have no way of knowing if the person you're talking with is honest, no matter how nice they seem. When you fill out online profiles, don't give identifying information. You don't know who will see the information. If bullies don't know how to find you, it's harder for them to escalate to a physical attack. If they don't have your photo, they can't manipulate it to embarrass you.
- **Guard your contact information.** Only give your mobile phone number, instant messaging name or email address to trusted friends, and keep a note of who you've given it to. Consider using caller ID blocking to hide your phone number when making calls. Similarly, don't leave your name on your voicemail. Don't give your details to people you don't know – or don't want to know!
- **Use privacy settings.** Social network sites, web-based email accounts and web browsers all have privacy settings that you can use to help protect yourself from unwanted attention. For example, you can block people you don't know from accessing your photos or profile on Facebook.



## WHAT IS CYBER-BULLYING? CONT ...

- **Chatroom safety.** Only go to moderated chatrooms and observe chatroom conversations before chiming in. Select a screen name that doesn't reveal your name, age, sex, location or any other personal information. Don't select a screen name that can attract the wrong crowd or bring you negative attention.

Don't agree to have a private chat with anyone. If someone asks A/S/L (age/sex/location), say you are not comfortable revealing that information. Be polite and respectful, just as if you were talking in person.

- **Take a stand against cyber-bullying.** Speak out whenever you see someone being mean to another person online. Most people respond better to criticism from their peers, than to disapproval from adults.

## TEN STEPS TO STOP CYBER-BULLYING

If you are being harassed online, take the following actions immediately:

- 1. Assertively ask the bully to stop.** Otherwise, don't respond or argue with the bully. Don't answer emails, instant messages, text messages, or other messages from a bully. Don't visit the bully's blogs, web pages or other sites you know the bully uses. Your visit can be detected even if you don't type. People who bully get their kicks from knowing they've upset their target. Don't let them know they've upset you and you've taken away half their fun.
- 2. Tell your parents or a trusted adult,** this can be a teacher, older sibling or grandparent – someone who can help you to do something about it.
- 3. Save proof of cyber-bullying.** Don't delete anything. Copy and paste conversations or take a screen grab (use the "prt sc" button, or shift or control and "prt sc" or "fn" and "prt sc") and paste it into a document. Save emails. Save text messages and/or voicemails. Keep a record of witnesses.
- 4. Make changes.** Leave the area or stop the activity. Place the offender on block/ban/ignore. Log out. Change your email address, screen name, mobile phone number and any other ways the bully might contact you.

What is cyber-bullying?



*Cyber-bullying occurs when one or more people deliberately, and repeatedly, intend to hurt another person through communication technologies such as emails, chatrooms, websites, message boards, instant messaging, mobile phones or pagers.*



## BULLYING

## CYBER-BULLYING

## TEN STEPS TO STOP CYBER-BULLYING CONT ...

What can I do if someone is cyber-bullying me?



*Don't respond to the bully. Don't answer phone calls, read text messages, e-mails, or comments from cyber-bullies. Resist the urge to see or hear the latest insult. But do save the material in case a law enforcement authority needs it as evidence or to take action.*

**5. Report cyber-bullying to the moderator, the site, your internet service provider (ISP) or the mobile phone company.**

Most service providers have appropriate use policies that restrict users from harassing others. They can respond to reports of cyber-bullying over their networks, or help you track down the appropriate service provider to respond to.

**6. Have your parents or another trusted adult contact the bully's parents with evidence of cyber-bullying.**

Let them know this behaviour could be punishable by law and that you're willing to press charges.

**7. Contact your school.** If cyber-bullying doesn't occur on school property, your school may not be able to help; but, it's worth a try.

**8. Call the police.** If you feel that you are physically at risk in any way, including any criminal activity such as threats of violence, extortion, stalking, obscene or harassing phone calls or text messages. Explain the situation and let the police guide you. It's a criminal offence to use any form of communication to menace, or harass or offend another person.

**9. Download the Cybersafety Help Button where you can talk, report and learn about cyber-bullying.**

It provides links to Kids Helpline counselling services, links to the safety centres of social networking and online games sites to report abuse and bullying, and access to cybersafety websites for information about cyber-bullying. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)

**10. If all else fails, consider seeking legal advice.** Community legal centres offer a free and confidential service. For contact details of the National Children's & Youth Law Centre go to [www.lawstuff.org.au/](http://www.lawstuff.org.au/)



## BULLYING

## CYBER-BULLYING

## HOW CAN I TELL IF MY FRIEND IS BEING CYBER-BULLIED?

There are several warning signs: changes in your friend's mood or behaviour – such as crying, depression and fearfulness or changes in eating and sleep habits; uncharacteristic reactions while on the computer or mobile phone (quickly clears screen or stops talking on phone when anyone walks by); refusal to talk about their internet use; withdrawal from friends and family; not wanting to go to school or participate in school activities; and a decline in school marks.

*Support services***Cybersafety Help Button**

Download the Cybersafety Help Button so you can talk, report and learn about cyber-bullying. It provides links to Kids Helpline counselling services, links to the safety centres of social networking and online games sites to report abuse and bullying, and access to cybersafety websites for information about cyber-bullying. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at: [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)

**Kids Helpline (1800 55 1800)** is a free and confidential counselling service for 5 to 25 year olds in Australia. [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Lifeline (13 11 14)** is a free and confidential service, staffed by trained volunteer telephone counsellors, who are ready to take calls 24-hours a day, any day of the week, from anywhere in Australia. [www.lifeline.org.au](http://www.lifeline.org.au)



Download the **Cybersafety Help Button** where you can talk, report and learn about cyber-bullying. It provides links to Kids Helpline counselling services, links to the safety centres of social networking and online games sites to report abuse and bullying, and access to cybersafety websites for information about cyber-bullying. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)

# BLUE STAR

BLUE STAR is a youth development and leadership program created by PCYC to assist in creating "young leaders for tomorrow" in our local communities. The program aims at young people between the ages of 16 and 18 years, and gives practical, real-life skills that young people can apply to work and family, helping them on their way to becoming great community leaders.

## BLUE STAR CITIZENSHIP

Citizenship is your first step in your leadership journey with PCYC NSW! By committing to complete our Citizenship level, you will be required to attend two consecutive camps and complete a minimum of 20hrs of volunteering at your local PCYC in between. On completion you will receive your CPR Accreditation, First Aid Certificate and complete two modules of your Certificate 1 in Active Volunteering.

## BLUE STAR LEADERSHIP

Leadership is the next level of your leadership journey with PCYC NSW. By committing to our Leadership level, you will be required to attend three consecutive camps and complete a minimum of 40hrs of volunteering at your local PCYC in between. On completion you will receive your Certificate 1 in Active Volunteering, your Duke of Edinburgh Bronze Level Award, and complete a community project at your local PCYC. Leadership gives you the tools to develop your skills and confidence to become positive young leaders within your community.

FOR MORE INFORMATION AND  
CAMP DATES, CONTACT:

Blue Star Co-ordinator  
Mob: 0407 252 913  
Email: [bluestar@pcycnsw.org.au](mailto:bluestar@pcycnsw.org.au)



POLICE CITIZENS  
YOUTH CLUBS NSW

Find your local club  
[www.pcycnsw.org.au](http://www.pcycnsw.org.au)



PEOPLES HEALTHCARE  
Mobile Dental Services

# Happy Smiles For Children At School



Peoples Healthcare is an experienced School Dental provider who delivers onsite dental services to school going children aged between 2-17 years, bulk-billed through Medicare. Our dental van visit schools all year around and bring happy smiles to our young champions.

Talk to us on 1300 425 502 to arrange dental van visit for your school :)

## Benefits:

- Convenient onsite dental check-ups
- Oral health awareness and treatment program
- Fully equipped mobile dental van
- Qualified and experienced staff
- Parental consent
- Take home oral hygiene care packs
- Sydney based provider

## Services:

- Full oral examination
- Clean
- Fluoride Treatments
- X-rays
- Fissure Sealants
- Simple fillings and extractions
- Oral Hygiene Instructions

1300 425 502 | [dental@peopleshealthcare.com.au](mailto:dental@peopleshealthcare.com.au) | [peopleshealthcare.com.au](http://peopleshealthcare.com.au)







## LOOKING OUT FOR YOURSELF ONLINE

The internet is a great place to buy cool stuff, meet different people and find information on almost any topic. However, the internet also has attractions for con artists and criminals. Identity theft, phishing, scamming and other inappropriate behaviour has a real-life negative impact. It is important to know how to use the internet safely.

## IDENTITY THEFT

Identity theft online and through mobiles is a real problem. Using your details, scammers can steal your money and make illegal transactions. They manage to get information such as passwords, bank account and credit card numbers by making friends in chat rooms or by enticing people to hand over personal details through specially designed websites, or pop-up windows, that look like legitimate commercial sites.

The worst cases of identity theft have seen bank accounts get emptied, people denied employment or student loans, or end up with a criminal record resulting from a crime they did not commit! Identity theft is happening more and more in Australia. Young adults are frequently victims of identity theft: in the past 12 months, 28 per cent of the reported identity theft cases happened to 18–29 year olds.

## HOW TO PROTECT YOUR IDENTITY

- Don't ever give your password or login details out.
- Never carry your Tax File Number (TFN) or birth certificate with you. Keep them in a safe place at home.
- Don't lend your mobile phone, student card, bank card or credit card to anyone.
  - Don't leave your purse, wallet or backpack unattended.
- Don't use your mother's maiden name for a password. Choose only definite passwords that mean something to you only and change them often.
  - Never respond to emails asking for personal information, even if they appear to be from legitimate websites. If you're suspicious about your account, call the organisation or open a new browser window and type in the company's correct website address yourself.
  - Do not cut and paste the link from the message into your browser – phishers can make links look as if they go to a genuine organisation, but instead send you to a different site.
  - Never send personal or financial information via email.
- Use anti-virus software and a firewall, and keep them up to date.

Privacy is your stuff!



- *Keep your private stuff private. Don't give out any information that might identify you, like telephone numbers, home address, school name, parents' office address, even the name of your local sporting club.*



## BULLYING

## CYBER-SAFETY

## PHISHING – WHAT IS IT?

Be wary of attachments!



- Only open or run email attachments if you know where they come from and what they are. Never open attachments on spam mail, or mail that seems to come from you but that you don't remember sending.

EMAIL IS ONE OF THE PRIME MOVERS FOR MALICIOUS VIRUSES.

REGARDLESS OF HOW ENTICING THE 'SUBJECT' OR ATTACHMENT MAY LOOK, BE CAUTIOUS.

Phishing is a common type of spam that can lead to the theft of your personal details, such as your bank account numbers or your online banking passwords. These attacks work through 'spoof' or fake emails that appear to come from a legitimate website such as a bank, credit card company or ISP – any site that requires users to have a personal identity or account. The email may ask you to reply with your account details in order to 'update security' or for some other reason.

#### *How can you protect yourself from scams like these?*

- Never respond to emails that ask for personal, banking or financial information.
- Don't click on banking URL details in emails – instead, type out the URL in your browser address bar.
- Keep a regular check on your accounts and notify the bank if anything bad seems to be happening.
- Check that the website you're visiting is secure by ensuring it has https:// ('s' for security) rather than the usual http://. Also, look for a lock icon in the status bar.
- Never give out your email and your personal details to people you are unfamiliar with.

#### *Who can you report a phishing scam to?*

- Your first contact should be the local police department.
- The Australian High Tech Crime Centre normally deals with this type of issue: You can email them at [online-report@ahfcc.gov.au](mailto:online-report@ahfcc.gov.au) or find info on the web at [www.ahfcc.gov.au](http://www.ahfcc.gov.au)
- You can anonymously report scammers by contacting **Crime Stoppers (Anonymous) 1800 333 000**
- You can report them to **SCAMwatch** at [www.scamwatch.gov.au](http://www.scamwatch.gov.au). You can also access **SCAMwatch** resources through the **Cybersafety Help Button**. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)
- Advise your bank or credit union as well so they can make sure all their customers are protected.



## KEEP YOUR COMPUTER SECURE

Besides slowing down your computer and subjecting you to annoying pop-ups, worm and virus attacks can do serious harm.

Hackers relentlessly bombard networks for fun and profit with viruses, worms and spyware, probing for weaknesses, turning computers into a battleground.

You can call on weapons of your own for protection:

*Install a firewall*

The first line of defence, a firewall, is a program that:

- Keeps hackers out. A state-of-the-art firewall 'hides your machine from hackers' so viruses can't enter.
- Keeps important stuff protected. A firewall prevents passwords, account numbers and other sensitive information from being transmitted without your permission.

Some firewalls are available free of charge and take just a few minutes to install. Just do a search for 'free firewalls' and see what you find, but be cautious and check that any the software is reputable before you install it. Free firewalls help a little, but the ones you pay for have many more features. These can be email attachment protection, advanced IP blocking, ad blocking or pop-up-window protection, and they provide more automatic functions.

*Use antivirus software*

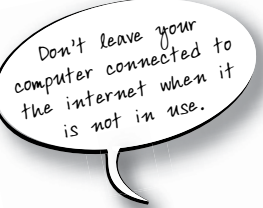
Viruses are unauthorised computer codes attached to a program or portions of a computer system that reproduce and spread from one computer to another. They can destroy information stored on the computer and interrupt operations. No matter how vigilant you are, sooner or later a virus will worm its way into your computer. An antivirus program detects and destroys this rogue code.

Software makers often package antivirus programs with their firewall. It's a natural complement. Firewalls help prevent viruses from entering your system; an antivirus program searches for and destroys any that get through.

Firewalls are an especially useful defence against brand new worms that antivirus programs do not yet recognise. After the virus's code becomes known, the antivirus software can deal with it. Firewalls are important because there are so many new worms, viruses and variants.

There are reputable antivirus software companies. An internet search will produce a list for you to choose from and download. You can also purchase antivirus software from computer shops.

**Remember to keep your antivirus software up to date!**



- *When leaving your computer unattended, you should either shut it down or physically disconnect it from the internet connection. This lessens the chance that someone will be able to access your computer.*

---

**COMPUTER PROTECTION IS EVERYONE'S RESPONSIBILITY. SINCE WE'RE ALL PART OF A VAST INTERCONNECTED SYSTEM WE ALL HAVE TO BE PART OF THE SOLUTION.**



## BULLYING CYBER-SAFETY

KEEP YOUR COMPUTER SECURE CONT ...

Protect  
your  
computer!



- *Never accept files or downloads from people you don't know or from people you do know, if you weren't expecting them. This includes URLs.*

### *Use antispyware software*

Spyware is any software program that helps to gather details (such as personal information and browsing habits) about a person or organisation without their knowledge and, worse still, can install keystroke loggers that can steal personal/private information and relay it to a third party.

For the most part, users themselves open the door and invite spyware in by downloading free software indiscriminately or by clicking on pop-ups or dialogue boxes.

Some spyware will take over your browser so that every time you access the web it will go to a specific page rather than your normal home page. Other spyware will merely generate a spate of pop-up ads that can make web surfing a chore. But it's the keystroke logging spyware that can cause the most financial damage.

An internet search will come up with a list of both free software and software to purchase.

### *Take advantage of security updates*

Your internet service provider (ISP) and your browser periodically issue security updates. Often these are to patch holes that viruses can get through. Make sure you have all the latest fixes.

Reputable software vendors dedicate parts of their websites to patches; if you don't have or use auto-update mechanisms in your software you can go there.

Check for updates frequently at [www.microsoft.com/technet/security/default.msp](http://www.microsoft.com/technet/security/default.msp) or [support.apple.com/kb/HT1222](http://support.apple.com/kb/HT1222)

You can also register for free email notification for security update information at [www.microsoft.com/technet/security/bulletin/notify.msp](http://www.microsoft.com/technet/security/bulletin/notify.msp) or [lists.apple.com/](http://lists.apple.com/)

The **Stay Smart Online** website has a free alert service that informs you of the need to update software, provides information on scams and viruses. This is a free service and is available at [www.staysmartonline.gov.au](http://www.staysmartonline.gov.au).



## BULLYING CYBER-SAFETY



### CHAT ROOMS

#### *Choosing a user name*

Visiting chat rooms is good fun – however, it's advisable to choose a user name that doesn't have sexual or explicit connotations.

Suggestive names can attract people who want to talk about sex or other things that might make you feel uncomfortable.

When chatting online, select a user name that's not your real name. Your own name, address, telephone number, mobile number, private email address and picture might mean you attract the wrong sort of attention. The Internet is just another public place, so be careful who you trust online.

Remember that online friends are really strangers. Taking it slow and steady keeps you in control. Think carefully about what information you give out.

If the chat conversation starts to get sexual (like 'virgin') you might be straying into dangerous territory. This might make you uncomfortable and chat like this can put you at risk.

If the way the chat is going starts to make you uncomfortable, stop the conversation. You can close down the private conversation or logout of the chat room. If you don't want to see messages from a particular person or receive private messages from them, you can block them. To do this you right click on the name of the person in the contact list – this should give you a range of options, one of which is block, sometimes called 'ignore'. If right-clicking doesn't work, have a look in your preferences for this function, or there may be a block/ignore button in the chat room itself.



- *Don't use your real name as your login. Think carefully about the impression you want to give when you choose a login. Make it non-identifiable and non-gender-specific (and keep it clean).*

### MOBILE SMART

#### *Mobile hints*

**1. Keep your private stuff private.** Just as for chat rooms – Don't give out any personal information that might identify you.

**2. Mobile phone scams.** Free offers sent by text message often turn out to be scams, for example, having to pay to download ring tones each month so all your credit gets eaten up. If you respond to the text message, you can expose yourself to the danger of identity theft or being ripped off. A common scam is to get you to respond to a text message by offering you something for free, but signing you up for a premium-rate service that uses up all your pre-paid credit or gives you a huge bill at the end of the month. By deleting the message immediately, you are stopping these rip-off merchants. The basic rule of thumb is that if something seems too good to be true, it probably is.



## BULLYING CYBER-SAFETY

MOBILE SMART CONT ...

Not everyone  
you meet online is  
who they say  
they are.



- *Be careful. It's not a good idea to meet face to face but if you do, always make sure you tell someone you trust about your new online friend, and ensure they come with you if you are planning a meeting. Always arrange to meet in the daytime in a public place. Remember – not everyone is who they say they are.*

**3. Receiving rude, insulting or harassing text messages.** First you can ignore them – simply don't respond. Also it's a good idea to keep a record of the messages so that you have evidence if you decide to report them. If you continue to receive messages, you should always talk to a trusted adult (teacher or parent) and, if things get really bad, report it to the police. Also let your mobile phone provider know.

**4. Blocking text messages.** In cases where someone persists in sending you nuisance or harassing text messages, you can contact your mobile phone provider for help in blocking them. Mobile operators should provide their users with the possibility of blocking nuisance or malicious callers. If this is not possible for whatever reason, change your phone number. Again, contact your mobile phone service provider about this – some operators will give you a free replacement SIM card.

**5. Keep it real when texting.** The way you communicate with someone using text messages has similar manners and expectations as if you were meeting them face-to-face. For example, DON'T WRITE YOUR MESSAGE IN CAPITAL LETTERS BECAUSE THEY'LL ALL THINK YOU'RE SHOUTING AT THEM. Don't send mean messages, get involved in arguments or encourage others to do so.

### Cybersafety Help Button

Download the Cybersafety Help Button so you can talk, report and learn about cyber-bullying. It provides links to Kids Helpline counselling services, links to the safety centres of social networking and online games sites to report abuse and bullying, and access to cybersafety websites for information about cyber-bullying. The Help Button is free to download from the Department of Broadband, Communications and the Digital Economy's website at: [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)



## BULLYING CYBER-SAFETY



### GETTING HELP WHEN THINGS GO WRONG

Do you know who to call if you see something illegal, a scam, inappropriate content or anything that makes you feel uncomfortable? Do you know what to do when you're feeling exploited or ripped off? Do you know who to contact if you think someone's bullying you or getting bullied? Do you know what to do if you're feeling abused, vulnerable or sexually harassed?

There are a few different places you can try. All of them are free and you can stay anonymous if you want. If you're not sure ... or you really feel like you need someone to talk to, tell your friends, a teacher or parent.

For contact information and websites about  
Bullying, please see **page 193**



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# SAFCOL



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Safcol is one of the worlds major suppliers of fresh, packaged and frozen seafood. We are respected for our philosophy of sustainability and our guarantee of quality. We have over 70 years experience, from traditional beginnings to the operation of fleets and plants around the world.

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*We are very proud to support the Streetsmart Handbook,  
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the Streetsmart Handbook  
& our local kids







## EATING PATTERNS



### EATING DISORDERS

Eating disorders are potentially fatal illnesses and greatly misunderstood in our community. Eating disorders cross gender and age, with the average onset getting younger. It is important to remember that eating disorders are serious mental illnesses, with wide-ranging and serious medical complications. They are not a lifestyle choice.

The incidence of eating disorders across the total Australian population cannot be estimated due to insufficient data but International data indicates the following prevalence as being:

- Anorexia Nervosa

Women – 0.3%-1.5%, Men – 0.1%-0.5%

- Bulimia Nervosa

Women – 0.9%-2.1%, Men – 0.1%-1.1%

- Binge Eating Disorder

Women – 2.5%-4.5%, Men – 1.0%-3.0%


In fact, one in ten Australian women will suffer from an eating disorder (check this stat. Cannot find literature to support this figure). Eating disorders statistically affect more women than men, however eating disorders may be underdiagnosed in men due to them being less likely to seek help for an illness that is often within the community regarded as a 'women's issue'. This is certainly untrue. Eating disorders are not gender specific. For instance, the incidence of binge eating disorder is equal in both males and females.

Another common misconception regarding eating disorders is that they are a fad, a diet gone wrong, or an attention-seeking attempt.

This could not be further from the truth as eating disorders are serious, and in some cases, fatal mental illnesses which require psychological and/or physical intervention to promote recovery.

The mortality rate for people suffering from Eating Disorders is 12 times higher than the annual death rate in females aged 15-24 years. Up to 10% of sufferers will die as a direct result of their illness.

In the process of recovery, it is not uncommon for a person to move from one eating disorder to another, especially when the core issues underlying the illness have not been adequately addressed. For example somebody with Anorexia Nervosa may later develop Bulimia Nervosa or Binge Eating Disorder, and vice versa.



I know someone I think has an eating problem.



- *It's important to remember that, if allowed to continue unchecked, both anorexia and bulimia can be life-threatening conditions. Over time, they are harder to treat, and the effects become more serious. You should talk to them about seeking help.*



**the butterfly foundation**  
Supporting Australians with Eating Disorders

**The Butterfly Foundation**  
103 Alexander St, Crows Nest NSW 2065  
[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

**Butterfly Support Line**  
1800-ED HOPE (1800 33 4673)  
[support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## EATING DISORDERS

### EATING PATTERNS

#### WHAT ARE EATING DISORDERS?

An eating disorder is a serious mental illness that involves preoccupation with control over one's body weight, shape, eating and exercising. It is often linked with low self esteem and negative body image. Eating disorders develop as a way of dealing with underlying unresolved emotional and psychological issues. They are in fact, coping strategies. Central to the mindset of Eating Disorder sufferers is very poor body image and self esteem

There are four different types of eating disorders, all with different characteristics and causes. The most commonly known eating disorders are anorexia nervosa, bulimia nervosa, binge-eating disorder and eating disorders not otherwise specified (EDNOS). EDNOS is the most commonly diagnosed Eating Disorder among the types.

#### ANOREXIA NERVOSA

Anorexia Nervosa (AN) has the highest mortality rate of any mental illness. It is characterised by severe starvation and weight loss, sometimes with purging behaviours as well. An AN sufferer has a body weight 15% lower than normal and will have amenorrhea. Anorexia sufferers experience high body distortion and mistakenly believe and feel they are overweight, no matter how underweight they may actually be. Sufferers have an obsessive fear of gaining weight and tend to be intensely preoccupied with food, weight control and shape. . In conjunction with severe food restriction, obsessive and compulsive exercise may be introduced , in order to maintain a low weight or to encourage further weight loss. Anorexia Nervosa is usually developed during adolescence and generally has an earlier age of onset than Bulimia Nervosa and Binge Eating Disorder (the latter are often developed during late adolescence or early adulthood). However recent new research is indicating that key lifespan developmental stages, are potential trigger points for the development of Anorexia Nervosa in the female population, i.e. puberty, childbirth/post childbirth and menopause. Research and data on the onset of Anorexia for males is limited but there is evidence to suggest that one key trigger point may occur after a young male ceases to participate in organised sport or other similar activities, such as gymnastics or dance.

Why do people get eating disorders?



- *There are lots of reasons why someone's eating habits and weight might change. It's important to remember that eating disorders are more about feelings than food. Often the eating disorder is a symptom that someone is not feeling able to cope with what's going on in his or her life.*



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[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## EATING DISORDERS

## EATING PATTERNS

## BULIMIA NERVOSA

Bulimia Nervosa is characterised by recurrent binge eating episodes followed by compensatory behaviours such as self induced vomiting, misuse of laxatives, diuretics, enemas and other medications, fasting and overexercising. A binge episode involves consuming a large amount of food in a short period of time, whilst also experiencing a loss of control and intense feelings of guilt. Bulimia is a secretive disorder – it is common for sufferers of Bulimia to keep their illness hidden for up to ten years.

A person with Bulimia Nervosa usually maintains an average weight, or may be slightly above or below average weight for height, which often makes it less recognisable than serious cases of Anorexia Nervosa. Many people, including some health professionals, incorrectly assume that a person must be underweight and thin if they have an eating disorder. Because of this, Bulimia Nervosa is often missed and can go undetected for a long period of time.

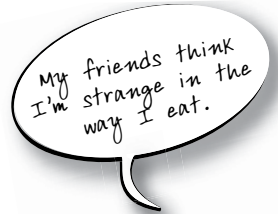
## BINGE EATING DISORDER

Approximately 880,000 Australians suffer from Binge Eating Disorder. Binge Eating Disorder is characterised by periods of binge eating without compensatory behaviours. Bingeing normally involves eating excessive amounts of food, often when not hungry, followed by intense feelings of guilt, depression and shame. Bingeing often serves as a distraction for someone to avoid thinking about underlying emotional difficulties.

## EATING DISORDERS NOT OTHERWISE SPECIFIED

Eating Disorders Not Otherwise Specified (EDNOS) is a term used to describe an atypical presentation of an eating disorder that does not meet all of the diagnostic criteria for anorexia, bulimia or binge eating disorder. For example, a person could show all of the psychological signs of anorexia and be losing weight, but still be menstruating and is not yet underweight for their height. Another example is someone who exercises excessively and consumes large quantities of protein.

This does not mean in any way that someone experiencing an EDNOS is any less unwell or deserving of help. EDNOS are very serious conditions that require professional treatment and support and as noted, are the most commonly diagnosed of all the Eating Disorder types.



- *If you think you have an eating disorder: Many people have problems with their eating. If you do have an eating disorder, you have the right to get help. Remember that these disorders can be overcome.*

*Getting professional help and support from others is important.*

*Recovery may be slow as you learn to approach food in a more positive way and understand the reasons for your behavior, but the effort will be worthwhile.*

**the butterfly foundation**

Supporting Australians with Eating Disorders

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[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## EATING DISORDERS

### POSSIBLE WARNING SIGNS

#### HOW CAN AN EATING DISORDER AFFECT YOU?

As Eating Disorders are very serious physical and psychological complications they can impact severely on a person's mental and physical health which in turn end up impacting negatively on every aspect of a person's life – their studies, friendships, relationships and career. Eating Disorders are not a phase or a fad, or something that someone will grow out of and therefore they should be taken seriously, especially as Eating disorders are the most fatal of all psychiatric illnesses.

As each case is different what one person experiences may be different to another, which is why seeking professional support is so important for all sufferers in order for the journey of recovery to begin. Warning signs are reflected physically, behaviourally, and psychologically.

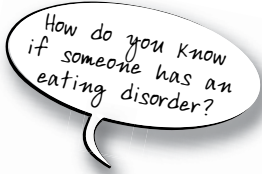
#### POSSIBLE WARNING SIGNS

It is important to be aware of the warning signs of an eating disorder. If you or someone you know are experiencing these symptoms it may mean that you are at risk of developing an eating disorder, or be experiencing one already. It is important to seek help and support as soon as possible for an eating disorder, as it has been shown that early intervention allows the chances of a shorter recovery time.

If you are concerned about a friend or family member, understanding what Eating Disorders are and are not and being aware of the warning signs can help you to support a person you care about to seek support, helping them to move to a much more positive and healthy place.

Here are some possible warning signs:

- Rapid changes in weight (loss or gains)
- Avoiding socialising, especially when eating is involved
- Preoccupation with food and weight (counting calories, recipes, cooking but not eating, constant commenting about people's weight and their own)
- Feeling consistently cold with poor circulation
- Poor sleep quality, tiredness
- Increasing isolation and loss of friends
- Frequent self weighing
- Excessive or extreme exercise
- Secretive behaviour and covering up the truth
- Changes in eating patterns, such as restrictive eating or reporting of food allergies or vegetarianism
- Dieting to lose weight



- *There can be lots of reasons for changes in eating habits or weight. Changes in personality and behaviour, like mood swings, along with weight loss or eating changes might indicate that things are not right. If someone has concerns it's worth getting it checked out.*



the butterfly foundation  
Supporting Australians with Eating Disorders

**The Butterfly Foundation**  
103 Alexander St, Crows Nest NSW 2065  
[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

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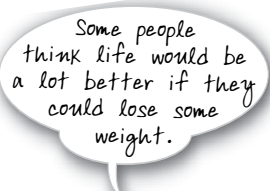
## EATING DISORDERS

## POSSIBLE WARNING SIGNS

## POSSIBLE WARNING SIGNS CONTINUED

- Trips to the bathroom after meals
  - Body image disturbance
  - Perfectionism and self criticism
- Life centres around food and need for control
- Depression, anxiety and moodiness

Please remember that Eating Disorders are not just about food or weight, they develop as a result of serious underlying issues and concerns. Food, exercise and other self punishing behaviours are the way in which the intense negative feelings and emotions are managed.



## WHO GETS AN EATING DISORDER AND WHY?

Why people develop eating disorders is highly complex.

There is no one single cause. Although eating disorders appear to be solely about weight, they are much more complicated and involve complex emotions and very low self esteem. Although eating disorders are usually developed during adolescence, the truth is, eating disorders and negative body image cut across all socioeconomic and cultural backgrounds, ages and genders. 1 in 4 children diagnosed with anorexia nervosa are male and children as young as 7 and adults as old as 70 have been diagnosed with eating disorders.

- *Losing weight is unlikely to resolve other problems such as relationship issues and low self-esteem. Don't measure your self-worth by what's on the scales!*

Eating disorders are a way of coping with difficult feelings, emotions and situations. They are often a sign that things are not right in your life and that you need some help. As stated, there is never one single cause or reason for developing an eating disorder. It is more likely to be a whole series of events which contribute to making you feel that you are unable to manage what's going on in your life. Contributing factors can be relationship breakdowns, family problems and other highly emotional situations. Today's fast paced environment has also altered the experiences of growing up and life in modern society. We live in a world that places a high level of importance on appearance driven in part by celebrity culture, the media and instant social connectivity.

The average child in Australia sees between 20,000 and 40,000 television advertisements per year. They are bombarded with images about how they should look and see between 2000-5000 photoshopped images in a week.

This alone is altering the perception of young people and what they think 'normal' looks like. Perfection has become the new normal and not even the celebrities can live up to the images in which they appear.

To suggest that the media is responsible for someone developing an eating disorder would trivialise the seriousness of this mental and physical illness.

However when it comes to negative body image, it is well researched that imagery used in the media can contribute to body dissatisfaction and feelings of inadequacy in people of all ages.



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## EATING DISORDERS

## IF YOU HAVE AN EATING DISORDER

## MYTHS ABOUT LOSING WEIGHT AND FALSE REMEDIES

There are many myths and falsehoods surrounding losing weight which people engaged in dangerous eating habits practice. These misconceptions are harmful and detrimental to both mental and physical health.

Laxatives don't make you lose weight. Laxatives work in the lower bowel after the kilojoules have already been absorbed. Using laxatives excessively can cause permanent damage to your body, resulting in chronic irregular bowel movements and/or constipation or bloating.

Similarly, it is a myth that vomiting makes you lose weight, as the body begins to utilise the food very quickly after consumption. Vomiting to get rid of food can cause irreversible tooth enamel damage which can result in chipped teeth. Inflammation and or rupture of the esophagus is another consequence of frequent vomiting, as is indigestion and reflux. Other side-effects of frequent vomiting include anxiety and heart palpitations, puffy skin under the eyes, risk of osteoporosis, clammy hands and tremors.

Both vomiting and laxative misuse depletes your body of essential minerals and lead to chemical imbalances that can cause fluid and electrolyte disturbances which have very serious impacts on the body.

## WHAT DO YOU DO IF YOU THINK YOU HAVE AN EATING DISORDER?

Negative stigma and shame often stand in the way of recovery, with many people suffering in silence. One of the hardest things about having an eating disorder is realising and admitting you have a problem. Sometimes an eating disorder develops so gradually, that you may not notice until things get extremely difficult for you. It is important that if you believe you have an eating disorder to seek professional assistance immediately. It can be scary to make this first step, however the earlier help is sought the quicker the road to recovery.

The first point of contact should be a General Practitioner (GP) who can provide an initial assessment of your physical state and diagnose the nature and severity of the eating disorder. A Psychiatrist or Clinical Psychologist are also able to diagnose in the event that you have an Eating Disorder. Whether you choose to consult with a GP, Psychiatrist or Clinical Psychologist and in the event that you are diagnosed with an Eating Disorder, they can provide you with options and referrals for further treatment in light of your personal circumstances and current physical state.

Many sufferers learn or know about the consequences their behaviours can have on their physical health but engage in dangerous behaviours not because of lack of will power or choice, but more so because they are very unwell and believe they are deserving of self punishment. This why it is important that people suffering from eating disorders seek professional support to help them recover so that they can learn alternate positive coping strategies to manage the intense emotions they experience.

I feel like I'm the only person in the world who does these strange things around food.



- *Plenty of people have food, eating and body image concerns. You are not the only one — eating disorders affect many people — that's why there are support and information services specifically for eating disorders issues.*



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## EATING DISORDERS

## MY FRIEND MAY HAVE AN EATING DISORDER

## HOW CAN I HELP SOMEONE WITH AN EATING DISORDER?

If you have a friend or loved one with an Eating Disorder, there are several that you can do to help support them in their recovery journey.

The very first thing to remember is that the person may be feeling very guilty or ashamed of their behaviours and may have difficulty in discussing their illness with you. Therefore, it is really important that you are aware of how challenging this is and acknowledge their bravery in confiding in you. It is also critical that you do not judge anything they tell you. If you can try and listen to them with empathy and not judge them, that will be an enormous thing for you to do and will go a long way in helping your friend or loved one to feel more secure and understood.

You can also make sure that they stay engaged in the treatment process with their doctor/s, therapist and dietician. They may have days when they are sick and tired of the process and want to quit treatment, especially when things are tough, but encouraging them to keep their appointments and keep the end result in sight will help them. Recovery is extremely difficult and rarely achieved without treatment and support. Recovery time averages between 5-7 years, which indicates the severity and complexity of these illnesses. Another thing to remember is that some Eating Disorder behaviours can be very difficult to live with. If you cohabit with a child, or friend who is suffering from an Eating Disorder illness, it is OK to be tough on the Eating Disorder behaviours while being kind and soft on the person. Keep in mind that this is a mental illness and the sufferer has very limited capacity to control the behaviours. If you berate them for the behaviours, they will simply feel worse than ever. However you can gently but firmly work with them to develop a plan that will satisfy everyone's needs.

## WHERE TO GO FOR HELP

It is important that if you believe you or someone you know has an eating disorder to seek professional assistance immediately. It can be scary to make this first step, however the earlier help is sought the quicker the road to recovery. If you require a referral to a general practitioner or other health practitioner practicing in the eating disorder field, contact The Butterfly Foundation for a list of names and numbers. The Butterfly Foundation offers telephone and email support for those with eating disorders and their family and friends. This confidential and supportive counselling service is available on 1800 ED HOPE (1800 33 4673) or at [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au).

For contact information and websites about Eating Disorders, please see **page 193**



- *The Butterfly Foundation has telephone and online support for people experiencing an eating disorder and their family and friends. This is a confidential and supportive counselling service available on 1800 ED HOPE (1800 33 4673) or [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)*



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## WHAT IS A DRUG?



### WHAT IS A DRUG?

A drug is any substance, solid, liquid or gas, that brings about physical and/or psychological changes in a person's body.

The drugs that are most worrying, to parents in particular and to the wider community generally, are those that affect the central nervous system. They can change the way a person thinks, feels or behaves. These are the psychoactive drugs.

### WHERE DO DRUGS COME FROM?

Drugs come from a range of sources. Many are found in plants, for example, nicotine in tobacco; caffeine in coffee; and cocaine from the cocoa plant. Morphine and codeine are derived from the opium poppy, while heroin is chemically manufactured from morphine. Marijuana is the leaf, buds and seed heads of the cannabis plant, and hashish and hash oil are the plant's resin.

Alcohol is a product of the natural process of fermentation, which happens when fruit, grain or vegetables decompose. Fungi, such as magic mushrooms, and some types of cactus plants are considered drugs because of their hallucinogenic properties. Medicines are manufactured from both natural and artificial chemicals.

### EFFECTS

There are three main types of drug, classified according to the effect the drug has on the central nervous system: depressant, stimulant and hallucinogen.

#### *Depressant drugs*

Depressant drugs don't necessarily make a person feel depressed.

They slow down the functions of the central nervous system. In small quantities they can cause the person to feel more relaxed and less inhibited. In larger quantities they may cause unconsciousness, vomiting and, in some cases, death. Depressants affect a person's concentration and co-ordination.

Is it better for someone to take naturally occurring drugs than synthetic ones?



- All drugs, whether natural or synthetic, can cause harm.



## HEALTHY BODY

## DRUG EFFECTS

## EFFECTS CONTINUED ...

They slow down a person's ability to respond to unexpected situations. Depressant drugs include:

- Alcohol, or 'booze', 'grog'
- Barbiturates, including Seconal, Tuinal and Amytal
- Benzodiazepines (minor tranquillisers), or 'benzos', 'tranx', with brand names such as Rohypnol, Valium, Serepax, Mogadon, Normison and Euhypnos
- Cannabis, or 'pot', 'mull', 'dope'
- GHB (Gamma-hydroxybutyrate), or 'GBH', 'fantasy'
- Opiates and opioids, including heroin, or 'H', 'smack', and morphine, codeine, methadone and pethidine
- Some solvents and inhalants, or glue, 'chroming'. Many inhalants are common household products.

*Stimulant drugs*

Stimulants act on the central nervous system to speed up the messages going to and from the brain. Stimulants can make a person feel more awake, alert or confident. Stimulants increase the heart rate, body temperature and blood pressure. Other physical effects include reduced appetite, dilated pupils, talkativeness, agitation and sleep disturbance.

Large quantities of stimulants can 'over-stimulate' the user, causing anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

Prolonged or sustained use of strong stimulants can also cause these effects. Strong stimulants can mask some of the effects of depressant drugs, such as alcohol, making it difficult for a person to judge exactly what effects the drugs are having on him or her.

*Mild stimulants include:*

- Caffeine in coffee, tea and cola drinks
- Ephedrine used in medicines for bronchitis, hay fever and asthma



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THERE IS NO  
 'SAFE' LEVEL  
 OF DRUG USE.



## HEALTHY BODY DRUG EFFECTS

### EFFECTS CONTINUED ...

- Nicotine in tobacco is also a stimulant, despite many smokers using it to relax.

#### *Stronger stimulants include:*

- Amphetamines, including illegal amphetamines, or 'speed', 'crystal meth', 'ice', 'shabu'
  - Cocaine, or 'coke', 'crack'
    - Ecstasy, or 'E', 'XTC'
- Slimming tablets such as Duromine, Tenuate Dospan.

#### *Hallucinogenic drugs*

Hallucinogens affect a person's perception. Someone taking them may see or hear things that aren't really there, or what he or she sees may be distorted in some way. The effects of hallucinogens vary greatly. It is impossible to predict how they will affect a particular person at a particular time.

Other effects of hallucinogenic drugs include dilation of pupils, loss of appetite, increased activity, talking or laughing, a sense of emotional and psychological euphoria and wellbeing, jaw clenching, sweating, panic, paranoia, loss of contact with reality, irrational or bizarre behaviour, stomach cramps and nausea.

#### *Hallucinogens include:*

- Datura
- Ketamine, or 'K', 'Special K'
- LSD (lysergic acid diethylamide), or 'trips', 'acid', 'microdots'
  - Magic mushrooms (psilocybin), or 'gold tops', 'mushies'
    - Mescaline (peyote cactus)
  - PCP, or 'angel dust' (phencyclidine).

Cannabis is a depressant as well as a hallucinogen. Ecstasy can also have hallucinogenic qualities.

How can a person predict how a drug will affect him or her?



- *People can never be sure how a particular drug will affect them, as effects can vary from person to person. And effects can be even more unpredictable when more than one drug is used.*



## HEALTHY BODY

## DRUG EFFECTS

## WHAT DETERMINES A DRUG'S EFFECTS?

As well as the effect the drug has on the central nervous system (depressant, stimulant, hallucinogen), there are a number of factors that will determine how a particular drug will affect an individual, including:

*How much of the drug is used*

Generally, if a large amount of a drug is used, there will be strong effects. A lesser amount taken will cause weaker effects. Overdose occurs when too much of the drug is taken and the user's body cannot cope.

*How the drug is used or administered*

Generally, drugs that are injected or inhaled act very quickly and the effects are intense. Snorting through the nose is the next fastest-acting method of administration, while the effects of drugs eaten or swallowed take longer to occur.

*Physical characteristics*

The height, weight and sex of the user also influence drug effects. The proportion of body fat, rate of metabolism, and the menstrual cycle can all affect the intensity and duration of drug effects.

*Mood and environment*

How a person is feeling can have a significant impact on the effects of drugs, as can the social setting of drug use. For example, a person is more likely to have a negative experience if he or she uses a drug in a threatening environment.

*Tolerance to the substance*

The first time a person uses a drug, he or she will have a very low tolerance to it and usually will feel the effects very strongly. The more often the drug is used, generally the less intense the effects will be. This results in a user needing to take larger amounts in order to obtain the desired effect.



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YOU CANNOT  
 'CANCEL' OUT THE  
 EFFECTS OF ONE  
 DRUG BY TAKING  
 ANOTHER DRUG.



## HEALTHY BODY DRUG EFFECTS

### WHAT DETERMINES A DRUG'S EFFECTS CONTINUED ...

#### *Polydrug use (using more than one drug)*

Often people who use drugs have one preferred drug, but they may use other drugs to increase or reduce the effects of their preferred one. They may also substitute other drugs. However, combining drugs can increase or alter the usual effects, often in unpredictable ways.

### WHAT PROBLEMS CAN DRUG USE CAUSE?

What concerns the community most about the harm caused by drugs is the death toll.

Drug use is a factor in about one in five of all deaths in Australia.

A common concern is that if a person uses drugs he or she will become dependent on them and become a 'drug addict'.

People often hear alarming stories that give the impression that illegal drugs are instantly addictive and are the drugs that cause the most harm.

While many deaths are caused by illicit drugs, in Australian society most drug-related deaths are caused by alcohol and tobacco.

Regardless of the drug used, there are many problems related to drug use such as:

#### *Family/relationship problems*

Drug use may lead to conflict with a user's family or friends. The people closest to him or her may be very frustrated and concerned when they are manipulated or pressured for money or possessions. Conflict also arises when someone using drugs can't or won't see that his or her drug use is causing problems.

Is it true that illegal drugs are harmful and legal drugs are OK?



- *Different drugs produce different effects and pose different risks. The legal status of any given drug is not necessarily a reliable indicator of its potential for harm. While marijuana has never been shown to cause an overdose death, alcohol poisoning kills more people every year than all illegal drugs combined.*



## HEALTHY BODY

### DRUG EFFECTS

#### WHAT PROBLEMS CAN DRUG USE CAUSE?

##### *Work/school problems*

A person who takes drugs may need to take more sick days and be unable to work properly.

##### *Accidents*

Drug use may affect a person's ability to respond appropriately to a given situation, or affect his or her ability to think clearly and to maintain attention. Their drug use may cause physical symptoms such as blurred vision, cramps, and nausea. Such effects can increase the risks of car accidents or drownings, and reduce their ability to cross roads safely.

##### *Legal problems*

Each state and territory has laws governing the manufacture, possession, distribution and use of drugs. The four main types of offence related to illegal drugs are: use, possession, cultivation and trafficking of drugs.

##### *Financial problems*

The cost of ongoing drug use may mean that the user does not have enough money left to pay for other necessary things. This may include regular bills, food and clothing, and things that may increase his or her quality of life, such as entertainment and leisure activities.

##### *Health problems*

Tobacco, alcohol and illegal drugs can all have serious health effects. Lifestyle changes such as poor eating habits and inadequate sleep can increase the chances of the user experiencing a variety of health complications. If someone injects drugs, he or she is at risk of contracting Hepatitis B, Hepatitis C and HIV (the virus that causes AIDS).

##### *Sexual problems*

Certain types of drugs may lead a person to feel sexually aroused, but can actually reduce their ability to perform sexually.



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THE LAW  
 CONSIDERS ANY  
 DRUG TRAFFICKING  
 TO BE A  
 SERIOUS OFFENCE,  
 AND PENALTIES  
 ARE HARSH.



## HEALTHY BODY DRUG EFFECTS

### WHAT IS DRUG DEPENDENCE?

There are degrees of dependency, from mild dependency to compulsive drug use (often referred to as addiction). It is impossible to say how long or how often a person must use a drug before he or she becomes dependent on it.

Dependence can be psychological, physical, or both.

If a person is psychologically dependent on a drug then in different situations he or she feels has a need to use that drug in order to function effectively or to achieve emotional wellbeing.

Physical dependence is when a person's body adapts to a drug and becomes used to functioning with the drug present.

If a person is physically and/or psychologically dependent on drugs and suddenly stops taking them, he or she may experience withdrawal symptoms as their body readjusts to functioning without the drug. Withdrawal symptoms are different for different types of drugs and for each person. Withdrawal symptoms include depression, irritability, cramps, nausea, sweating and sleeping problems.

If someone is physically dependent on a drug, he or she usually develops a tolerance to it. This means that he or she needs to take more and more of the drug to get the same effect.

How long can drugs be detected in a person's body?



- *It varies from person to person as well as from drug to drug. Some drugs may only be detectable for a few days. Cannabis may remain detectable for weeks in heavy users.*

### TREATMENT

A number of treatment options are available in Australia. Some aim solely for the person to achieve a drug-free lifestyle, while others acknowledge abstinence as one option in an overall aim of reducing the harms and risks related to the person's drug use. Treatment options include individual counselling, group therapy, withdrawal (detoxification) and medication (pharmacotherapy). Residential and supervised/home-based programs are available. Treatment is more effective if tailored to suit a person's specific circumstances, and usually involves a combination of methods.



## HEALTHY BODY

## DRUG EFFECTS

## DRUGS AND DRIVING DON'T MIX

An increasing number of road crashes involve drivers who are under the influence of drugs. In fact, drugs are found to contribute to driver fatalities as often as alcohol. Both medicines and illegal drugs can impair driving and increase crash risk. This situation is of considerable concern to employers seeking to protect staff from injury in the workplace and beyond.

Like alcohol, drugs reduce a person's ability to operate any piece of machinery safely, particularly if more than one drug is used, or if other drugs are mixed with alcohol.

Many prescribed medicines carry labels warning of possible drowsiness and advising the user not to drive or operate machinery if they are affected.

Illegal drugs come with no such warning. However, it is always unsafe to drive after using any illegal drug because of the effects they have on mental and physical capacities.

Impairing drugs are detected in more than 30 per cent of drivers killed per year. However, drugs can also reduce a person's ability to act safely as a pedestrian. Research data shows that almost 30 per cent of pedestrians killed are affected by drugs.

## HOW DO DRUGS REDUCE DRIVING ABILITY?

*Drugs (whether medicinal or illicit) can decrease a driver's:*

- Mental alertness
- Vigilance and concentration
- Physical co-ordination
- Ability to react quickly and appropriately to what's happening on the road.

*Driving and medicines*

Both prescription and over-the-counter medicines (i.e. medicines a person can buy from the pharmacist without a prescription) can impair driving ability. This includes medicines used to treat common conditions like allergies, arthritis, diabetes, blood pressure, stress, and strong painkillers (particularly those containing codeine).



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**DRUGS AND  
 DRIVING CAN  
 BE A LETHAL  
 COMBINATION.**





## HEALTHY BODY DRUG EFFECTS

### HOW DO DRUGS REDUCE DRIVING ABILITY? CONT ...

To help protect those taking them, medicines which cause drowsiness must display one of the following warning labels: 'This medicine may cause drowsiness and may increase the effects of alcohol. If affected, do not drive a motor vehicle or operate machinery', or 'This medicine may affect mental alertness and/or co-ordination. If affected, do not drive a motor vehicle or operate machinery'.

### HOW CAN YOU HELP YOURSELF?

- Ask your doctor or pharmacist how any current medicines can affect your ability to drive
- If you start taking a new medicine, ask the doctor or pharmacist if it can affect your driving
- Always read and take notice of the warning labels on medicines, whether the medicine has been prescribed by your doctor or bought over the counter
- Ask your pharmacist if a Consumer Medical Information Sheet is available for the medicine you are taking.

#### **DO NOT DRIVE if you feel:**

- drowsy or tired
  - dizzy, light-headed or faint
  - vague, not thinking clearly
  - shaky or unsteady
  - angry or aggressive
  - nauseated/sick
  - or have blurred or double vision, or any problem with their eyesight.
- If your job involves driving a car or operating machinery, you should let your employer know if you are taking any prescribed medicines that may reduce your ability to carry out these activities safely

Can a drug conviction affect a person's chances of getting a job?



- *Yes. A drug conviction may reduce the chances of a person getting a job and getting a visa to travel overseas.*



## HEALTHY BODY

## DRUGS AND THE LAW

## HOW CAN YOU HELP YOURSELF? CONTINUED ...

- If you think your medicine may be affecting your driving, stop driving but do NOT stop taking your medication, and consult your doctor
- Do not drive if you are affected by any illegal drug
- Plan ahead to avoid driving: take a taxi or public transport, stay the night or arrange to be picked up.

DO NOT DRIVE if:

- your mind is foggy
- you are feeling drowsy, edgy or sick
- you have blurred vision or trouble focusing.



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## DRIVING AND ILLEGAL DRUGS

Many illegal drugs, including heroin, cannabis, cocaine, ecstasy and amphetamines, impair the ability to drive safely.

Heroin and cannabis are both depressants, which means they slow down the brain and other parts of the nervous system. It is dangerous to drive after using these drugs because they can:

- Make it harder to concentrate
- Reduce a person's ability to make quick and correct decisions
- Reduce a person's ability to respond appropriately to unexpected events, or the actions of other road users.

Cocaine, ecstasy and amphetamines (speed) are stimulants, which means they speed up the activity of the brain and other parts of the central nervous system. It is dangerous to drive after using these drugs because they can:

- Give the person a false sense of alertness and confidence, while actually reducing their judgement

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IT IS ILLEGAL  
 IN NEW SOUTH  
 WALES TO  
 GROW CANNABIS,  
 EVEN FOR  
 PERSONAL USE.



## HEALTHY BODY DRUGS AND THE LAW

### DRIVING AND ILLEGAL DRUGS CONTINUED ...

- Increase risk taking, and cause the person to underestimate the consequences of risk
- Increase anxiety and aggression – particularly where cocaine and amphetamines are taken.

All drugs affect different people in different ways, depending on how much is used, how strong the drug is, a person's physical and psychological state and if the person is used to such drugs.

It is even more dangerous to drive after using illegal drugs because the variations in quality and strength make the effects very difficult to predict.

### MIXING DRUGS INCREASES THE DANGER

Mixing drugs can reduce your driving ability even further:

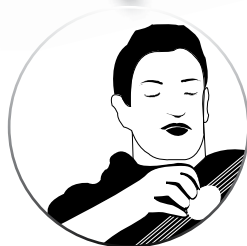
- If you are prescribed a medicine, ask your doctor or pharmacist how using alcohol (and/or other drugs) with your medicine is likely to affect your driving
  - DO NOT DRIVE if you have taken a combination of drugs, including alcohol.

### WHAT ARE THE LAWS ABOUT DRIVING AND DRUGS?

In NSW, it is against the law to drive a car, teach a learner to drive, or ride a motorcycle under the influence of drugs. You could be fined, lose your licence, and even be imprisoned. "Drugs" include cannabis, amphetamines, barbiturates, heroin and most sedatives (eg. valium).

If you have had a breath test and it shows that you are not over the blood alcohol limit that applies to you, the police have the power to give you a further "assessment" if they reasonably believe that you may be under the influence of drugs. This belief must be based on the way you were driving or attempting to drive. If the police have assessed you and reasonably believe that you are under the influence of drugs, they have the power to arrest you and take you to a hospital in order for blood and urine samples to be taken from you by a doctor.

But I don't want to give the Police a sample!



- *It is an offence to refuse to give a sample, to try to prevent a doctor from taking a sample, or to try to change the amount of drugs in your blood or urine before giving a sample.*

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## HEALTHY BODY ALCOHOL



### WHAT IS ALCOHOL?

Alcohol is produced by fermentation – the action of yeast on liquids containing sugars and starches. Pure alcohol has no colour or taste. In Australia, alcohol is the most widely used psychoactive, or mood-changing, recreational drug.

Will drinking water or coffee help reduce the level of alcohol in a person's body?

### WHAT HAPPENS AFTER USING ALCOHOL?



**1. After a few drinks...**  
After a few drinks... Feel happy, more relaxed, it becomes harder to concentrate and your reactions become slower.



**2. A few more...** Less inhibitions, more confidence, less coordination, slurred speech, intense moods - e.g. sad, happy, angry.



**3. A few more...**  
Confusion, blurred vision, poor muscle control.



**4. More still...** Nausea, vomiting, sleep.



**5. Even more...** may cause coma or death.



- *No. The liver processes alcohol at a rate of about one standard drink per hour. There is nothing anyone can do to speed up this process.*



## HEALTHY BODY

## LONG TERM EFFECTS

## LONG TERM EFFECTS OF ALCOHOL



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95% OF THE  
 ALCOHOL  
 CONSUMED  
 BY YOUNG  
 AUSTRALIAN MEN  
 AGED 18-24 IS  
 AT LEVELS THAT  
 PUT THEM AT RISK  
 OF SHORT AND  
 LONG TERM HARM.

**Nervous system**

- tingling and loss of sensation in hands and feet

**Heart**

- high blood pressure
- irregular pulse
- enlarged heart

**Lungs**

- greater chance of infections, including Tuberculosis

**Muscles**

- weakness
- loss of muscle tissue

**Liver**

- severe swelling and pain
- hepatitis
- cirrhosis
- liver cancer

**Pancreas**

- inflamed pancreas causing pain

**Sexual organs****Males**

- impotence
- shrinking of testicles
- damaged/less sperm

**Females**

- greater risk of gynaecological problems
- damage to foetus if pregnant

**Blood**

- changes in red blood cells

**Brain**

- brain injury
- loss of memory
- confusion
- hallucinations

**Skin**

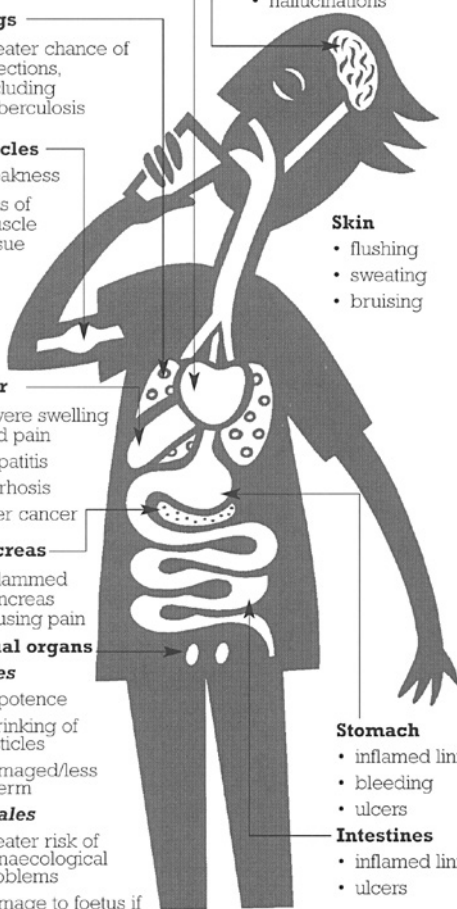
- flushing
- sweating
- bruising

**Stomach**

- inflamed lining
- bleeding
- ulcers

**Intestines**

- inflamed lining
- ulcers





### *How does a person's body deal with alcohol?*

Alcohol is absorbed into the bloodstream through the stomach and small intestine. If the stomach already has food in it, the rate at which alcohol is absorbed is slowed down. However, all alcohol that is drunk will eventually reach a person's bloodstream. The main organ purifying the blood (and breaking down the alcohol) is the liver. A person's breath, sweat and kidneys remove the remaining alcohol. The liver works at a fixed rate, removing about one standard drink (10 grams of alcohol) an hour. If a person drinks a lot at night, there may still be a high level of alcohol in his or her bloodstream the next day.

### *What are the long-term effects of using alcohol?*

Drinking heavily over a long period of time can cause damage to many parts of a person's body.

### *Can a person overdose on alcohol?*

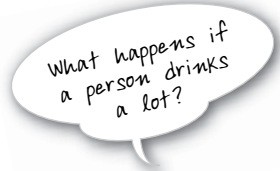
Yes. An overdose of alcohol can result in a person having nausea, vomiting, falling into a coma, having shallow breathing, pale skin and loss of bladder control. Acute alcohol poisoning can lead to death.

### *What does it mean to 'binge drink'?*

Binge drinking is when a person drinks heavily over a short period of time, drinking continuously over a number of days or weeks, or drinking with the intention of becoming intoxicated. Binge drinking is harmful. Besides the damage it can do to a person's body, it can lead the drinker to take risks or to put him or herself in dangerous situations. After binge drinking, people may suffer hangovers, headaches, nausea or vomiting and shakiness.

### *What happens if someone mixes alcohol with other drugs?*

Mixing alcohol with other drugs (including prescribed medicines) can be dangerous. The effects of one drug may increase the effects of the other, or they may hide some of the effects, making it hard to tell exactly how the drug has affected the user. He or she may think they are OK without really knowing what is going on inside their body.



- *A person becomes intoxicated when the body is no longer able to break down the alcohol. Common symptoms are impaired co-ordination and judgement, loss of self-control, risk taking and signs of aggression, nausea and vomiting. In severe cases, coma and death can result from drinking to a point where breathing stops altogether.*



## HEALTHY BODY

## ALCOHOL AND THE LAW

## IS IT AGAINST THE LAW TO DRINK ALCOHOL?

If a person is under 18 years of age, he or she is breaking the law if they:

- Buy alcohol
- Receive or have alcohol in their possession
- Drink alcohol in a hotel or public place (such as a street, park or beach).

In some states, a person is not breaking the law if he or she is under 18 and drinks alcohol while having a meal on licenced premises with a parent, guardian, husband or wife.

## UNDER-AGE DRINKING

Since laws tend to differ depending on where in Australia a person lives, it is best to contact a legal organisation to find out the laws that apply to their State or Territory.

## PEOPLE OVER 18

Alcohol consumption is legal for those aged 18 and over. However, there are laws governing how alcohol may be used:

- Hotels must not serve alcohol to people they believe are intoxicated, or people under the age of 18. Heavy penalties apply for breaking these laws
- In some areas, local by-laws make it illegal to drink alcohol in public places, such as beaches, parks, streets or designated Alcohol Free Zones
- It is an offence to give alcohol to someone younger than 18 unless it is given by a parent, guardian, husband or wife who is aware of their duty of care and acts accordingly
- It is illegal to buy alcohol for someone who is under 18.



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IF YOU DRINK  
 A LOT OF ALCOHOL  
 DURING THE  
 NIGHT, YOU CAN  
 STILL BE OVER  
 THE LEGAL LIMIT  
 FOR DRIVING THE  
 NEXT DAY.





## HEALTHY BODY

### ALCOHOL AND THE LAW

#### BLOOD ALCOHOL CONCENTRATION (BAC)

Blood alcohol concentration (BAC) is the amount of alcohol in the bloodstream. A BAC of 0.05 means the person has 0.05 grams of alcohol in every 100 millilitres of their blood.

Since the liver metabolises alcohol at around one standard drink per hour, the BAC level drops over time, unless more alcohol is consumed.

BAC is measured with a breathalyser, or by analysing a sample of blood.

#### FACTORS AFFECTING YOUR BAC

The more a person drinks, the higher their BAC. However, two people who drink the same amount might register quite different BACs:

- **Body size**

A smaller person will have a higher BAC than a larger person, because the alcohol is concentrated in a smaller body mass.

- **Empty stomach**

A person with an empty stomach will reach a higher BAC than someone who has just eaten a meal. Food in the stomach slows down the rate at which alcohol passes into the bloodstream.

- **Body fat**

People with a lot of body fat tend to have a higher BAC. Alcohol is not absorbed into fatty tissue, so the alcohol is concentrated in a smaller body mass.

- **Women**

After consuming the same amount of alcohol, a woman will almost always have a higher BAC than a man.



Is there an average age when people experience alcohol abuse?



- *People can 'abuse' alcohol at practically any age. Alcohol use is often reported as level of 'risk' 'Low risk drinking is up to 4 standard drinks per day for men, and 2 for women. Younger people are more likely to consume alcohol at high-risk levels than older people.*



## HEALTHY BODY

## ALCOHOL AND THE LAW

## FACTORS AFFECTING YOUR BAC CONTINUED ...

Because of all these variable factors, even counting the number of standard drinks a person consumes can only give a rough guide to his or her BAC.

## WOMEN AND ALCOHOL

Research has shown that alcohol affects women differently from men.

*Higher BAC*

If a man and a woman drink exactly the same amount of alcohol, the woman will almost always have a higher blood alcohol concentration (BAC). A woman's body contains more fatty tissue and less water than a man's body and women are often smaller than men. As a result, the alcohol will be more concentrated in a woman's body, producing a higher BAC.

*Health Problems*

Women may develop liver damage and other health problems with lower levels of alcohol consumption than men.

Women who drink alcohol are more likely to develop breast cancer and have gynaecological problems than women who don't drink.

For these reasons, health authorities recommend that women should drink less than men.



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DRINKING  
 CARBONATED  
 ALCOHOLIC  
 DRINKS SPEEDS  
 UP THE RATE  
 AT WHICH YOU  
 GET DRUNK.



## HEALTHY BODY ALCOHOL AND THE LAW

### ALCOHOL AND DRIVING

If a person is going to drive, it is safest if he or she does  
NOT DRINK at all.

**NSW has three blood alcohol limits: zero, 0.02 and 0.05.**

#### The zero limit applies to:

learner drivers  
provisional P1 drivers  
provisional P2 drivers.

#### The 0.02 limit applies to:

drivers of vehicles of "gross vehicle mass" greater than 13.9 tonnes  
drivers of public vehicles or vehicles that carry dangerous loads.

If you have more than the prescribed concentration of alcohol in your blood while driving, you are committing an offence. For a first offence, you could be fined up to \$1,100 and have your licence disqualified for 3 to 6 months.

#### All other drivers are subject to the 0.05 blood alcohol level.

Where their BAC is between 0.05 and 0.08, for a first offence, they can be fined up to \$1,100 and have their licence disqualified for 3 to 6 months. Where their BAC is between 0.08 and 0.15, there is (for a first offence): a maximum fine of \$2,200, a maximum gaol sentence of 9 months, a minimum period of disqualification of 6 months, and an immediate licence suspension. Where their BAC exceeds 0.15, there is (for a first offence): a maximum fine of \$3,300, a maximum gaol sentence of 18 months, a minimum period of disqualification of 12 months, and an immediate licence suspension.

In order to stay below 0.05 BAC, drivers are advised to limit their drinking to:

- Men

No more than two standard drinks in the first hour and no more than one standard drink every hour after that.

- Women

No more than one standard drink in the first hour and no more than one every hour after that.

# 77



Can 'binge' drinking harm a person physically?



- Yes. So as not to damage their health, a person should not drink more than 6 drinks (for men) and 4 drinks (for women) on any occasion.

**IF YOU ARE GOING TO DRIVE IT IS BEST NOT TO DRINK AT ALL.**



## HEALTHY BODY

### ALCOHOL AND THE LAW

#### ALCOHOL AND DRIVING CONTINUED ...

These conservative estimates are designed to minimise the risk of exceeding the legal limit to drive. Because everyone is different, some people would need to drink less to maintain a BAC level below the legal limit. This guide is based on advice from the Australian Transport Safety Bureau.

A person should not drive if there is any doubt about his or her BAC. He or she should make alternative arrangements: call a taxi, get a lift with someone who has not been drinking, or stay overnight.

#### STANDARD DRINKS

The use of standard drinks can help a person monitor his or her alcohol consumption and exercise control over the amount they drink.

Different types of alcoholic drinks contain different amounts of pure alcohol. A standard drink is defined as one that contains 10 grams of pure alcohol.

These are all equal to approximately one standard drink:

	<b>Low alcohol beer</b> 1.6 pots, 285ml		<b>Regular beer</b> 1 pot, 285ml
	<b>Table wine</b> 1 small glass, 100ml		<b>Alcoholic soda</b> 0.7 of a 330ml bottle
	<b>Mixed drinks</b> 1 glass, 30 ml of spirits plus mixer		<b>Spirits or liqueurs</b> 1 nip, 30ml
	<b>Low alcohol beer</b> 1 can, 375ml		<b>Regular beer</b> 3/4 stubby, 375ml



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MUCH ALCOHOL  
MAY CAUSE  
IMPOTENCE OR  
OTHER SEXUAL  
DYSFUNCTION.

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## HEALTHY BODY ALCOHOL AND THE LAW

### STANDARD DRINKS CONTINUED ...

#### *Keep in mind*

- The 'standard' size of drinks served in some hotels may be bigger than a standard drink. Large wine glasses can hold two standard drinks – or even more!
- Drinks served at home often contain more alcohol than a standard drink
- Cocktails can contain as many as five or six standard drinks, depending on the recipe.

How long does it take for a person's BAC to rise?



### MINIMISING THE RISKS FROM DRINKING ALCOHOL

#### *We know that drinking too much alcohol can cause problems, but how much is too much?*

The following guidelines are based on the National Health and Medical Research Council guidelines, which provide average acceptable levels of drinking over time and levels for occasional 'heavy' drinking days.

Drinking alcohol should be spread over several hours. Men, for example, should not consume more than two standard drinks in the first hour, and no more than one standard drink per hour thereafter. Women should not consume more than one standard drink per hour.

- *It may take up to 2 hours after their last drink for a person's BAC to peak, especially if he or she has eaten a substantial meal.*

#### FOR MEN

An average of no more than 4 standard drinks a day, and no more than 28 standard drinks over a week  
Not more than 6 standard drinks during any one occasional heavy drinking day  
One or two alcohol-free days per week

#### FOR WOMEN

An average of no more than 2 standard drinks a day, and no more than 14 standard drinks over a week  
Not more than 4 standard drinks during any one occasional heavy drinking day  
One or two alcohol-free days per week



## HEALTHY BODY

## ALCOHOL AND THE LAW

## MINIMISING THE RISKS FROM DRINKING ALCOHOL

*These guidelines assume that the person drinking alcohol:*

- Is not on medication
- Is not pregnant
- Will not be driving
- Will not be operating machinery.

The above drinking levels may also be too high for men who weigh less than 60 kilograms and for women who weigh less than 50 kilograms.

A lower amount of alcohol is recommended for women because alcohol tends to have a greater effect on women for the following reasons:

- Women tend to have a smaller bodies than men, so alcohol is distributed over a smaller volume. Women also tend to have more body fat than men, and alcohol is not taken up by body fat
- On average, women have smaller livers than men, and the ability to break down alcohol is limited by the size of the liver
- The level of hormones in a woman's body can possibly increase the effects of alcohol
- If a woman is taking the contraceptive pill, her body's ability to break down alcohol may be reduced.

## HOW TO DRINK LESS

- **Start with a non-alcoholic drink:** A person will drink much faster if he or she is thirsty. Before a person starts to drink alcohol, it's a good idea if he or she quenches their thirst with a non-alcoholic drink.
- **Use standard drinks:** A person should monitor how much alcohol he or she drinks. By converting the amount they are consuming into standard drinks, it is easier to keep track.
- **Drink slowly:** Take sips and not gulps. Put the glass down between sips.



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TRY TO  
 AVOID MIXING  
 PRESCRIPTION  
 MEDICATIONS AND  
 ALCOHOL:  
 ALCOHOL CAN  
 REDUCE THE  
 EFFECTIVENESS OF  
 THE MEDICINE AND  
 THE MEDICATION  
 CAN INCREASE  
 THE EFFECTS  
 OF ALCOHOL.

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## HEALTHY BODY

## ALCOHOL AND THE LAW

## HOW TO DRINK LESS CONTINUED ...

- **Eat before or while drinking:** Eating slows a person's drinking pace and fills him or her up. If someone has a full stomach, alcohol will be absorbed more slowly.
- **Avoid salty snacks:** Salty food like chips or nuts make a person thirsty, so he or she drinks more.
  - **Avoid 'shouts':** Don't get involved in 'shouts', or rounds. A person should drink at his or her own pace – not someone else's. If someone does get stuck in a shout, they should buy a non-alcoholic drink for themselves when it's their turn.
- **One drink at a time:** Don't let people top up the drinks. It is then harder to keep track of how much alcohol is drunk.
  - **Pace the drinking:** Try having a 'spacer', a non-alcoholic drink every second or third drink.
- **Stay busy:** If a person has something to do, he or she tends to drink less. Play pool or dance – don't just sit and drink.
  - **Try the low-alcohol alternative:** A wide range of light beers are available. Low-alcohol or non-alcoholic wines are also becoming more available. Most places that serve cocktails also serve non-alcoholic versions.
- **Have alcohol-free days:** People should have at least two days a week when they don't drink at all.
  - **Keep a diary:** If a person writes down how much he or she drinks each day, it will make them more aware of how much they drink.
  - **Be assertive:** A person should not be pressured into drinking more than he or she wants or intends to. They can tell their friends 'thanks, but no thanks'.

Alcohol can be an enjoyable part of life. However, as with all drugs, excessive drinking causes problems.

If someone feels sober, has their BAC fallen enough so that it's safe for them to drive?



- *No. A person may feel sober, especially if their BAC is decreasing, but he or she may still be above the legal limit and their driving skills may still be impaired.*



## HEALTHY BODY

## CANNABIS (MARIJUANA)

## WHAT IS CANNABIS?

*Slang:*

Grass, pot, mull,  
dope, hash



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IN AUSTRALIA  
IN 2001, ONE  
THIRD OF THE  
POPULATION HAD  
TRIED CANNABIS  
AT SOME TIME.

Cannabis is a drug that comes from the cannabis sativa plant. The main active chemical in cannabis is THC (Delta-9 tetrahydrocannabinol). There are three main forms of cannabis: marijuana, hashish and hash oil.

**Marijuana** is the most common and least powerful form of cannabis, consisting of the dried leaves and flowers of the plant.

**Hashish** (hash) is small blocks of dried cannabis resin, ranging in colour from light brown to nearly black. THC in hashish is higher than in marijuana, producing stronger effects.

**Hash oil** is a thick, oily golden-brown to black liquid extracted from hashish. Hash oil is the most powerful form of cannabis.

*What happens after using cannabis?*

- Relaxation and loss of inhibition
- Increased appetite
- A change in the way a person hears and sees things. It can make time seem to slow down
- Reduced or impaired co-ordination
- Difficulty thinking and remembering things
- Other common effects include increased heart rate, low blood pressure, faintness and reddened eyes.

A person who takes large amounts of cannabis can feel confused, restless, excited, anxious or panicky. He or she may also have hallucinations and also slower reactions.

*What happens if someone mixes cannabis with other drugs?*

The effects of cannabis may increase the effects of the other drug(s) or they may hide some of the effects, making it hard to tell exactly how the drug has affected the user. He or she may think they are OK without knowing really what is going on inside their body.





## HEALTHY BODY CANNABIS (MARIJUANA)

### WHAT IS CANNABIS? CONTINUED ...

*What are the long-term effects of using cannabis?*

Using cannabis regularly may lead to:

- Breathing problems: Marijuana 'joints' have more tar than tobacco, increasing the risk of lung cancer and other lung infections
  - Less motivation
- Concentration, memory and the ability to learn can all be reduced by regular cannabis use. These effects can linger for several months after a person's last use of cannabis
- Hormones: Cannabis can affect a person's hormone production
  - Psychosis: Regular and heavy use may also lead to hallucinations, delusions, memory loss and confusion lasting up to a few days
- Cannabis use may also bring on schizophrenia in those who have a family history of a mental illness
- Cannabis use can trigger psychosis in those who already have a mental illness.

*Is smoking cannabis better for a person's health than smoking cigarettes?*



- *No. Cannabis smoke contains more tar and more carbon monoxide than standard cigarettes.*



## HEALTHY BODY

## BENZODIAZEPINES

## WHAT ARE BENZODIAZEPINES?

*Slang:*  
*Minor tranquillisers*

*Benzo's, tranxs,  
downers and  
sleepers*



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*All benzodiazepines have  
five primary effects.*

*They are:*

1. *hypnotic*
2. *anxiolytic*
3. *anti-seizure*
4. *muscle relaxant*
5. *amnesic*

Benzodiazepines are drugs commonly used to help a person to sleep, or to reduce worries or anxiety.

Non-medical uses include getting intoxicated, as a replacement for heroin, and to reduce certain unwanted side effects experienced due to the use of another drug (e.g. to help a person sleep after they have taken something to keep them awake). Examples of benzodiazepines are: Valium, Serepax, Normison, Rohypnol.

*What happens after using benzodiazepines?*

- Relaxation
- Calmness
- Relief from tension and anxiety
- Drowsiness
- Dizziness
- Tiredness
- Blurred vision
- Difficulty thinking and remembering things
- Difficulty talking properly
- Poor co-ordination.

Using large amounts of benzodiazepines may lead to increased drowsiness, sleep; and effects similar to alcohol intoxication.

The user may experience mood swings and perhaps have aggressive outbursts.

*Can you overdose on benzodiazepines?*

Very high doses of benzodiazepines can cause unconsciousness, coma and death. Deaths are usually associated with the combined use of alcohol or other drugs.

*What happens if a person mixes benzodiazepines with other drugs?*

Mixing benzodiazepines with alcohol, antihistamines, antidepressants, cannabis or heroin can greatly increase the effects of the drugs taken. Such combinations can cause death.



## HEALTHY BODY BENZODIAZEPINES

WHAT ARE BENZODIAZEPINES? CONTINUED ...

### *What are the long-term effects of using benzodiazepines?*

The use of benzodiazepines for longer than two weeks is not recommended. Benzodiazepines can help to relieve worries or anxiety in the short term, but they do not solve the problem that caused the anxiety in the first place. Long-term use of benzodiazepines may lead to drowsiness, lack of motivation, difficulty thinking and remembering things, mood changes, anxiety, irritability, aggression, sleeping difficulties, nausea, headaches, and rashes. If benzodiazepines are used illegally and injected, there is an increased risk of contracting Hepatitis and HIV from sharing needles and other injecting equipment.

Other health problems that can result from injecting include collapsed veins; red, swollen, infected skin; and in extreme cases, the amputation of limbs due to poor circulation and stroke.

How do benzodiazepines affect a person's body?



- *Benzodiazepines are general central nervous system (CNS) depressants. Taking these may reduce normal alertness, memory, muscle tone, co-ordination, emotional responses, heart rate and blood pressure control as well as a host of other functions.*



## HEALTHY BODY

## COCAINE

## WHAT IS COCAINE?

*Slang:*

*Coke, C, flake,  
snow, crack*



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SINCE THE  
EFFECTS OF A  
DRUG VARY WITH  
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IS DIFFICULT TO  
PREDICT EXACTLY  
HOW A DRUG  
WILL AFFECT A  
PERSON'S ABILITY  
TO DRIVE.

Cocaine most commonly comes in the form of a white odourless powder called cocaine hydrochloride. It has a bitter, numbing taste. The powder is extracted from the leaves of the cocoa bush, found mainly in Peru and Bolivia. The extract is then processed with various chemicals.

*What happens after using cocaine?*

- Increased body temperature, increased heart rate, enlarged pupils
- Alertness, feelings of well-being, decreased hunger
- Anxiety, panic
- Difficulty concentrating
- Making poorer judgements
- Reduced ability to feel pain, feelings of great physical strength and mental capacity
- Unpredictable and/or violent behaviour.

Using larger amounts may lead to extreme restlessness, worrying or anxiety, hallucinations, dizziness, nausea and vomiting, shakes, violent/aggressive behaviour, loss of concentration, loss of co-ordination, heart pain, heart attack, rapid, irregular and shallow breathing.

*Can a person overdose on cocaine?*

Yes. Overdose may include having a fit, heart attack, brain haemorrhage, kidney failure, or stroke.  
This may result in death.

*What happens if a person mixes cocaine with other drugs?*

Mixing cocaine with alcohol produces a substance in the blood called cocaethylene, which can be more toxic to the body than the cocaine itself. Injecting cocaine and heroin at the same time can affect the area of the brain that controls breathing, increasing the chances of the user going into a coma and, in extreme cases, causing death.



HEALTHY BODY  
COCAINE

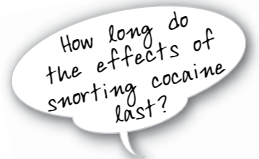
WHAT IS COCAINE? CONTINUED ...

*What are the long-term effects of using cocaine?*

Effects such as restlessness, nausea, being over-excited and unable to sleep, weight loss, seeing and hearing things that don't exist, exhaustion, depression.

Repeated snorting of cocaine damages the lining in the nose and the structure separating the nostrils. Smoking cocaine can cause breathing difficulties, a chronic cough, chest pain and lung damage.

Injection into the skin causes severe tissue damage. Sharing needles, syringes and other injecting equipment can greatly increase the risk of the user contracting diseases such as Hepatitis and HIV.



- *Generally, the immediate effects peak after 15–30 minutes, then they diminish. Heavy users may also experience a 'crash' — when they have symptoms of depression, lethargy and hunger.*



## HEALTHY BODY

### AMPHETAMINES

#### WHAT ARE AMPHETAMINES?

#### Slang:

Speed, whiz,  
crystal, meth,  
ice, shabu



[www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)  
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**1300 85 85 84**

SINCE THE  
EFFECTS OF A  
DRUG VARY WITH  
EACH PERSON, IT  
IS DIFFICULT TO  
PREDICT EXACTLY  
HOW A DRUG  
WILL AFFECT A  
PERSON'S ABILITY  
TO DRIVE.

Amphetamines are a family of related drugs – each with its own recipe – and are taken in different ways. Amphetamines have a strong smell and bitter taste.

#### *What happens after using amphetamines?*

- The heart rate, breathing and blood pressure increase.  
The person may have a dry mouth, sweat more, his or her pupils may increase in size and they may get a headache
- He or she feels they have more energy and are more alert.  
They feel more confident, are more talkative, restless, excited, and have difficulty sleeping
- He or she loses their appetite
- Irritability: Some people become tense, angry and aggressive.

Using large amounts may lead to the person having headaches, dizziness, blurred vision, shakes, irregular heartbeat, stomach cramps, sweating, restlessness, irregular breathing and paranoia, loss of co-ordination, collapsing, hallucinations and behaving in an aggressive or violent way.

#### *Can a person overdose on amphetamines?*

Street amphetamines usually contain a mixture of pure amphetamines and other substances or chemicals. Due to the unknown strength and mix of street amphetamines, some users have overdosed and experienced strokes, heart failure, seizures and high body temperature. Some have died as a result. If a person injects amphetamines, he or she runs a greater risk of overdosing due to large amounts of the drug entering the blood stream and quickly travelling to the brain.

#### *What happens if a person mixes amphetamines with other drugs?*

Taking other drugs as a way of coping with some of the undesirable effects of amphetamines may result in a 'roller coaster' dependence on several drugs.



## HEALTHY BODY AMPHETAMINES

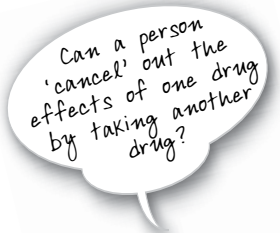
### WHAT ARE AMPHETAMINES? CONTINUED ...

For example, some people need amphetamines each day to get them going, and benzodiazepines each night to get them to sleep. This type of dependence can lead to a variety of serious physical, mental and emotional problems.

#### *What are the long-term effects of using amphetamines?*

Regular use of amphetamines may result in serious sleeping problems, anxiety and tension, high blood pressure and a rapid and irregular heartbeat. Malnutrition (as a result of people being less likely to eat properly), psychosis, less resistance to infections and violence may occur with long-term regular use.

There is some evidence that brain cells can be damaged, resulting in possible reduced memory function and other impairments in thinking. Sharing needles, syringes and other injecting equipment can greatly increase the risk of the user contracting Hepatitis and HIV (the virus that causes AIDS).



- *No. Combining drugs can only lead to potentially doubling the effects on a person's body and placing greater strain on his or her vital organs.*





## HEALTHY BODY

## ECSTASY

## WHAT IS ECSTASY?

Ecstasy is a street term for a range of drugs that are similar in structure to MDMA (methylenedioxymethamphetamine). Ecstasy is similar in structure and effect to amphetamines and hallucinogens. Manufacturers may substitute a wide range of substances when making the drug. In Australia, tablets sold as ecstasy often contain little or no MDMA.

*What happens after using ecstasy?*

- Increased heart rate, body temperature and blood pressure
- Increased confidence
- Jaw clenching, teeth grinding
- Feelings of wellbeing
- Nausea
- Feelings of closeness to others
- Anxiety
- Reduced hunger
- Sweating.

Using ecstasy is likely to increase the chances of problems for people with health problems such as heart disease, diabetes, liver problems, epilepsy, or with a history of mental illness or panic attacks. **Using larger amounts does not seem to increase the desirable effects and may cause convulsions (fits), vomiting, floating sensations, strange behaviour, and hallucinations.** The 'come down' after using ecstasy may include sleeping problems, mood swings, depression, anxiety, confusion, fatigue, and difficulty thinking.

*Can a person overdose on ecstasy?*

Yes. He or she can develop very high body temperature and blood pressure, hallucinations and fast heartbeat. Death may occur due to:

1. The stimulant effect: resulting in heart attack or brain haemorrhage.

*Slang:*

'E', XTC, 'Eccy',  
MDMA 'The Love  
Drug'



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EXPERTS  
CONCLUDE THAT  
SOME PARTS  
OF THE HUMAN  
BRAIN COULD  
BE DESTROYED  
BY THE USE OF  
ECSTASY. LONG  
TERM DEPRESSION  
AND SLEEP  
DISTURBANCES  
ARE THE MOST  
LIKELY PROBLEMS.

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## HEALTHY BODY ECSTASY



### WHAT IS ECSTASY? CONTINUED ...

2. Overheating: when combined with dancing hard and fast for long periods of time without a break.
3. Drinking too much water (the brain swells from too much fluid). As a general rule, in dance or rave environments, a person who takes ecstasy should drink around 500 mL while dancing and 250 mL if resting.

#### *What happens if a person mixes ecstasy with other drugs?*

The mixing of ecstasy with other drugs can occur when the drug is being manufactured. It also occurs when a person takes other drugs to try to increase the effects, or to help him or her cope with the side effects of ecstasy. **It is known that combining ecstasy with amphetamines (such as 'speed') will increase heart rate, blood pressure, and anxiety.** Taking ecstasy with other hallucinogens, such as LSD, can result in the user experiencing severe mental disturbances. Taking ecstasy while using some antidepressant medications can also be dangerous.

#### *What are the long-term effects from using ecstasy?*

There is not a lot known about the long-term effects of ecstasy use. There is limited evidence suggesting that ecstasy causes damage to some parts of the brain.

Is it safe to take ecstasy if the person suffers from a heart disorder?



- *No. If a person has a heart disorder or a cardiovascular disease, taking ecstasy will increase the risk of them doing their body greater harm. It is also risky if the person is taking medication for any of the following:*
- *psychiatric condition*
- *depression*
- *weight loss*
- *blood pressure problems*
- *neurological impairment.*



## HEALTHY BODY

## HEROIN

## WHAT IS HEROIN?

A sticky resin (opium) is extracted from the seed pod of the opium poppy. When processed, the natural painkillers morphine and codeine are produced. **Heroin is made from morphine by a chemical process.**

*What happens after using heroin?*

- Intense pleasure and a strong feeling of wellbeing
- Feelings of pain, hunger are diminished
- Breathing, blood pressure and pulse become slower, the pupils of the eyes also get much smaller, the mouth dries out
- Drowsiness: As the amount used increases, the user may feel warm, heavy and sleepy
- Nausea and vomiting can occur.

Using larger amounts may lead to problems thinking, the user falling asleep ('on the nod'), slow and shallow breathing, nausea and vomiting, sweating, and itching.

*Can someone overdose on heroin?*

Yes. Breathing becomes very slow, body temperature drops, and heartbeat becomes irregular. The user may also have pinpoint pupils, blue lips and fingernails, cold skin, fits or convulsions and could start snoring. An overdose may result in death. Pure heroin has less damaging effects on the body than street heroin, which is usually a mixture of pure heroin and substances such as caffeine and sugar.

Some additives can be very poisonous, and can cause collapsed veins, tetanus, abscesses and damage to the heart, lungs, liver and brain. Because most users don't know the purity of the drugs they are taking and, as a consequence, the amount to take, it is easy to accidentally overdose.

*Slang:*

'H', Smack, skag,  
junk, gear, horse



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IF A PERSON WHO  
IS DEPENDENT ON  
HEROIN SUDDENLY  
STOPS TAKING IT,  
IT IS LIKELY THEY  
WILL EXPERIENCE  
WITHDRAWAL  
SYMPTOMS  
BECAUSE THEIR  
BODY HAS TO  
RE-ADJUST TO  
FUNCTIONING  
WITHOUT THE  
DRUG.

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Drug Foundation  
• preventing drug problems •



## WHAT IS HEROIN? CONTINUED ...

*What happens if a person mixes heroin with other drugs?*

Combining heroin with other depressant drugs (such as alcohol, benzodiazepines, or other opiates) is dangerous as it greatly increases the risk of the user overdosing.

*What are the long-term effects of using heroin?*

Long-term effects include constipation, menstrual irregularity, infertility in women and loss of sex drive in men. To support his or her drug use a person may reduce spending on housing and food, and this combined with reduced hunger, can lead to malnutrition and being more likely to get infections. Sharing needles and other injecting equipment, increases the risk of contracting Hepatitis and HIV. Injecting may also lead to skin, heart and lung infections.

Can a person get addicted to heroin if he or she uses it only once?



- *No one-off use of any drug will result in addiction or dependence to that drug Heroin, however, is very addictive, both psychologically and physically and, if used regularly, a person will develop a tolerance to it and require larger quantities to achieve its initial effects. This can quickly lead to physical dependence on heroin.*



## HEALTHY BODY

## LSD AND OTHER HALLUCINOGENS

## WHAT IS LSD?

*Slang:*

Acid, trips, pop,  
'angel dust'



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[www.somazone.com.au](http://www.somazone.com.au)

LSD (lysergic acid diethylamide) is one of the most commonly used hallucinogens in Australia. It usually comes in the form of liquid, tablets or capsules, squares of gelatine or blotting paper.

*What are other types of hallucinogens?*

Other hallucinogens include:

- PCP (angel dust).
- High doses of ecstasy (MDMA).
- Magic mushrooms (or 'golden top' mushrooms) are commonly found in Australia and have the active ingredient psilocybin. People can mistake poisonous mushrooms for those containing psilocybin. Certain kinds of poisonous mushrooms can cause death or permanent liver damage within hours of ingestion.
- Datura (the belladonna plant) and fly agaric
- Cannabis (marijuana).

*What happens after using LSD?*

- Pupils increase in size, heart rate speeds up, blood pressure increases, feelings of nausea, reduced hunger, chills, flushing, shaking, abnormal rapid breathing, stomach aches, and poor co-ordination.
- Changes to vision, hearing and other senses such as brighter colours, sharper sounds, colours are heard or sounds seen, time passes slowly, the space around the user seems to change, he or she may feel as though they are floating or sinking
- Strange thoughts, confusion, acute panic (a 'bad trip')
- Sense of relaxation and wellbeing.

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HALLUCINOGENS  
CAN SOMETIMES  
PRODUCE AN  
EFFECT CALLED  
SYNTHESIA - A  
MIXING OF THE  
SENSES, WHERE  
MUSIC MIGHT  
BE SEEN AND  
COLOURS MIGHT  
BE HEARD.



## HEALTHY BODY

## LSD AND OTHER HALLUCINOGENS

## WHAT IS LSD? CONTINUED ...

*What is a 'bad trip'?*

The effects of hallucinogens vary greatly from person to person and each time they are used. Effects may be unpleasant – a person may experience 'bad trips', such as feeling like spiders crawling on the skin, feeling as if he or she is losing control and 'going crazy'; and strong feelings of anxiety or fear. Panic can lead to risky behaviour, such as running across a busy street. When a 'bad trip' occurs, the person having the bad trip needs to be gently talked to and told that they will be OK until the immediate effects have passed. This can take many hours. Usually the negative feelings go away when the drug wears off, however, there have been reports of unpleasant effects lasting for several days after taking the drug. Occasionally, these effects can last weeks or months.

*What happens if you mix LSD with other drugs?*

LSD can be dangerous when combined with drugs like alcohol or amphetamines ('speed'). This is because the effects of both drugs are often altered in unpredictable ways. Despite this, some users take benzodiazepines or cannabis to help them 'come down' after using LSD.

*What are the long-term effects of using LSD?*

You can have flashbacks: days, weeks or even years after using the drug, some people re-experience the effects. Flashbacks can be sparked off by the use of other drugs, and by stress, from being tired, or physical exercise. They usually last for a minute or two. There is some evidence that heavy use of LSD can impair a user's memory and concentration. Using LSD may increase the risk of certain people developing severe mental disturbances.

What other substances are known to be found in 'trips'?



- LSD is often diluted with substances such as sugar, or it is soaked in sheets of blotting paper.



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## HEALTHY BODY SMOKING KILLS



### IS SMOKING CIGARETTES REALLY THAT DANGEROUS?

Yes it is!  
 Hard to believe? You don't see people dropping dead in the streets from smoking do you?  
 Just because you don't see it though, doesn't mean that it doesn't happen!  
 Smoking is the single biggest cause of preventable death and disease in Australia.  
 Every year, about 16,000 Australians die from diseases related to their smoking.  
 One in two lifetime smokers will be killed by their habit.  
 Would you wear a deodorant that killed half the people who used it?  
 Half of these deaths will occur in middle age. That is probably about the age of one of your parents or guardians.



### WHY IS IT SO DANGEROUS?

Tobacco smoke contains over 4,000 chemicals. As well as tar and nicotine, there is also the gas carbon monoxide (found in car exhaust fumes and used in gas chambers), ammonia (found in floor cleaner), butane (that might be the fuel in a cigarette lighter, no wonder cigarettes light so easily!) and arsenic (found in rat poison). Then there is cadmium (batteries), acetone (nail polish remover), and formaldehyde (for embalming dead bodies) ... the list goes on.

Of those 4,000 + chemicals in tobacco smoke, 69 are known to cause cancers of the lung, throat, mouth, bladder and kidneys, in fact just about every part of the body.

Nicotine is the addictive drug in tobacco. The mixture of nicotine and carbon monoxide in each cigarette you smoke temporarily increases your heart rate and blood pressure, straining your heart and blood vessels. This can cause heart attacks and strokes. It slows your blood flow, cutting off oxygen to your feet and hands.

Some smokers end up having their limbs amputated.

It is the tar in tobacco smoke that causes lung cancer. Tar is made up of many chemicals, including gases and chemicals that cause cancer. It coats your lungs like soot in a chimney.

- *Cigarette smoke damages a gene called p53. The job of this gene is to prevent cancers from developing. The p53 gene does this by getting cancer cells to destroy themselves and by stopping these cells from reproducing themselves. When the p53 is damaged, cancer cells are allowed to develop and multiply. A collection of these cells becomes a lump, or in medical terms, a tumour.*

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## HEALTHY BODY SMOKING KILLS

WHY IS IT SO DANGEROUS? CONTINUED ...

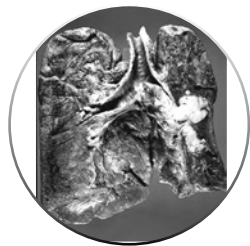
Emphysema is an illness that slowly and permanently rots your lungs. People with emphysema often get bronchitis again and again, and suffer lung and heart failure. They find it very difficult to breathe, a bit like being held under at the pool, and gasping to take a breath. That is a bit like living with emphysema.

Heart disease and strokes are also more common among smokers than non-smokers. Smoking makes the blood cells and blood vessel walls sticky which allows dangerous fatty deposits to build up.

For 10 years researchers were studying people who had died in car accidents in the USA. They could tell the difference between a smoker and non-smoker simply by the amount of this fatty build up in the aorta. Smokers had these deposits, even teenagers!

Girls who start smoking as teenagers are more likely to experience premenstrual tension, heavy periods, severe period pain and irregular periods. They are also more likely develop breast cancer as adults. Researchers found that breast tissue may be most vulnerable to cancer-causing chemicals during puberty. This is when the breast tissue cells are rapidly multiplying. Go back and read about the p53 gene again. It may help to explain to you why this happens.

You guys don't get away with it either. Smoking reduces the flow of blood to the extremities of the body, one of which is the penis. Males who smoke are far more likely to become impotent. You know what that is, can't get a hard on, can't get it up. That's impotence.



**EMPHYSEMA IS  
AN ILLNESS  
THAT SLOWLY AND  
PERMANENTLY  
ROTS YOUR  
LUNGS.**





## HEALTHY BODY SMOKING KILLS

### NICOTINE IS ADDICTIVE, BUT WHAT DOES THAT MEAN?

Nicotine is a very powerful drug. Some studies suggest that it is as addictive as heroin or cocaine. The latest research suggests that some people can become dependent on nicotine after smoking only a few cigarettes. In fact scientists now believe that younger brains are more sensitive to nicotine than the brains of older people and that young people may be more prone to becoming dependent on nicotine.

When smoking a cigarette, nicotine is delivered to the brain in just a few seconds. In fact ammonia (that's the toilet cleaner stuff), is added to the tobacco in cigarettes by the tobacco companies to speed up nicotine delivery. Cigarettes are the most efficient nicotine delivery system yet devised. It is just that it is also the filthiest and most dangerous system as well. Take another look at the section on the contents of tobacco smoke.

When you become dependent upon nicotine, your body "needs" nicotine to feel "normal". So as the nicotine leaves your body, your body lets you know that it is running short.

Your body sends you this information in a number of ways. You get "cravings" which is the urge to smoke. Your body is telling you that it is dependent upon nicotine to feel normal. You may feel irritable or anxious. This is another sign that you are not in control, but that you are dependent upon nicotine. Nicotine is telling you what to do. You are dependent upon nicotine.

### WHEN ARE YOU DEPENDENT ON NICOTINE?

- When you find yourself unable to go out without your packet of cigarettes
- When you get anxious when you do not have cigarettes with you
- If you have to have a cigarette, even if you don't feel like one, when you know that you will not be able to smoke for some time.

What % of 12-15 yr olds were smokers in 2005 in Australia?



- 7% - *Contrary to what many young people think, not everybody smokes.*

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## HEALTHY BODY SMOKING KILLS

### WHEN ARE YOU DEPENDANT ON NICOTINE?

In 2005, how many young Australians aged 17 yrs had never smoked, not even one puff?

*Try this are you hooked on nicotine test?  
(adapted from HONC test with permission  
John R. Polito)*

#### *Nicotine Dependence 10 Warning Signs*

1. Do you normally inhale the cigarette smoke deeply into your lungs?
2. Do you enjoy cigarettes more when you inhale the smoke deeply into your lungs?
3. Do you find it difficult not to have a cigarette when you are with friends who are smoking?
4. Is it hard to keep from smoking in places where you are not supposed to, like school?
5. Do you smoke more than 10 cigarettes a day?
6. Do you normally have your first cigarette within 30 minutes of getting up in the morning?

#### *How dependent are you?*

If you answered YES to:

- |     |                        |
|-----|------------------------|
| 0-1 | Probably not dependent |
| 2   | Possibly dependent     |
| 3-4 | Dependent              |
| 5-6 | Strong dependence      |



- *Just under half (45%) of all students aged 17 years reported to had never smoked.*



HEALTHY BODY  
SMOKING KILLS

SOME BENEFITS OF QUITTING

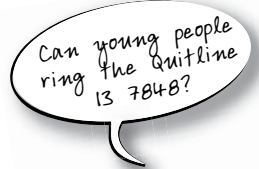
You will feel the benefits of quitting straight away as your body repairs itself.  
You will have more money.  
And it can improve your social life, not to mention your chances in attracting a partner.

*Health Benefits*

*You probably don't need to read all this.  
You know it already, right?*

- After twelve hours almost all of the nicotine is out of your system
- After twenty-four hours the level of carbon monoxide in your blood has dropped dramatically. You now have more oxygen in your bloodstream
- After five days most nicotine by-products have gone
- Within days your sense of taste and smell improves
- Within a month your blood pressure returns to its normal level and your immune system begins to show signs of recovery
- Within three months the blood flow to your hands and feet improves
- After twelve months your increased risk of dying from heart disease is half that of a continuing smoker
- Stopping smoking reduces the incidence and progression of diseases including chronic bronchitis and emphysema
- After ten years of stopping your risk of lung cancer is less than half that of a continuing smoker and continues to decline (provided the disease is not already present)
- After fifteen years your risk of heart attack and stroke is almost the same as that of a person who has never smoked.

For contact information and websites about  
Healthy Body, please see **page 193**



- *Sure can. In fact, the advisers on the Quitline have had special training to work with young people.*

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## DEPRESSION



## WHAT IS DEPRESSION?

Sometimes people tell us that being young is the best time of our lives. For many young people it is. For others it can be a really challenging time - wanting independence, trying to fit in, new relationships, working things out with family and friends, and just coping with the day-to-day highs and lows.

Depression isn't just going through a tough time and it isn't the same as everyday sadness or anger.

Everyone feels sad or angry at times - because of break-ups, losing someone they care about or because things go wrong at work or school. These feelings are all a part of life. We all experience them sometimes, but just because you're feeling sad or down, doesn't mean you're depressed.

If you've got depression - the clinical illness - you'll generally feel sad, down or miserable most of the time and you'll find it hard to cope from day to day.

You may find you stop enjoying life, playing sport, achieving at school or work, or hanging out with friends and family. If you're sad for a day or two, that's not depression, however when the symptoms go on for two weeks or longer, that could be depression.

It's important for us all to **Look** for the symptoms of depression so we can get help for ourselves or for others when it's needed. Getting the right type of help and getting it early can assist you with getting back on track and teach you new ways to deal with depression.

## HOW COMMON IS DEPRESSION IN YOUNG PEOPLE?

Depression is the most common mental health problem for young people.

- Over 160,000 young people aged 16 – 24 experience depression each year.
- Around one in five young people will have experienced depression by the time they get to adulthood.
- Girls are nearly twice as likely to experience depression as boys. (Girls -15 per cent Boys 9 per cent)
- Up to 40 per cent of young people experience a depressed mood in any six month period, which puts them at risk of depression.



## HEALTHY MIND DEPRESSION

### HOW COMMON IS DEPRESSION IN YOUNG PEOPLE?

Depression is an illness, which can lead to binge drinking, problems with alcohol and other drugs, low self-esteem and taking health risks.

**A research study funded by *beyondblue* showed that about one quarter of young people experiencing severe depression later developed substance and alcohol disorders. (Three to eight year follow up of adolescents treated for depression and their families: Predictors of treatment outcome. Professor Bruce Tonge, Monash University, 2007)**

Depression can also have long-term effects. Depressed young people might drop out of school or quit their jobs, which further affects their social lives and work options.

Young people who experience depression are often at risk of depression in adulthood as well - and depression is a well-recognised risk factor for suicidal behaviour.

It is important to understand that depression can be treated. If you're concerned about yourself, a friend or family member *Look, Listen, Talk and Seek Help Together*. **LOOK** for the signs of depression, **LISTEN** to your friends' experiences, **TALK** about what's going on and **SEEK HELP** together.

### WHAT CAUSES DEPRESSION?

People often think you "get depressed" because something's gone wrong with your life - you've gone through a bad break-up or failed an exam. But research shows that there is usually more than one reason for depression. It's more usually caused by a combination of several of the factors below that put young people at risk of developing depression.

- family history of mental illness
- anxiety as a kid
- family arguments, separation, divorce, brothers or sisters moving out
- physical or emotional abuse
- mum or dad having depression or another mental illness
- poor self esteem
- not getting on with friends or family
- not coping
- stress
- not being able to talk to people



## HEALTHY MIND DEPRESSION



### WHAT CAUSES DEPRESSION? CONTINUED ...

- not having people to talk to
  - bullying
- not doing well at school or work
  - being in debt
  - putting oneself down
  - feeling lonely

Young people who experience a head injury or another illness, such as epilepsy or cancer, can also be at more risk of developing depression. Sometimes depression occurs for no obvious reason. Regardless of what causes depression, it's a very real illness that requires detection, treatment and a plan to get through it.

**Remember to Look, Listen, Talk and Seek help together.**

### HOW DO I KNOW IF SOMEONE HAS DEPRESSION?

According to the mental health experts, a young person is probably experiencing depression if he or she:

- appears unhappy, down or miserable, or cries regularly
  - complains of feeling sad or empty, OR
- has lost interest or enjoyment in things he/she used to enjoy.

Everyone feels unhappy from time to time, but the thoughts, feelings, behaviour and physical symptoms of depression last for **more than two weeks.**

Young people experiencing depression might also be:

- not doing so well at work, school or university AND/OR
- experiencing changes in relationships with family and friends.

At the same time, they will have **four or more** of the following symptoms:

- Their appetite or weight has changed considerably - have lost or gained lots of weight.
  - They are restless, agitated or slowed down.
- They have lost a lot of energy and/or complain of feeling tired all the time.
- They find it difficult to concentrate, think things through or can't make up their minds.
  - They feel worthless or guilty about things that aren't their fault.
- They believe that life is not worth living, that there is no future or they'd be better off dead.



## HEALTHY MIND DEPRESSION

### HOW DO I KNOW IF SOMEONE HAS DEPRESSION?

What we're talking about here is the most common type of depression, known by doctors as **major depression**. Major depression is experienced by 3 per cent of young people.

Apart from **major depression**, there are two other main types of depression.

#### *Dysthymia*

Someone with dysthymia will have feelings of sadness or a depressed mood for most days of the week **for a year or more**, as well as some of the symptoms of major depression (though usually these are not as severe). Dysthymia often has an early onset (in childhood, teen years, early adult life) and can lead to major depression.

#### *Bipolar disorder (previously called manic depression)*

Someone with bipolar disorder experiences distinct times of depression (lows) and mania (extreme highs). Young people are more likely to first experience the lows of bipolar disorder. Less than 1 per cent of young people experience bipolar disorder, which usually has its onset in adolescence. It is not often recognised or treated until the young person reaches adulthood.

### HOW TO GET HELP

If you or someone you know, is in need of help consult a doctor, the emergency department of a hospital or a mental health professional - like a psychologist or counsellor. If you're concerned about yourself or a friend, you can also phone Lifeline or Kids Help Line to speak to trained counsellors.

#### **Lifeline 13 11 14**

Lifeline is a 24-hour telephone counselling service where you can talk about a wide range of problems.

#### **Kids Help Line 1800 55 1800 (freecall)**

Kids Help Line is a 24-hour counselling service for people aged between five and 25. There is also online counselling available at their website:

[www.kidshelp.com.au](http://www.kidshelp.com.au)





## HEALTHY MIND DEPRESSION

HOW TO GET HELP

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**Youthbeyondblue** is the youth arm of *beyondblue: the national depression initiative*. Youthbeyondblue encourages young people, their families and friends to get help when it's needed and to understand that it's okay to talk about depression. Check out: [www.youthbeyondblue.com](http://www.youthbeyondblue.com) for information about depression and anxiety, resources and interactive features or call the ***beyondblue* info line on 1300 22 4636**.

**headspace** is Australia's National Youth Mental Health Foundation. It was established in order to respond more effectively to young people with mental health, alcohol and substance use problems. **headspace** has sites across Australia where young people can access friendly staff and be referred to places where help is available for mental health and other health problems. Call **03 8346 8213** to find a **headspace** near you or go to [www.headspace.org.au](http://www.headspace.org.au)

**ReachOut.com** - [www.reachout.com](http://www.reachout.com) - provides information, support and resources to improve young people's understanding of mental health issues, develop resilience, increase coping skills and facilitate help-seeking behaviour. With *beyondblue*'s support they have developed an online game for young people called Reach Out Central (ROC). [www.reachoutcentral.com.au](http://www.reachoutcentral.com.au)

You can also help yourself and your mates. One of the most powerful ways to fight depression is to learn how to help yourself and your friends. The key messages to remember are:

- **Look** for the signs of depression
- **Listen** to your friends' experiences
  - **Talk** about what's going on
  - **Seek Help** together.



## HEALTHY MIND

## STRESS AND RELAXATION

## STRESS AND RELAXATION

When someone is stressed, do they find it difficult to relax?



- *Stress is something everyone needs in order to survive. A certain amount of stress gets a person going and motivates them to do things. Stress is simply their responses and reactions to a stressor (something stressful).*

Is life speeding up? It seems everyone needs to do more and more just to keep up. There's always new technology to learn about, there's loads of school work, homework, exams, training and Uni work to complete to get a good job. Then there's job-hunting, working, making ends meet, relationships with friends, partners and family. Life can all get pretty heavy at times. So what's the answer? This topic is about stress, how to recognise it and how to stay on top.

## WHAT IS STRESS?

First of all, everyone has stress in their lives. It's normal. Stress is something everyone needs in order to survive. Imagine standing under a gum tree after a windy, rainy night and suddenly hearing a *crack!* from above. Looking up they realise that a branch of a gum tree right above their head is about to drop. Their response is made up of thought (*danger! I'm about to be flattened*), physical responses (*heart beats faster, breathing is quicker, blood rushes through their body*) and a reaction (*I'm outta here!*).

If the tree limb falling didn't stress that person at all, he or she wouldn't bother to move out of the way. (*Splat!*) A certain amount of stress gets a person going and motivates him or her to do things. Stress is simply their responses and reactions to a stressor (something stressful). The tree limb falling was the stressor in the last example. The response was for the mind to think and the body to get ready. The reaction was to run for their life.

## TOO MUCH STRESS

So stress is OK, stress is normal. Usually when people talk about being stressed it means stress levels are too high or the stress goes on too long to cope well. What everyone needs is enough skills to be able to cope with different levels of stress.



#### TOO MUCH STRESS CONTINUED ...

This is a person's coping capacity. When the stress in their lives becomes greater than their individual coping capacity, he or she can become ill from stress. It's like a scale that needs to balance.

When stress outweighs the coping capacity, people say things, like 'I'm getting stressed', or 'I'm stressed out' or 'I'm stressed to the max'.

Sometimes a person feels that pressure from other people around them is forcing them to keep going. They can be made to believe that they're weak if they say they're feeling stressed. This isn't true — everyone gets stressed — some people just need more ways to deal with it or they might need to make changes to their lifestyle.

• [www.cyh.com](http://www.cyh.com)



Some people get headaches from stress. What can they do about it?

#### WHAT CAUSES STRESS (STRESSORS)?

Everyone is different and everyone responds differently to situations that make them feel angry or worried or overloaded. This means that some people will become highly stressed about things that don't worry other people like:

- Exams
- Arguments
- Homework
- Being harassed
- Being left out of a group
  - A new school
- Being stuck in traffic
  - Getting married
  - Having a baby
- Moving out of home
- Going to the dentist
  - A job interview
- Taking on a new responsibility.

- *If someone tries to pretend to themselves that they aren't affected by stress, he or she can get to the stage where their body sends them strong messages to stop.*

**PEOPLE SHOULD DEAL WITH THEIR STRESS BEFORE IT MAKES THEM ILL.**



## HEALTHY MIND

## STRESS AND RELAXATION

## WHAT ARE THE EFFECTS OF STRESS IF IT GOES ON TOO LONG?

How do I know if I'm stressed?



It's different for everyone but there are some things that all people get highly stressed about — things like a family breakdown, the death of someone close, getting into trouble, too many responsibilities or being a victim of violent crime.

Crises like living through bushfire, a cyclone, an earthquake or living through a drought (especially for country people) are stressful events for everyone.

There are signs that tell a person that they're over-stressed. That's the time to deal with it. If he or she doesn't deal with it they can eventually become quite ill. **Some people say that experiencing high stress over a long time, and not dealing with it effectively contributes to high blood pressure, cancer and heart attacks.**

It is important to acknowledge those first signs. If someone is trying to pretend to themselves that stress isn't affecting them and keeps on pretending for too long, he or she can get to the stage where their body sends them strong messages to stop whatever it is that's stressing them. If that person doesn't have effective ways to deal with stress, he or she can become quite ill.

- *Some feelings indicating someone is stressed could be:*
  - nervousness
  - anxiety
  - sadness
  - aggression and anger
  - tiredness
  - tension.

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EVERYONE  
SHOULD LEARN  
TO RECOGNISE  
STRESS SIGNS IN  
THEMSELVES.



## SELF-ESTEEM AND CONFIDENCE

### SELF-ESTEEM AND CONFIDENCE

Sometimes people feel as though there is something pulling them back from being successful and happy. This could have something to do with their level of confidence or self-esteem. This section is written to make people think about their choices. It discusses the things they might be doing to let misery take over their life and keep self-esteem out. Mostly it looks at how a person can build up self-esteem, and then work on it so that they can achieve the things that they want to do. The way a person feels about themselves and their life is entirely up to them!

Sometimes, even though they don't realise it, people actively choose to be miserable! In reality, they would prefer to boost their self-esteem and feel happier about themselves. How can people build self-esteem and get on with living their life to the fullest?

Self-esteem is about how a person sees themselves. It is how valuable and worthwhile they think they are as a person and how good they feel about it. It's not about boasting or trying to prove how good they are to other people. It is about believing in themselves and what they think they can achieve.

High self-esteem can be a great helper in a person's life. It can also make others feel safe, at ease, valued and stimulated when they are around that person.

### *How can people attract self-esteem?*

There are many ways people can boost their self-esteem. Below are some tips to think about. They might all be useful, people can choose the ones best suited to them:

- Everyone should be nice to themselves! They should stop giving themselves a hard time and start appreciating themselves as unique individuals. People who compare themselves to others will always find things missing from themselves and their own life!



- *The way a person feels about themselves and their life is entirely up to them!*



## HEALTHY MIND

## SELF-ESTEEM AND CONFIDENCE

## SELF-ESTEEM AND CONFIDENCE CONTINUED ...

Just see me now!



- *If people feel more energetic about things it shows!*
- *If people do things they love doing and they know they're good at, life can be more fun!*

People should:

- Think of the times when they tried something new and succeeded. What did they do? Were there any specific steps they had to take? How were they able to succeed? How did it affect the relationships they had (friends, family, partner, workmates etc.)? How did they feel about themselves? What did they learn about themselves? How might they incorporate what they learnt about themselves into being a big part of their life and their future?
- Dream. Think about how they would like their life to be. Set themselves goals. Identify one thing at a time and start there. Beware of 'biting off more than they can chew' as sometimes people can set themselves up to fail by taking on too much
- Try new skills. This could be anything from assertiveness to learning how to play chess. They should challenge themselves. They should try to test things out and learn what works for them and what doesn't. People should celebrate their successes
- Make a list of their past successes. These don't have to be as big as 'When I became Prime Minister' or 'When I got gold at the Olympics'. Success can be 'small victories' to 'huge accomplishments'. Ringing and making an appointment that a person has been putting off for months, receiving an award or doing well in a job interview are all examples of successes in life. People should read their list over and over again!
- Think about the personal qualities that have helped them in their life. Make a list and think about how they might use these qualities in the future
- Get involved in life. Join a sporting team or join in other things in their community. Allow themselves to 'give'. Help someone do something. Tell someone they look nice or that they did a good job at something. Make a note of their contribution and the way it makes them feel about themselves



- Do things that they love doing and that they know they are good at. If they can't think of anything, look around for new things to learn. There are free things people can get involved in or many activities that are cheap and easy
- Take action. People mustn't let the black cloud of 'low self-esteem' rule their life. They should take control of themselves. When a person takes action, makes changes and has successes, he or she will start to feel a lot better about themselves.

As one young woman recently discovered:

***'I have realised that I am the boss of my life. I am not going to let other people who treat me badly or my past experiences take over. I want to be happy and I want to do heaps of things with my life.'***

Anna , 16 years

- Accept compliments when people give them. Reply with a 'thank you'. Doing this gets easier with practice
- Everyone should give themselves the right to make a mistake or to not be 'perfect' — whatever 'perfect' is! Mistakes are a great opportunity to learn. Don't waste the chance
- Everyone should be true to themselves. They will never be able to make everyone happy or meet everyone's expectations about how they 'should' be. They should trust, look out for and protect themselves. Learn what makes them happy.



- ***Go on. Everyone should take control of their life. Do it now!***

*Note: this topic gives some practical suggestions and information about social health. It is important that a person sees their doctor or health professional for information specific to a health concern they may have about themselves.*

For contact information and websites about Healthy Mind, please see **page 195**

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A Community Proudly supporting the Streetsmart Program and The Local Kids





## DECIDING ON A CAREER



## CAREERS SERVICES AND INFORMATION

Most tertiary institutions have careers services and a variety of resources that enable students at the institution to research career information. These services are sometimes available to prospective students as well. Contact the prospective students' office at the institution you wish to apply to for details.

The Australian Association of Careers Counsellors is the peak body for career practitioners in Australia.

Careers professionals work with a variety of clients to help them make decisions about current or future career development needs. Careers practitioners can help you identify what your needs are and the resources that may be most beneficial in helping you achieve your aims. Find a careers adviser on [www.aacc.org.au](http://www.aacc.org.au)

*The Job Guide*

The Job Guide is Australia's premier career information guide providing extensive information on individual occupations. For each entry there is a job description, personal qualities required, education and training requirements, a brief summary of employment opportunities and sources of further information. Also included is advice on career choice, applying for a job, post-secondary education and training and government help (both State and Federal).

[www.jobguide.dest.gov.au](http://www.jobguide.dest.gov.au)

*My future*

It provides career information, and offers unique features that enable users to create individual profiles that relate to possible occupations.

[www.myfuture.edu.au](http://www.myfuture.edu.au)

*Centrelink Career Information*

You can get career information from Centrelink's Career Information Centre.

[www.centrelink.gov.au](http://www.centrelink.gov.au)

There are three Career Information Centres that you can visit in NSW, or you can contact the service centre by telephone or email. Centrelink's Career Information Centres are 'one-stop-shops' providing a comprehensive free service. Specialist staff can help make informed decisions about education, training and employment options and pathways.

- Check your local newspaper for information on careers information evenings or the Yellow Pages for private career counsellors.
- Work with a career practitioners
- The Job Guide is available on the internet at [www.jobguide.dest.gov.au](http://www.jobguide.dest.gov.au)

*Centrelink contacts:*

**CAREER  
INFORMATION  
CENTRE**

**SYDNEY**

Sydney Central Building  
10 Parker St, Haymarket 2000  
Locked Bag 6 Haymarket 1238

Ph: (02) 9209 1661

Fax: (02) 9209 1495

Email: [cic.sydney@centrelink.gov.au](mailto:cic.sydney@centrelink.gov.au)

**NEWCASTLE**

Entrance to right of the  
Newcastle Centrelink Customer  
Service Centre

1st Floor 279 King St

Newcastle West 2302

PO Box 5156

Hunter Region Mail Centre 2310

Freecall 1800 067 482

Fax: (02) 4985 8696

Email: [cic.newcastle@centrelink.gov.au](mailto:cic.newcastle@centrelink.gov.au)

**WOLLONGONG  
(East Coast)**

Enter from Wollongong  
Customer Service Centre

Level 1 43 Burelli St

Wollongong NSW 2520

PO Box 228 Wollongong East  
NSW 2520

Ph: (02) 4251 4230

Fax: (02) 4251 4094

Email: [cicwollongong@centrelink.gov.au](mailto:cicwollongong@centrelink.gov.au)



## LEAVING SCHOOL APPLYING FOR COURSES

### APPLYING FOR COURSES

What do I need to get into university?



- *To be considered for university admission, please check out the UAI website for more details:*

[www.uac.edu.au](http://www.uac.edu.au)

or phone: (02) 9752 0200

#### *Applicants with a NSW Higher School Certificate*

If your only entry qualification is completion of the NSW Higher School Certificate, your admission to most tertiary courses is based on performance in the HSC with applicants ranked on the basis of their **Australian Tertiary Admission Rank (ATAR)**. Other criteria such as a portfolio, interview, audition or questionnaire may also be taken into account for certain courses either instead of, or in conjunction with, the ATAR.

ATAR cut-offs	
ATAR cut-offs are determined by the interaction of three factors:	
1	the number of places available in the course
2	the number of applicants listing the course as a preference and
3	the quality of those applicants.

Due to these factors, cut-offs vary from year to year and are impossible to predict before applicants are selected for a particular course in a particular year. The cut-offs for any course may rise, fall or remain the same from year to year.

### ADMISSION REQUIREMENTS AND SELECTION

Offers of a place in a course depend on your eligibility to be considered and your level of competitiveness with other eligible applicants.

#### *To be eligible to be considered for a course you must:*

- Meet the admission requirements of the institution offering the course. Each institution sets its own admission requirements so you are advised to contact the institutions directly or take the corresponding links to the participating institutions' web sites for further details.
- Meet the entrance requirements of the course. Some courses have prerequisites or additional selection criteria. Check the participating institutions' web sites and check Admission Requirements in each institution's entry.

#### *To be selected for a course you must:*

Compete against other eligible applicants during the selection process. Being eligible to be considered for a course does not guarantee you a place in the course.



[www.uac.edu.au](http://www.uac.edu.au)



## LEAVING SCHOOL APPLYING FOR COURSES

### WHERE CAN I GET A COPY OF THE UAC GUIDE?

Year 12 students receive a copy of the UAC Guide through their school or college in August.

The Guide for non-current Year 12 students is on sale from August until January from local newsagencies in NSW or the ACT. The recommended retail price is \$14.00.

Alternatively, you can purchase a copy from UAC. Contact UAC on (02) 9752 0200 for more details.

### THE APPLICATION FORM

You may submit only one application to UAC.

#### *Do I need to submit documents with my application?*

Follow the instructions when completing your application. If you do need to submit documents, do not send originals because they do not return documents. Be prepared, however, to provide originals if asked for them.

#### *What do I have to do before I have submitted my application?*

- Make a note of closing dates for UAC and early closing dates if they apply to the courses for which you are applying.  
Contact the institutions if you need more information about the courses they offer and/or to find out more about additional selection criteria.
  - Choose your course preferences and give careful consideration to the order in which you place them on your application.
    - Read the relevant application procedures.
  - Find, or send for, the originals of any documents that will be needed to support your application and arrange for verified copies - UAC will copy and verify them for you if you take them to their office at Quad 2, 8 Parkview Drive, Homebush Bay NSW; otherwise, check that your copies are properly verified by an authorised person.

### HOW DO I FIND OUT WHAT MY UAC NUMBER IS?

Those using the Form B from the purchased Guide will find their UAC number in the top right-hand corner of the Form B application form. You will be given a UAC number when you use Apply-By-Web.

UAC numbers are nine digits long.

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- *To be selected for a course you must: Compete against other eligible applicants during the selection process. Being eligible to be considered for a course does not guarantee you a place in the course.*



[www.uac.edu.au](http://www.uac.edu.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## LEAVING SCHOOL APPLYING FOR COURSES

### WHAT IF I'VE LOST MY PIN?

To access your details on this web site you will need your Personal Identification Number (PIN). Applicants who are studying for a HSC will have received their four digit PIN by mail. Other applicants will be provided with details of your four-digit PIN once you have begun the application process. Your PIN is the first four digits of your date of birth e.g. if your birthday is 3 October your PIN is 0310.

### COURSE FEES

HECS courses require you to contribute to the cost of your studies through the Higher Education Contribution Scheme (HECS). Contributions vary between \$3,680 and \$6,136 per year.

Fee-paying courses require you to fund the full cost of your course. Fee courses vary between \$7,000 and \$40,000 per year.

### ENROLLING INTO A SUITABLE COURSE

*If I get a job, can I do the course I want by part-time, evening or distance education study?*

See the course descriptions in course search to determine whether the course is available full-time, part-time, evening or by distance education. Some institutions allow you to change your attendance pattern; some don't.

*What do the institutions take into account if I have taken studies since finishing my Year 12?*

Most institutions take into account any or all of the following when considering your application - tertiary studies, secondary studies, postsecondary studies, professional and paraprofessional studies, STAT, and other relevant factors such as maturity, employment history and special circumstances. Check with the institutions for more information.

*When will I know the result of my application?*

Offers will be announced during December, January and February, with the Main Round of offers made in January.

How do universities select students?



- *Your admission to most tertiary courses is based on performance in the HSC with applicants ranked on the basis of their Australian Tertiary Admission Rank (ATAR)*



## LEAVING SCHOOL APPLYING FOR COURSES

### WHAT IF I DON'T RECEIVE AN OFFER?

*If I don't receive an offer, how can I find out why I was unsuccessful?*

You will be sent a notice which sets out the reasons why your application was unsuccessful.

You will need to speak to the admissions office at the institution concerned about why you were not made an offer and what your study options are. It is the institutions, not UAC, who decide who will receive offers to courses based on the preferences expressed on your UAC application.



### CAN I TRANSFER TO ANOTHER COURSE OR INSTITUTION?

To apply for a course at another institution you must submit an application to UAC. To transfer to another course at the same institution, check the institution's handbook or calendar to see if you need to submit an application to UAC. Discuss with the institution whether you can apply for exemption from units in the new course based on the studies you have already undertaken.



- *No. You need to check the TISC website to find out in detail the university requirements.*

### UAC CONTACT INFORMATION

#### UAC

Phone: (02) 9752 0200

#### Postal address:

UAC  
Locked Bag 112, Silverwater NSW 2128

#### In person:

Quad 2, Australia Centre  
(first building on right)  
8 Parkview Drive, Homebush Bay NSW

#### For those travelling by car,

there is a parking lot with paid hourly parking opposite UAC and a number of parking stations throughout Olympic Park.

#### For those travelling by rail,

UAC is 250 metres from Olympic Park Railway Station.

#### Office hours

8.30am - 4.30pm Monday to Friday



[www.uac.edu.au](http://www.uac.edu.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## LEAVING SCHOOL ENTERING UNIVERSITY

### UNIVERSITIES

#### **Australian Catholic University [www.acu.edu.au](http://www.acu.edu.au)**

##### *Strathfield Campus (Mt St Mary)*

Locked Bag 2002,  
Strathfield NSW 2135  
Phone: (02) 9701 4012

25A Barker Road,  
Strathfield NSW

##### *North Sydney Campus (Mackillop)*

PO Box 968,  
North Sydney NSW 2060  
Phone: (02) 9739 2305

40 Edward Street,  
North Sydney NSW

##### *Canberra Campus (Signadou)*

PO Box 256,  
Dickson ACT 2602

223 Antill Street,  
Watson ACT

#### **Australian Maritime College [www.amc.edu.au](http://www.amc.edu.au)**

##### *Newnham Campus*

Student Administration Office,  
PO Box 986, Launceston TAS 7250  
Phone: (03) 6335 4711  
Freecall: 1800 030 277

Prospective Student Officer  
Swanson Building,  
Newnham TAS

##### *Beauty Point Campus*

Faculty of Fisheries and Marine  
Environment  
Beauty Point TAS 7270  
Phone: (03) 6335 4404

Academic Coordinator  
Seamanship Centre  
Beauty Point TAS

#### **Australian National University**

The Admissions Office,  
Canberra ACT 0200  
Phone: (02) 6125 3046/5594  
Freecall: 1800 620 032  
Email: [admiss.enq@anu.edu.au](mailto:admiss.enq@anu.edu.au)

Student Enquiry Counter  
Ground Floor,  
Pauline Griffin Building  
Australian National University  
Ellery Crescent Acton ACT

#### **National Institute of the Arts**

Building 105B, Childers Street  
Canberra ACT 2601  
Phone: (02) 6125 5711  
Email: [ita.admissions@anu.edu.au](mailto:ita.admissions@anu.edu.au)

National Institute of the Arts  
Childers Street, Canberra ACT



LEAVING SCHOOL  
ENTERING UNIVERSITY



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UNIVERSITIES

**Charles Sturt University** [info.csu](http://info.csu)

Charles Sturt University, Panorama Avenue, Bathurst NSW 2795  
Phone: (02) 6338 6077 Freecall: 1800 334 733

**Albury-Wodonga**

Student Administration Building  
Building 605, ('Avoncourt')  
625 Olive Street, Albury NSW

Prospective Student Adviser  
Building 673, Charles Sturt University  
Elizabeth Mitchell Drive, Thurgoona NSW

**Canberra Campus**

(Theology Students)  
Dean of Students, St Mark's Theological  
Centre  
15 Blackall Street, Barton ACT

**Dubbo Campus**

Administration Office  
Charles Sturt University,  
Yarrandale Road, Dubbo NSW

**Bathurst Campus**

Prospective Student Adviser  
Building N16, Charles Sturt University  
Panorama Ave, Bathurst NSW

**Wagga Wagga Campus**

Prospective Student Adviser  
Building 481, Charles Sturt University  
Boorooma Street, Wagga Wagga NSW

**La Trobe University** [www.aw.latrobe.edu.au](http://www.aw.latrobe.edu.au)

Admissions Officer  
Albury-Wodonga Campus  
PO Box 821 Wodonga VIC 3689  
Phone: (02) 6058 3700

Student Administration  
Ground Floor, Main Building  
Parkers Road, Wodonga VIC

**Macquarie University** [www.mq.edu.au](http://www.mq.edu.au)

Undergraduate Studies Section  
Macquarie University, NSW 2109  
Phone: (02) 9850 7111

Level 1, Lincoln Building  
Balaclava Road, North Ryde NSW

**Southern Cross University** [www.scu.edu.au](http://www.scu.edu.au)

**Lismore Campus**

PO Box 157, Lismore NSW 2480  
Freecall: 1800 626 481  
Email: [admissions@scu.edu.au](mailto:admissions@scu.edu.au)

Military Road,  
East Lismore NSW

**Coffs Harbour Education Campus**

Hogbin Drive, Coffs Harbour NSW 2457  
Phone: (02) 6659 3777  
Email: [sservice@scu.edu.au](mailto:sservice@scu.edu.au)

Hogbin Drive,  
Coffs Harbour NSW



## LEAVING SCHOOL ENTERING UNIVERSITY

### UNIVERSITIES

#### University of Canberra [www.canberra.edu.au](http://www.canberra.edu.au)

The Director, Student Administration  
University of Canberra ACT 2601  
Ph: 1300 301 727  
Email: [student.admin@canberra.edu.au](mailto:student.admin@canberra.edu.au)

Student Administration  
Level B, Building 1, Kirinari Street  
University of Canberra, Bruce ACT

#### University of New England [www.une.edu.au](http://www.une.edu.au)

##### *Armidale Campus*

Armidale NSW 2351 Ph: (02) 6773 3566  
or, undergraduate enquiries,  
Ph: 1800 818 865  
Email: [admissions@pobox.une.edu.au](mailto:admissions@pobox.une.edu.au)

TC Lamble, Administration Building  
University of New England, Armidale NSW

##### *Sydney enquiries*

WEA Building, 72 Bathurst Street Sydney NSW 2000  
Phone: (02) 9267 6784

#### University of New South Wales [www.unsw.edu.au](http://www.unsw.edu.au)

##### *Kensington Campus*

Student Recruitment Office  
University of New South Wales  
UNSW Sydney NSW 2052  
Phone: (02) 9385 1844 or (02) 9385 1866  
Email: [studentrecruitment@unsw.edu.au](mailto:studentrecruitment@unsw.edu.au)

Welcome Centre, Student Recruitment  
Office  
Chancellery Building,  
(Adjacent Gate 9, High Street)  
Randwick NSW

#### *College of Fine Arts* [www.cofa.unsw.edu.au](http://www.cofa.unsw.edu.au)

University of New South Wales  
PO Box 259, Paddington NSW 2021  
Phone: (02) 9385 0888  
Email: [administration@cofa.unsw.edu.au](mailto:administration@cofa.unsw.edu.au)

Student Administration Office  
Selwyn Street, Paddington NSW

#### *Australian Defence Force Academy* [www.unsw.adfa.edu.au](http://www.unsw.adfa.edu.au)

Student Administration, University College  
Northcott Drive, Canberra ACT 2600  
Phone: (02) 6268 8111  
Email: [ugstudentadmin@adfa.edu.au](mailto:ugstudentadmin@adfa.edu.au)

Student Administration  
Northcott Drive, Canberra ACT





LEAVING SCHOOL  
ENTERING UNIVERSITY



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UNIVERSITIES

**University of Newcastle** [www.unsw.adfa.edu.au](http://www.unsw.adfa.edu.au)

**Callaghan Campus**

Student Administration, University College Northcott Drive, Canberra ACT 2600  
Phone: (02) 6268 8111  
Email: [ugstudentadmin@adfa.edu.au](mailto:ugstudentadmin@adfa.edu.au)

**Ourimbah Campus** [www.ccc.newcastle.edu.au](http://www.ccc.newcastle.edu.au)

Administration Building  
Chittaway Road, Ourimbah NSW 2258  
Phone: (02) 4348 4039  
Freecall 1800 010 430  
Email: [prospectenquiries@newcastle.edu.au](mailto:prospectenquiries@newcastle.edu.au)

**University of Sydney** [www.usyd.edu.au](http://www.usyd.edu.au)

**Camperdown and Darlington Campus & Mallett St Campus**

The Admissions Officer  
University of Sydney NSW 2006  
Phone: 1300 36 2006 (Help Line)  
(02) 9351 4117/8 (Admissions)  
Email: [info@psu.usyd.edu.au](mailto:info@psu.usyd.edu.au)

Marketing & Student Recruitment  
Baxter's Lodge  
(Cnr of Parramatta Rd and Derwent St)  
OR Student Centre  
Carslaw Building,  
(enter from City Road gates)

**Faculty of Health Sciences, Cumberland Campus**

The Head Student Administration  
PO Box 170 Lidcombe NSW 1825  
Ph: 1300 36 2006 (Helpline)  
or (02) 9351 9161

Student Administration Building A  
(Jeffrey Miller Building)  
East Street, Lidcombe NSW

**Faculty of Rural Management, Orange Campus**

Faculty of Rural Management  
The University of Sydney  
PO Box 883 Orange NSW 2800  
Ph: 1300 36 2006 (Helpline)  
or (02) 9351 1012

Administration Building  
Leeds Parade, Orange NSW

**Sydney College of the Arts**

Sydney College of the Arts  
Locked Bag 15, Rozelle NSW 2039  
Ph: 1300 36 2006 (Helpline)  
or (02) 9351 1012

Student Administration Office  
Rozelle Campus  
Balmain Road, Rozelle NSW



LEAVING SCHOOL  
ENTERING UNIVERSITY

UNIVERSITIES

*Sydney Conservatorium of Music*

Student Administration Unit C41  
Sydney Conservatorium of Music  
The University of Sydney, NSW 2006  
Phone: 1300 36 2006 (Helpline)  
or (02) 9351 1241/1242

Student Administration  
Sydney Conservatorium of Music  
Macquarie St, (intersection of Bridge St)  
Sydney NSW

**University of Technology, Sydney [www.sau.uts.edu.au](http://www.sau.uts.edu.au)**

*UTS City Campus*

University of Technology, Sydney  
PO Box 123 Broadway NSW 2007  
Phone: (02) 9514 1112

Foyer Level, UTS Tower Building  
1 Broadway Sydney NSW

*UTS Kuring-gai Campus*

University of Technology, Sydney  
PO Box 123, Broadway NSW 2007  
Phone: (02) 9514 1112

Level 5 Enquiries or Level 6 Main Building  
UTS Kuring-gai Campus,  
Eton Rd, Lindfield NSW

**University of Western Sydney [www.uws.edu.au](http://www.uws.edu.au)**

Course Information Centre, University of Western Sydney  
Locked Bag 1797, Penrith South DC NSW 1797  
Phone: Freecall 1800 897 669 Email: [study@uws.edu.au](mailto:study@uws.edu.au)

*Bankstown Campus*

Building U8 Eastern Rd,  
Quakers Hill NSW

*Campbelltown Campus*

Building 12 Narellan Rd,  
Campbelltown NSW

*Hawkesbury Campus*

Building G7 Bourke St,  
Richmond NSW

*Parramatta Campus*

Building EJ, Cnr James Ruse Drive and  
Victoria Road, Parramatta NSW

*Penrith Campus*

Building I Second Avenue,  
Kingswood NSW

**University of Wollongong [www.uow.edu.au](http://www.uow.edu.au)**

Wollongong NSW 2522  
Phone: 1300 367 869  
Email: [uniadvice@uow.edu.au](mailto:uniadvice@uow.edu.au)

Administration Building, (Building 36)  
Northfields Avenue, Gwynneville



LEAVING SCHOOL  
ENTERING TAFE

TAFE NSW CAN DELIVER TRAINING AND EDUCATION

Whether you are looking for your first job, a promotion or a career change, or just want extra knowledge and skills so that you can get more out of life, TAFE NSW can deliver training and education to suit you. TAFE NSW offers a range of flexible options so that you can have as many opportunities as possible, making study as accessible as possible.

TAFE NSW is able to offer so much because we start with the basics – we value individuality and personal choice. Most TAFE NSW students balance study with work and family commitments, so courses are offered across the state in a variety of ways to cater for people with different needs – online, by distance, face-to-face, or by a combination of methods.

But we offer more than flexibility in course delivery. We also recognise that skills you may have gained outside TAFE NSW might help you to do your course. And if you can't find a course you want to do, you can study your own Selected Study Program by choosing from thousands of course modules.

Our quality training is kept up-to-date and relevant by constantly refining it to meet the needs of both students and industry. TAFE NSW is well-known for our 'hands-on' teaching approach, which means you can develop practical skills that you can apply in the real world, and you can be assured that these skills are the ones desired by industry.

Further down the track you may decide to try your hand at university so your TAFE NSW qualifications will help you secure a place as you may gain credit towards a degree. Many courses in different faculties can provide a pathway to a degree.

From 2011, TAFE NSW is an accredited higher education provider so you can enrol in its first undergraduate degree – the Bachelor of Design (Interior) which will be taught at Sydney Institutes' award-winning Design Centre Enmore.

TO HELP YOU REACH YOUR GOALS

It's important that you feel comfortable at TAFE NSW. That's why we offer a broad range of student support services. This helps create an atmosphere on campus that is relaxed, fun and also conducive to learning.

Each campus has its own range of facilities and its own unique atmosphere.

Some specialise in certain types of training, others have a full range of courses, but all are safe and comfortable places to be.

We realise that the time you spend studying should be fun as well as educationally rewarding. We provide an environment where you can strike a good balance between study, work and free time, and involve yourself in a wide range of sporting and social activities.

At TAFE NSW, we pride ourselves on offering choices and opportunities in an environment where you can get the most out of our training and education programs, to help you get the most out of life.

TAFE NSW can deliver training and education [www.tafensw.edu.au](http://www.tafensw.edu.au)



Is there any financial assistance available?

- In addition to the TAFE course fee concessions, which may be granted, financial assistance is available in the form of Austudy, Abstudy and Youth and Newstart Allowances. Details can be obtained from:
- Austudy 13 24 90
- Abstudy 13 23 17
- Youth and Newstart Allowances 13 24 90
- You should also discuss payment options with the TAFE institute. Is there any financial assistance available? [www.smarthandbooks.com.au](http://www.smarthandbooks.com.au) [www.tafensw.edu.au](http://www.tafensw.edu.au) Are TAFE courses cheap?
- Because TAFE courses do not attract HECS fees and are mostly Government subsidised, they are considerably less expensive than programs offered by universities or private training providers.

TAFE OFFERS MANY OPPORTUNITIES FOR PART-TIME STUDIES.



## LEAVING SCHOOL ENTERING TAFE

### ENTERING TAFE

Are TAFE courses cheap?

TAFE NSW is working with government and non-government schools to implement the Education Amendment Act, 2009.

From 2010, all NSW students must complete Year 10 and most students will do this at school.

For students who are 15 or 16 years of age who have not completed Year 10, exceptional circumstances apply. Where the School Principal, parent/caregiver and the TAFE Institute Director all agree, young people can complete the equivalent of Year 10 of secondary education at TAFE NSW.

Australian Qualifications Framework (AQF) vocational Certificate II qualifications have been approved as the "equivalent of Year 10" for this purpose.

#### *You need to be at least 15 years old*

The minimum age for studying at TAFE NSW is 15 years. Specific age or work experience or competency requirements may also apply to individual courses or modules within a course.

#### *Your study may involve formal and/or informal assessment*

Informal assessment, where your teacher makes a brief comment and gives advice on the way you are performing a task, is just as important to your progress as the more formal assessment of a project or test. But it is only the formal assessment, where a mark or grade is awarded, which counts towards your final result.

At TAFE NSW, some modules and some courses are graded; on successful completion you will receive a result of 'Distinction', 'Credit' or 'Pass'.

Other courses and modules are ungraded; on successful completion you will receive an ungraded result of 'Pass'. When you begin your studies at TAFE NSW, you will be given detailed information about how you will be assessed and how your results will be recorded and reported. If you have any concerns or questions about assessment, you should talk to your teacher.

### LENGTH OF COURSES

#### *The length of the course usually depends on its level*

The time taken to do a course varies with the level of the course. As a general guide, courses range from about 18 weeks full-time for Certificate I courses to two years full-time for Diploma courses. Part-time attendance takes longer. There are, however, Statements of Attainment, which may take only a few part-time weeks, or even less, as well as many short courses which you can complete in a day or two.



- *Because TAFE courses do not attract HECS fees and are mostly Government subsidised, they are considerably less expensive than programs offered by universities or private training providers.*

**FOR MORE  
DETAILS, CHECK  
OUT THE WEBSITE:  
[www.tafensw.edu.au](http://www.tafensw.edu.au)**



## LEAVING SCHOOL ENTERING TAFE

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### LENGTH OF COURSES CONT ...

At TAFE NSW, you can choose full-time, part-time and other flexible study and attendance options to suit your circumstances. For example, in some courses you can start full-time, find a job in your chosen field and finish your study part-time. In other courses you can study at your own pace from wherever you choose.

*TAFE NSW is about flexibility and opportunity.*

Our students are selected through a variety of means so that as many people as possible have an opportunity to enjoy education and training, and so that students and courses are well matched.



### ENTRY REQUIREMENTS

Most TAFE NSW courses have entry requirements. These are the qualifications, knowledge, skills and experience you must have before you can enrol. They reflect the minimum level of prior learning you need in order to have a reasonable chance of successfully completing the course.

You can find the entry requirements for each course in the course descriptions on [www.tafensw.edu.au](http://www.tafensw.edu.au).

- *Full-time study would mean that you are enrolled for more than 20 hours of study a week.*

### EQUIVALENCIES

TAFE NSW does not select students on the basis of their Tertiary Entrance Rank (TER) or Australian Tertiary Admission Rank (ATAR). However, where courses specify satisfactory achievement in particular HSC (Years 11 and 12) subjects as an entry requirement, your level of achievement in those subjects may be taken into account.

*Being a full-time student, you are eligible for certain financial assistance.*

#### *Definition of Years 11 and 12*

For entry requirements, TAFE NSW defines Years 11 and 12 as follows:

##### *Year 11*

Completion of Preliminary Year (Year 11) with a minimum of 10 units in the NSW Preliminary Record of Achievement (or equivalent statement from another educational authority).

##### *Year 12*

Satisfactory completion of Year 12 with a minimum of 10 units in the NSW HSC Record of Achievement (or equivalent statement from another educational authority).



## LEAVING SCHOOL ENTERING TAFE

### FULL-TIME AND PART-TIME STUDY

TAFE NSW offers study full-time and part-time. Full-time study would mean that you are enrolled for more than 20 hours of study a week. Being a fulltime student, you are eligible for certain financial assistance. Part-time study means that you are enrolled for less than 20 hours per week, so usually it will take you longer to complete a course than studying full-time. Classes can be during the day or in the evenings. Some courses can also be offered through learning in blocks of time, and some can be scheduled over weekends. Contact your local college for possible options

### OPTIONS FOR PEOPLE WITH DISABILITIES

It is TAFE NSW policy that vocational education and training should be equally available to everyone. TAFE NSW consults with people with disabilities, community groups and government agencies to find the best ways of putting its policy into practice.

Teacher/consultants for students with disabilities are located at campuses throughout TAFE NSW Institutes. Teacher/consultants specialise in the following areas:

- deafness or hearing impairment
- intellectual disability
- learning disability
- neurological disability
- physical disability
- psychiatric disability
- vision impairment

Teacher/consultants are available to help you with your study needs. They can organise services with you to help you participate in courses at TAFE NSW. Your right to privacy and confidentiality will be respected. A teacher/consultant can help you by providing:

- pre-course counselling
- assistance with course selection and enrolment
- assistance to identify the most appropriate classroom support and assessment modifications
- access to tutorial support, adaptive technologies, sign language interpreters, note-takers or disability assistants.

Can I study  
at the  
nearest TAFE?



- *Not always. Most skill areas are offered at a number of different institutes and campuses, but not all. You should take the campus location where the course is offered into account when making your choice.*



LEAVING SCHOOL  
ENTERING TAFE

DISABILITY SERVICES

Before you enrol, you should seek course advice and educational support from either a teacher/consultant for students with disabilities or a counsellor at your local campus.

See the contact numbers for more information, or call the Disability Program's general numbers on (02) 9244 5085 or TTY (02) 9244 5096 (Telephone Typewriter for people who are deaf/hearing impaired).

The Australian Communication Exchange (ACE) provides a National Relay Service (NRS) on 133 677. The NRS is an Australia-wide telecommunications service available 24 hours a day and relays calls between people who are deaf or have a hearing or speech impairment and the wider community. A range of services is available for people with different needs who need to access the telephone easily.

I have a disability, how do I enrol?



- *Seek course advice and educational support from a TAFE NSW consultant for students with disabilities*

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Highway Chatswood, NSW, 2067

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## LEAVING SCHOOL APPRENTICESHIPS

### APPRENTICESHIPS

Australian Apprenticeships (often referred to as apprenticeships or traineeships) are available to anyone of working age.

You do not need a secondary school certificate or other qualification to be able to do an Australian Apprenticeship.

You can do an Australian Apprenticeship if you are a school-leaver, re-entering the workforce or as an adult worker simply wishing to change careers.

You can even begin your Australian Apprenticeship while you're still at school finishing Years 11 and 12.

Australian Apprenticeships offer opportunities for you to train, study and earn an income at a variety of qualification levels in most occupations as well as in traditional trades.

As an Australian Apprentice you can combine time at work with training, and can be either full-time, part-time or school-based.

When you finish your Australian Apprenticeship, you will have a nationally recognised qualification that can take you anywhere in Australia and one that is held in high regard in many overseas countries as well.

You will have many options for your future to think about and choose from.

### SO YOU WANT TO BECOME AN AUSTRALIAN APPRENTICE?

Australian Apprenticeships (often referred to as apprenticeships or traineeships) are the best way to combine training and employment and they can lead to a nationally recognised qualification.

Australian Apprenticeships are delivered through a cooperative arrangement between the Australian Government, State and Territory Governments, industry, employers and Registered Training Organisations.

*Australian Apprenticeships offer a range of benefits, they:*

- Are a great way to get a head start in a chosen career
- Involve paid work and structured training that can be on-the-job, off-the-job or a combination of both
- Represent 'competency based' training meaning individuals can complete their training faster when they reach the required skills level
  - Enable existing skills and prior experience to be recognised and course credit granted, potentially reducing formal training time
    - Are available as full-time, part-time, or school-based
- Lead to nationally recognised qualifications and skills which can provide a basis for further education and training over the course of a person's working life; and
  - Are an important pathway from school to work.



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[australianapprenticeships.gov.au](http://australianapprenticeships.gov.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## LEAVING SCHOOL APPRENTICESHIPS

### ELIGIBILITY

Australian Apprenticeships are available to anyone of working age.

You can do an Australian Apprenticeship if you are a school leaver, re-entering the workforce or as an adult worker simply wishing to change careers or gain new skills.

You can even start your Australian Apprenticeship while you are still at school finishing Years 11 and 12.

### OCCUPATIONS

Australian Apprenticeships are available in a variety of certificate levels in more than 500 occupations across Australia, in traditional trades, as well as a diverse range of emerging careers in most sectors of business and industry. For a comprehensive list of occupations and career pathways available through an apprenticeship or traineeship in your state or territory please visit [www.aapathways.com.au](http://www.aapathways.com.au).

## STEPS TO BECOME AN APPRENTICE

### PREPARATION

Australian Apprenticeships are available in over 500 occupations, so you'll need to spend time thinking about and researching the career path that best suits you.

The Australian Apprenticeships Pathways ([www.aapathways.com.au](http://www.aapathways.com.au)) website contains detailed information about potential Australian Apprenticeship job options and pathways. You can also take a number of practice aptitude quizzes to see if you are suited to the career pathway of your choice.

If you are still at school you should discuss options such as an Australian School-based Apprenticeship with your parents, carers, careers advisers and teachers.

Videos of apprentices and trainees sharing their experiences across a broad range of industries can be found on the Australian Training Awards 'Real Stories Real Achievements' <https://www.australiantrainingawards.gov.au/story> and the Australian Apprenticeships Pathways 'Australian Apprenticeships - My Gain' <https://www.youtube.com/user/AAPathways> channels. These videos may help you to better understand what your chosen pathway may entail.



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## LEAVING SCHOOL STEPS TO BECOME AN APPRENTICE

### ACTION

For more information and advice on all aspects of Australian Apprenticeships, contact your local Australian Apprenticeship Support Network provider

<https://www.australianapprenticeships.gov.au/find-my-aasn/map>. You may be able to access targeted support services to select the apprenticeship, occupation or training pathway that is most suited to you. These services could include assessing your suitability for an apprenticeship and connecting you with an employer.

For information about the structure and fees of a particular course, contact a Registered Training Organisation. [www.aapathways.com.au](http://www.aapathways.com.au)

Alternatively, you can find an employer willing to take you on as an Australian Apprentice. You can do this by:

- contacting a Group Training Organisation
- contacting a jobactive organisation in your region
- looking in the job vacancy ads in your local paper or on the web
  - contacting employers in the industries you'd like to work in
- networking to see if there are any opportunities within your local community, friends or family.

Once you've found an apprenticeship, ask your employer to call their local Apprenticeship Network provider who will work with you and your future employer to identify the training and support you will need throughout your apprenticeship. They also will help you to sign-up to your training contract and assess eligibility for Australian Government incentives and Trade Support Loans for you and your employer.

### WHERE CAN I FIND MORE INFORMATION?

For more information and advice on all aspects of Australian Apprenticeships, contact your local Apprenticeship Network provider.

<https://www.australianapprenticeships.gov.au/find-my-aasn/full-list>

#### *For general employment information:*

- for assistance in obtaining employment visit the Australian Job Search web site <https://jobsearch.gov.au>
- to find a jobactive organisation in your region, visit the jobactive website <https://jobsearch.gov.au> or call 13 62 68
- for wages, benefits and allowances information call the Fair Work Infoline on 13 13 94 or visit the Fair Work Ombudsman <https://www.fairwork.gov.au>
- for information on Youth Allowance, Austudy or ABSTUDY call the Human Services Australian Apprenticeships hotline on 13 36 33 or visit the Department of Human Services website <https://www.humanservices.gov.au>
  - for information on assistance for people with a disability call the Employment Assistance Fund on 1800 464 800 or visit Job Access <https://www.jobaccess.gov.au>



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## LEAVING SCHOOL EMPLOYMENT CONDITIONS

### EMPLOYMENT CONDITIONS

Conditions of employment for Australian Apprentices are the same as for other employees. This includes hours of work, overtime, holidays, personal leave, superannuation and other penalty provisions. Additional working conditions for Australian Apprentices require that you have:

- every opportunity to learn the skills and acquire the knowledge of your trade or traineeship
- access to structured on and/or off-the-job training
- paid time off work to attend training when necessary
- a safe working environment

To help you understand your workplace rights, the Fair Work Ombudsman has a dedicated Apprentice entitlements page where you can download the Guide to starting an apprenticeship, which provides detailed information about your rights and responsibilities as an apprentice.

If you need more help you can register for a free My account or call the Fair Work Infoline on 13 13 94.

### WAGES AND AWARDS

All Australian Apprentices must receive the wages and conditions under an appropriate award, approved enterprise agreement, or the national minimum wage and the National Employment Standards.

To find out your rate of pay and your entitlements, use the Fair Work Ombudsman's Pay and Conditions Tool (PACT). You can save your results or make an online enquiry by registering for a free My account.

### PAY SLIPS

Australian Apprentices must receive a pay slip, that includes details such as the period of employment to which the pay relates, the hours worked (including overtime), gross pay, tax deducted, other deductions and net pay, within one working day of payment.

It's best practice for apprentices to keep a record of their working hours. To help you record and store your hours, you can use the Fair Work Ombudsman's free Record My Hours App. The app is downloadable from the iTunes store and Google Play store.



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[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## LEAVING SCHOOL EMPLOYMENT CONDITIONS

### OTHER OBLIGATIONS

You are eligible to receive the same entitlements as full-time or part-time employees such as:

- leave (personal leave, annual leave, parental leave, compassionate leave)
  - allowances (tool allowance, uniform or laundry allowance, travel allowance) as set out in the relevant legislation, industrial award or workplace agreement
- employer superannuation contributions.

### STATE LEGISLATION

Australian Apprentices are also covered by state or territory legislation such as anti-discrimination laws and Occupational Health and Safety laws in the workplace.

### FAIR TREATMENT

You should be treated the same as any other employee and be able to take action if you feel you have been bullied, harassed, discriminated against or your safety has been jeopardised.

### PROBATIONARY PERIOD

The probationary period stipulated in the Australian Apprenticeship Training Contract allows you to be assessed before being taking them on permanently. You may still be entitled to notice of termination under the relevant award, enterprise agreement, or National Employment Standards during the probationary period.

### WORKERS' COMPENSATION

You are entitled to workers' compensation. For specific information view your relevant state or territory government's legislation.

### NATIONAL CODE OF GOOD PRACTICE

A National Code of Good Practice for Australian Apprenticeships has been developed to assist both parties entering into a Training Contract with a clear understanding of each other's obligations and expectations.

For more information and advice on all aspects of Australian Apprenticeships, contact your local Apprenticeship Network provider or your local State or Territory Training Authority.



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## LEAVING SCHOOL

### FINANCIAL INFORMATION

#### FINANCIAL INFORMATION

It can be financially difficult entering the workforce as an Australian Apprentice, particularly in the first and second year. Depending on your Australian Apprenticeship, and your situation, you may be eligible to attract financial support to help you through this stage of your career.

#### TRADE SUPPORT LOANS

Trade Support Loans are loans paid to an eligible Australian Apprentice in instalments totaling up to \$20,808 over the life of the apprenticeship. These loans assist Australian Apprentices with everyday costs while they complete their Australian Apprenticeship.

The Program started on 21 July 2014.

Trade Support Loans are available to Australian Apprentices undertaking a certificate III or IV level qualification leading to a priority trade occupation that currently appears on the National Skills Needs List as well as a number of agriculture and horticulture qualifications at the certificate II, III and IV levels. For more information on eligible qualifications, please refer to the Trade Support Loans Priority List Fact Sheet.

#### LIVING AWAY FROM HOME ALLOWANCE

The Living Away From Home Allowance (LAFHA) is an allowance for eligible Australian Apprentices of any age during the first three years of training if they have to move away from their parents' or guardians' home in order to take up or retain an Australian Apprenticeship.

The allowance is available to eligible full and part-time Australian Apprentices and Australian School-based Apprentices during the first three years of their training.

#### USER CHOICE

User Choice is a national policy whereby State and Territory Governments fund Registered Training Organisations to provide structured training to Australian Apprentices.

These funds reduce the cost of the training that an Australian Apprentice or the employer will have to pay under an Australian Apprenticeship.

The amount of funding and training available under User Choice is different in each State and Territory, with each State and Territory having different priority areas to direct their User Choice funds.

#### YOUTH ALLOWANCE AND ABSTUDY

Australian Apprentices may also be eligible to access fortnightly payments delivered by Centrelink.



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## LEAVING SCHOOL SERVICES



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### SERVICES

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[www.ausapp.com.au](http://www.ausapp.com.au)

**Australian Apprenticeships  
Pathways**  
[aapathways.com.au](http://aapathways.com.au)

**Australian Training Awards**  
[australiantrainingawards.gov.au](http://australiantrainingawards.gov.au)

**Business.gov.au**  
[business.gov.au](http://business.gov.au)

**Fair Work Ombudsman**  
[fairwork.gov.au/](http://fairwork.gov.au/)

**jobactive**  
[jobactive.gov.au](http://jobactive.gov.au)

**Labour Market Information  
Portal**  
[lmip.gov.au](http://lmip.gov.au)

**MoneySmart Rookie**  
[moneysmart.gov.au](http://moneysmart.gov.au)

**Myfuture**  
[myfuture.edu.au](http://myfuture.edu.au)

**MySkills**  
[myskills.gov.au/](http://myskills.gov.au/)

**National Centre for Vocational  
Education Research**  
[nover.edu.au](http://nover.edu.au)

**National Training Complaints  
Hotline**  
<https://www.education.gov.au/NTCH>

**OzHelp Foundation**  
[ozhelp.org.au](http://ozhelp.org.au)

**Reading Writing Hotline**  
<http://www.readingwritinghotline.edu.au/>

**Tradeswomen**  
[trainingfund.com.au/tradeswomen](http://trainingfund.com.au/tradeswomen)

**Training.gov.au**  
[Training.gov.au](http://Training.gov.au)

**Unique Student Identifier (USI)**  
[www.usi.gov.au](http://www.usi.gov.au)

**WorldSkills Australia**  
[worldskills.org.au](http://worldskills.org.au)

For contact information and websites about  
Leaving School, please see **page 195**



Australian Government

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## Cambridge Park Family Counselling Services



**Dianne Clark - Mob: 0498 859 981**

Email: [clarkdianne129@gmail.com](mailto:clarkdianne129@gmail.com)

Proudly supporting the Streetsmart Program and The Local Kids



## 3SIXTY Global Logistics p/l

**Mob: 0412 445 420**

**Bexley North**

Email: [tom@3sixtyglobal.com.au](mailto:tom@3sixtyglobal.com.au)

An active member of our community supporting Streetsmart  
Helping support the Neighbourhood Watch, Families and  
the Youth in the Local Community





## LOANS



### NEEDING A LOAN

The first thing to look at when deciding on a loan is whether a fixed rate of interest or a variable rate of interest applies. Fixed interest rates will remain the same for a set period of time. This should be stipulated in the credit contract. Variable interest rates will move up or down depending on the market.

Fixed interest rate loans will give you greater control over your finances because the repayment amount will remain the same for the fixed interest period. However, generally with fixed interest rate loans you will not be allowed to make more than the agreed repayments (pay off the loan quicker), without incurring a penalty. Check with the lender on any conditions that apply.

You can also choose to split the type of interest rate that applies to a loan. This can be done in two ways:

1. when a fixed interest rate applies to the loan for a period of time only and can then be changed to a variable interest rate
2. where part of the amount borrowed attracts a fixed interest rate and the remainder a variable interest rate.

[www.moneystuff.net.au](http://www.moneystuff.net.au)

### CONSOLIDATION LOANS

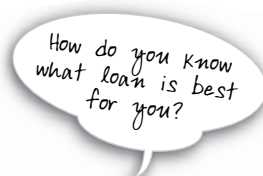
Some lenders will offer consolidation loans.

These loans allow you to group together your smaller loans. The advantage of a consolidation loan is that you only have to make one repayment per month. The disadvantage is that you will usually be paying the loan off for a longer period of time.

### PRINCIPAL AND INTEREST

When you use credit you are using someone else's money (the lender's). You will need to pay the amount you borrowed back — this amount is called the principal.

You will also be charged interest by the lender for using their money. The interest rate charged will usually be expressed as a yearly rate (the annual percentage rate), for example 14% p.a.



- *Financial counsellors can advise you on the kind of loan best suited to your repayment ability and the time you have to pay it back. Ask for advice on fixed and variable rates of interest and consolidation loans.*

*Credit and Debt Hotline:  
1800 808 488*



## MONEY LOANS

### PRINCIPAL AND INTEREST

The total amount that you will need to pay back to the lender (the debt) will depend on the amount you borrowed, the interest rate charged and the length of time that you borrowed the money (the term of the loan).

Lenders will usually calculate interest charges on a daily basis. The interest is calculated by multiplying the debt that you owe each day by the annual percentage rate and then dividing it by 365. These interest charges are usually added to your loan account each month.

[www.moneystuff.net.au](http://www.moneystuff.net.au)

### CREDIT

#### WHAT IS CREDIT?

You may want to go on a holiday or buy a new car but you haven't got the cash.

One way to get things you want now is with credit. Credit is the promise to repay, plus interest, money borrowed from another. Examples of credit include housing loans, credit cards, personal loans and store cards.

Credit providers or lenders include banks, credit unions, finance companies and other businesses.

[www.moneystuff.net.au](http://www.moneystuff.net.au)

#### SHOPPING FOR CREDIT

Before shopping for credit you should ask the lender or credit providers for the following information:

- The interest rate(s) applicable
- How the interest is calculated and when it is charged
- The amount of fees and charges payable
- Details of any commission.

You can use this information to compare different credit products.

#### HINTS ON CHOOSING CREDIT

- Shop around — this can save you money
- Don't automatically take the credit suggested by a sales person. It may not be the best deal for you
- Check out the interest rates offered by different lenders such as banks, credit unions, building societies and other businesses

When do you have to pay interest on your loan?



- *Interest is usually charged every month — check your loan account statement.*

*Credit and Debt Hotline:*

1800 808 488

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## MONEY CREDIT

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### HINTS ON CHOOSING CREDIT CONTINUED

- Compare comparison rates
- Don't sign anything unless you are sure of the credit that is being offered.

A credit contract is a legally enforceable document. Read all the documents carefully and don't be pressured to sign there and then — there is no need to.

### BUDGETING

Managing credit or simply covering expenses is not always easy.

A budget can help you plan for your expenses. It involves adding up your earnings each week (or fortnight or month) and subtracting the amount that you spend on essentials. Examples of essentials are rent, food, phone/ electricity/water bills, petrol, fares and loan repayments. The amount of money that is left can be used to buy things that you want or you can save it.

You should include yearly expenses such as car registration and insurance in your budget. You can divide these totals by 52 for the amount to budget for each week (or divide by 26 for the amount to budget each fortnight or by 12 if your budget is calculated on a monthly basis).

### BEFORE YOU SIGN A CREDIT CONTRACT

The law provides that lenders must give you the following written information before you sign a credit contract:

- The credit provider's name
- The amount of credit that is to be provided
  - The annual percentage rate(s)
  - How interest is calculated and when it is charged
- The total amount of interest if the loan is paid within 7 years
  - Any enforcement expenses that may become payable
    - Credit fees and charges
  - How you will be informed of changes to the contract
  - Any default rate of interest and how this is calculated
    - How often statements will be provided
    - Commission charges
- Any related insurance that is financed under the contract.

[www.moneystuff.net.au](http://www.moneystuff.net.au)

*I need some extra money!*



- *Credit providers can help you get what you want right away, but read the fine print carefully and be fully aware of all the fees and charges you are up for — on top of the amount you are borrowing*

**Credit and Debt Hotline:**

1800 808 488



[www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au)  
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[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## CREDIT CARDS

I need some  
credit advice!



The biggest danger with credit cards is the temptation to buy things you can't afford and don't need. The secret to smart money management is a budget and a limit on your credit card that you know you can afford.

## WHICH CARD?

Regardless of the financial institution or company you go to, there are basically two types of credit cards available:

- One charging an annual fee but offering an interest free period of up to 55 days – after which interest charges are quite high
- One with no annual fee but interest charged from the date of purchase. The interest rate on this card is usually lower and may suit you if you cannot pay off your credit card debt at the end of each month.

## QUICK TIPS ON CREDIT CARDS

- Ask yourself what kind of scheme will best meet your needs
- Shop around for the lowest rate of interest
- Be aware of financial charges
- Check the fine print and understand all the terms and conditions before you sign up.

## Once you find a card:

- Work out your budget and fix a realistic limit
- Pay bills promptly to keep interest charges to a minimum
- Avoid cash advances. With most schemes you pay interest charges from the date of the advance
- Keep all your receipts to check the charges when your bill arrives
- Protect your card and account numbers to prevent unauthorised use.

- *If you need help with budgeting, calculating your repayment ability or to just get some advice on credit before you sign a contract, you can contact a financial counsellor.*

*Financial counsellors provide free, confidential services and are available through some local neighbourhood centres, church groups and some community legal centres.*

**Credit and Debt Hotline:**

1800 808 488



## MONEY ACCOUNTS

### HANDLING MONEY

There are many different kinds of accounts available to you, from basic savings accounts that earn interest to transaction accounts with keycards for ATM access.

Many accounts incur fees, which are generally charged monthly. Since all banks and their accounts differ, it is a good idea to shop around for the most appropriate account type and 'deal' for you. You can contact a bank by phone or the Internet to find out about the accounts and fees they offer. Most banks cater for their younger customers with accounts suited to younger people's needs.

### OPENING AN ACCOUNT

To open any new account the bank will require several important details from you. Apart from details like your name, address and your occupation, you'll need to supply the following information:

- The name you wish the account to be in
- Whether the account will be held in trust (if so, other details may be required)
- The name and residential address of all people who will operate the account (signatories)
- Any other name that you or the account's other signatories may be known by (such as a stage name or maiden name).

If this is your first account with your chosen bank:

As part of the Financial Transaction Reports Act (FTRA), it's required that everyone who opens an account, along with all signatories to the account, must be identified, so if you're opening an account for the first time this applies to you. You can meet the identification requirements by either:

- a) providing certain identity documents — the 100 points identification system; or see the next section on proving your identity.
- b) providing a reference from an acceptable referee. See next page for section on 'Acceptable references'.



- *Credit cards can be very useful but they have their drawbacks — you can be tempted into making more impulse purchases and spending beyond your means.*

*If you are very disciplined in your spending and pay back what you've spent on the credit card within the credit period, then they can work well for you.*

**Credit and Debt Hotline:**

1800 808 488



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## MONEY ACCOUNTS

### PROVING YOUR IDENTITY

How can you open a bank account?



- You can open a bank account in your name over the phone, on the Internet or by visiting your local branch.

#### a) The 100 points identification system (FTRA).

The Commonwealth Government has allocated a 'points value' to each form of identification, ranging from 25 to 100 points. To open a bank account, you need to provide a total of at least 100 points of identification for you and any other signatories.

Acceptable forms of identification that you may possess include the following:

(Remember, you only need to bring documentation totalling 100 points or more.)

The 100 points identification system (FTRA).

**100 pts** Centrelink personalised letter

**100 pts** Acceptable reference

OR

**70 pts** Passport, full birth certificate, citizenship certificate

**PLUS any of the acceptable forms of identification listed below:**

**40 pts** Driver's Licence/Permit (Australian)

– must have your signature and/or photo

**40 pts** Identification card issued to a student at university or TAFE

**40 pts** Pensioner Concession Card or Health Care Card issued by Centrelink

**25 pts** Current credit card or ATM access card from any financial institution (more than one can be used if issued by different financial institutions)

**25 pts** Store card, Medicare Card, Keypass photo identification card, passbook from any financial institution containing a black light signature (more than one can be used if issued by different financial institutions).

#### b) Acceptable references

The Commonwealth Government has an **approved list of acceptable referees** who you can use to verify your identity when opening an account. Some examples are a medical doctor, Justice of the Peace, Member of Parliament, solicitor or bank manager.



MONEY  
ACCOUNTS



PROVING YOUR IDENTITY CONTINUED

Your referee must have known you for at least 12 months and have sighted your passport, birth certificate or citizenship certificate. Their reference must be in writing on the correct, specified form. (Your bank will provide you with this.)

**IF YOU ARE UNDER 18 OR A SPECIAL CASE**

If you do not have enough identification to make 100 points your bank will usually have special identification provisions for:

***People under the age of 18***

A letter from an educational institution, written on its letterhead and signed by the Principal or Deputy, confirming you attend the institution. The letter must include:

- your name and date of birth; OR
- a travel document (e.g. passport); OR
- a birth certificate; OR
- a citizenship certificate.

***People who have arrived in Australia within six weeks of their application***

A passport showing the date of your arrival, and evidence of arrival (e.g. airline ticket).

***Aborigines or Torres Strait Islanders in isolated areas***

A recognised community leader can verify a signatory (two verifications are required to make up 100 points).  
Certain people who receive Centrelink benefits.

A letter on Centrelink letterhead and addressed to the Manager of the branch where you want to open your account should be provided to your bank. It should be signed by the recipient of the letter and the Manager or Deputy of the Centrelink customer service centre, and dated less than 3 months prior to when it is used.



- *A passport and full birth certificate plus a driver's licence is an easy way to make up 100 points of identification that suits most people.*
- *If you need help working out what identification to bring, just ask your bank, Telephone Banking or branch staff.*
- *You'll only need to go through the 100 points of identification procedure with your bank once.*



## MONEY

## BUDGETING

## IF YOU GET INTO HOT WATER

I need some  
credit advice!



## Take action:

- Discuss the situation with family and friends
- Speak to your credit card provider and see what you can negotiate
- Seek advice.

Credit needs some **BRAVE** steps:

**B**udget for your repayments

**R**esearch the deals and charges

**A**void the “impulse buys”

**V**alue your freedom – fix a realistic limit for your card

**E**very credit charge is a debt – try alternatives to credit.

## BEGIN WITH A BUDGET

If you're moving out or staying at home you may have to start paying some new bills including rent or board, electricity, phone, mobile phone and gas, to name just a few. If you have a car there could be more.

Budgeting to pay these bills is not as easy as it sounds, especially if you are only relying on income from part-time work, Youth Allowance or Abstudy. Keep track of your budget so you can make sure you have the money to not only pay the bills when they arrive, but also have money on hand for the unexpected.

*First, look at how much you really spend each week and then work out how much you have coming in.* Write down and add up how much you spend each day, week, month or quarter on:

- Your home – rent, board, gas, electricity telephone, insurance
- Food and clothes – don't forget take-away meals and any clothes you buy for work
- Travel – list the costs of running a vehicle (insurance, rego, petrol, service costs) or any public transport costs
- Financial commitments – include the repayments you should be making on any loans or credit cards
- Entertainment, videos, movies, restaurants, cafes etc

- *If you need help with budgeting, calculating your repayment ability or to just get some advice on credit before you sign a contract, you can contact a financial counsellor. Financial counsellors provide free confidential services and are available through some local neighbourhood centres, church groups and some community legal centres.*

**Credit and Debt Hotline:**

1800 808 488





MONEY

## BUDGETING

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BEGIN WITH A BUDGET CONTINUED ...

- Other things – cigarettes, alcohol, study fees, CDs, magazines, gifts etc. Don't forget regular occasional items like haircuts or video rental. And do you have any pets? A mobile phone? Do you buy scratch-its or lotto?

**Be honest! This can only help you make it as complete as possible.**

**Now add up all the money you have coming in:**

- Wages – include any money from casual work you do
- Government assistance – Youth Allowance or Abstudy
  - Student loans
- Share dividends, interest from term deposits etc.

If your outgoing is more than your income, you will need to work out how you can get more money coming in than going out and where. You may have to make some sacrifices.

Look carefully at all the things you buy that are not strictly necessary and find ways to spend less. You might be able to get more money coming in too, either regularly or a one-off.

By keeping your income higher than your spending, you'll have enough money to not only pay the bills, but to also put some aside. It's a good idea, especially when you're faced with the unexpected, like your fridge blowing up or your car breaking down.

**If the borrower does not do what they promised to do in the credit contract (i.e. not repaying the debt), this is called 'a default'.** A lender must give a borrower written notice before they take legal action if the borrower defaults. This notice is called a 'default notice'.

*The types of legal action that lenders can take include:*

- Repossessing the mortgaged property
- Applying to the Court for it to decide how much the borrower owes the lender (this is called a judgment).

The default notice must set out what you, the borrower, have not done and what you must do for the lender not to take legal action.



- *If you need help with budgeting, calculating your repayment ability or to just get some advice on credit before you sign a contract, you can contact a financial counsellor. Financial counsellors provide free confidential services and are available through some local neighbourhood centres, church groups and some community legal centres.*

For contact information and websites about Money, please see **page 195**

*Credit and Debt Hotline:*

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## LEAVING HOME



### LIVING AWAY FROM HOME

Take time to consider the pros and cons of your existing situation and the options available to you before you decide to move. It is cheaper to live at home with the people you know. **Moving out to live on your own can give you additional freedom, but it also involves more responsibilities.**

Are you thinking about moving into an established share house or maybe setting one up? Or would you prefer to share a flat with a close friend?

But whatever you decide to do, you need to understand your rights and responsibilities as a tenant before making the move.

Basically, the idea of renting is that you pay money (rent) to live in someone else's house or flat. This arrangement is made legal when you sign a lease (residential tenancy agreement). Usually you will deal with a real estate agent and not with the landlord (owner of the house/unit) when paying the rent and organising repairs.



### SHARE HOUSES

It may be cheaper to move into an already established share house. Hopefully the other tenants will have already furnished the common areas like the kitchen, laundry and lounge room. Find out which areas of the house you are able to use.

If you decide to move into an established share house you will need to find out what your legal status will be. Doing this at the beginning, during the interview, would be ideal. Make sure you fully understand what you're getting yourself into. Ask as many questions as you need to. If you are going to sign the lease with the other tenants then you will become a co-tenant and share all the rights and responsibilities of the tenancy. If you pay a share of the bond, you and the other tenant/s and the landlord or agent will need to sign a Change of Shared Tenancy form

Another type of arrangement is where you live in the house but your name is not on the lease. The tenant/s named on the lease become the head-tenant and they are responsible to the landlord for the place that you're living in. In turn, you are responsible to the head tenant who is in effect your landlord.

You can sign a written lease with the head tenant and be covered by the tenancy laws or you can have an informal arrangement, which will give you fewer rights, but more flexibility. Whatever kind of arrangement you are in, make sure to get written receipts for any payments you make.

- *If there are problems where you are living, moving out can be an expensive decision and may not be the best solution.*



#### MONEYSTUFF

*a website for students and teachers about buying stuff and renting*

[www.moneystuff.net.au](http://www.moneystuff.net.au)

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## MOVING OUT HOUSING

### SHARE HOUSES CONT ...

If you decide to set up a house with a few friends, discuss it fully and get agreement from everyone on the sort of place you want to live in. Things to consider are:

- The rent that you can afford.
- How much money you will need to cover upfront costs.
- What furniture you will need (fridge, bed, cooking utensils).
- If there is car parking space or a garden.
- How many people you want to live with.

### WHAT WILL IT COST TO MOVE?

A lot of money is involved in renting a house or flat. You will be asked to pay two week's rent in advance and a bond (usually 4 week's rent) as a security deposit. You will also need to pay a small amount to have the lease (residential tenancy agreement) prepared.

Then there are costs associated with connecting the electricity, gas, water and telephone. Most of these utilities require an initial deposit or connection fee.

The other big expense is for furniture, household goods and electrical and electronic equipment.

*A rental checklist is a list of items to check in the house or flat that you are considering renting. Sometimes when you look at places, you may forget to check things. This checklist will help to jog your memory.*

<i>Check these features</i>	<i>Yes</i>	<i>No</i>	<i>Not important</i>
Is the weekly rent within your budget?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Will you have to pay for water usage?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is the house in good condition for its age?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turn on the taps. Is the water pressure strong or weak?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a laundry? Will you need one?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



- *When you have an idea of a location, features and costs, you are ready to look for a house. Houses and flats that are available for rent are advertised in:*

1. *The 'to let' sections of local and metropolitan newspapers*
2. *Real estate agents' shop windows and their Internet sites*
3. *Uni, TAFE and community noticeboards.*



## MOVING OUT HOUSING

### A RENTAL CHECKLIST

<i>Check these features</i>	<i>Yes</i>	<i>No</i>	<i>Not important</i>
Does the bathroom or toilet leak?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check the appliances. Do the stove and/or hot water service work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a TV aerial and connection to it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are any repairs needed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there any signs of rats or cockroaches?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is the house near public transport, a school or under a flight path?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you have a car, is there parking available?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a garden or lawn? If so, you will need to organise who will do the lawn mowing and gardening.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do any of the walls need painting? Check if the landlord will arrange this or give you a reduction in rent to organise the painting yourselves.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a telephone and connection available?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a place to shop for food and groceries nearby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is the house secure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### THE RENTAL APPLICATION

When you find a house or flat you may be asked by the real estate agent to fill out an application form.

The application form will ask questions about your address, work, previous renting situation and to supply the names of people that will give you a reference. You cannot be forced to fill out this form but if you don't, you may not be considered for the tenancy.

Once your application is approved, you may be asked to pay a holding fee of up to 1 week's rent. If the agent or landlord asks you for a holding fee they must keep the premises for you at least 7 days. The property must not be offered to anyone else during this time.

Love  
this  
loud  
music!!



- Remember in private board you have to fit in with the other people in the house.

---

IF YOU WANT TO  
SHARE A HOUSE  
THAT IS ALREADY  
ESTABLISHED,  
LOOK IN:

- The 'share accommodation' section of daily and metropolitan newspapers
- Uni, Tafe and community noticeboards.



## MOVING OUT

## APPLYING FOR A PROPERTY

## THE LEASE (RESIDENTIAL TENANCY AGREEMENT)

The lease or residential tenancy agreement is an agreement between you (the tenant) and the landlord. It is made up of two parts.

The first part sets out both the tenant's and the landlord's rights and responsibilities. If you sign the lease it means that you agree to abide by its terms and conditions. It is a legal document and you should read it before you sign it.

The second part of the lease is the condition report.

At the start of every tenancy, the landlord or agent must give you a copy of a Fair Trading publication called the New tenant checklist. The *New tenant checklist* contains important information you should be aware of before signing a new lease. Make sure you read it carefully and ask your landlord or agent about anything you do not understand.

Remember, you are committing to a legally binding contract and there is no cooling-off period. You need to be certain you understand and agree to what you are signing and that you are able to stay until the end of the fixed term.

One common additional term added by the landlord is that no pets are allowed. If you intend to get a pet or already have one, then ask the landlord's permission to keep the animal(s) before you sign the lease and have it mentioned as an additional term.

Additional terms that make the tenant spend money that are not already mentioned in the lease are illegal. You don't have to do what they ask, even if you have signed the lease

Examples of terms that may be illegal or unenforceable are:

- the tenant agrees to have the carpet cleaned professionally when they leave
- the tenant agrees to replace the tap washers, stove elements or is responsible for urgent repairs.

## THE CONDITION REPORT

Whenever you start a tenancy you will have to fill in a condition report. The report describes the condition of the place you are renting at the start of the tenancy and again at the end of the tenancy.

The landlord or agent will complete the report and give you two copies. You need to fill out the report and state whether you agree or don't agree with their description of the house and its contents. If you don't agree then you need to state this on the condition report and give a reason. You can attach a separate page to the report and take photos if you need to.

Wearing  
any gear  
is O.K.,  
it won't  
matter  
anyway



- Remember, when seeing an agent, look the part and dress smart.



## MONEYSTUFF

a website for students  
and teachers about  
buying stuff and renting

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## MOVING OUT APPLYING FOR A PROPERTY

You must return one of the copies of the completed condition report to the agent/landlord within 7 days. You should keep the other copy of the condition report until the end of the tenancy when you will make a final inspection of the place. You will need to compare the final inspection with the inspection made at the start of the tenancy. If you don't complete the condition report at the start of the tenancy you may be held responsible for things that existed before you moved in and this could be used as a reason for the landlord to keep part of your bond money.

Things to include on the condition report are:

- all existing damage in the property, even if minor
- whether water efficiency measures have been installed
- the water meter reading, particularly if the lease asks you, the tenant, to pay for water usage.

The condition report just lists the condition of the property. It does not mean the landlord has to repair everything that was noted. If any essential repairs need to be done, send a separate written request to the agent or landlord.

### THE BOND

Before you move in, you will need to pay a bond. This bond money is a form of security for the landlord in case you leave owing money for rent, water, cleaning or damage. The amount of bond will be written in the lease. The maximum amount of bond you can be asked to pay is 4 weeks rent. Only one bond can be taken for a tenancy. If there is more than one tenant, a separate bond cannot be taken from each one.

Once you give the real estate agent the bond, they must lodge it with NSW Fair Trading within 10 days after the end of the month. If you are renting directly from the landlord, they must lodge your bond with Fair Trading within 10 days of receiving it. You will receive a lodgement slip and a rental bond number in the mail. If you don't get this information, contact Fair Trading.

The bond money is held for the time that you are renting the place. At the end of your tenancy you and the real estate agent carry out a final inspection on the place. If there are no disputes over the condition of the place at the end of the tenancy the agent will fill out a Claim for Refund of Bond Money form. You need to sign this form and post or fax it to Fair Trading to be able to get your bond money back.

*Candles don't last very long these days!*



- *Don't live in the dark! It's your responsibility to get services connected.*



#### MONEYSTUFF

*a website for students and teachers about buying stuff and renting*

[www.moneystuff.net.au](http://www.moneystuff.net.au)

[www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au)  
13 32 20

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## MOVING OUT

## APPLYING FOR A PROPERTY

## THE BOND CONT ...

*Avoiding problems with the bond*

You can do a few things to avoid having problems with getting a refund of the entire bond at the end of the tenancy.

- Fill out the condition report at the start of your tenancy and note on it any faults and remember to return the condition report to the real estate agent within 7 days of receiving it.
- Take photos of faults/repairs that you think may cause a dispute later.
- Look after the place and leave it in the same condition to when you moved in (fair wear and tear excepted).
- Arrange to do the final inspection with the agent after you have moved out.
- If the agent won't come to a final inspection with you, have a friend witness it by signing the condition report.
- If the agent agrees to a full refund of your bond, make sure that the word NIL is written in the Refund Detail box on the Claim for Refund of Bond Money form.

## RENT

Rent is the amount of money that you pay for the right to live in someone else's house or flat. It is the main expense that you will be paying on a regular basis. The amount of rent should be agreed to before you sign the lease (residential tenancy agreement) and is written in the lease.

Every tenant must be given at least one way to pay their rent which does not involve paying a fee to a third party. If you are given a deposit book to pay rent directly into a bank account, you will not be given a receipt and the agent/landlord cannot charge you for the initial cost of the deposit book. If you lose it, you can be charged for a replacement.

If you pay rent in person, you must be given a receipt. The receipt must show:

- name of the tenant
- name of the landlord /agent
- address of the place you are renting
- amount of rent
- period of time that the rent covers
- date when the rent was paid.

*Rent increases*

From time to time the landlord may increase the rent. This will usually happen after the end of the fixed term of the lease (the initial term that the lease is set up for, usually 6 or 12 months). Before the rent is increased you must be given 60 days notice in writing. The notice must show you the new rent amount and the day the increase will take effect.

That's not what I agreed to pay!



- Remember, put all agreements in writing. There can be less disputes this way.

THE RENTING  
GUIDE IS  
AVAILABLE ON THE  
OFFICE OF FAIR  
TRADING'S  
WEB SITE

*(This booklet explains both your rights and responsibilities as a tenant and those of the landlord.*

*It is available free from the Office of Fair Trading)*





## MOVING OUT APPLYING FOR A PROPERTY

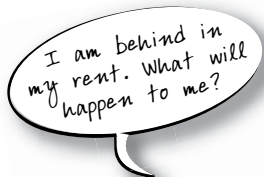
### RENT CONT ...

If you think a rent increase is too high you can negotiate with the landlord direct or through the agent, if they have one. You should explain why the rent increase is too high in a letter.

If the landlord agrees to a lower increase, ask them to put this in writing. There is no need for the landlord to give you another 60 days notice and the rent change will take effect on the same date as the original increase was due.

You can also apply to the Consumer, Trader and Tenancy Tribunal to see if a proposed rent increase can be reduced or withdrawn. You will need to do this within 30 days of receiving the rent increase notice.

Rent can only be increased during the fixed term if the lease has a term in it that shows increased amount method of calculating the increase and you must still be given 60 days notice.



### THE LEASE TERM

A lease (residential tenancy agreement) will usually have a fixed term for a specified period of time and this will be noted on the lease itself. This period can be 6 or 12 months, or some other period. Make sure you and your fellow tenants are going to be able to stay for the entire fixed period. Leaving early can make you liable for significant re-letting costs. Once the fixed term ends the tenancy continues and it becomes a continuing or 'periodic' agreement. If you choose to stay in the place under a continuing or 'periodic' agreement you must still follow the terms and conditions of the lease.

- *If you have not paid the rent, you should contact the owner/ agent by letter. If you do not pay the rent, the owner could evict you.*

### ENDING THE TENANCY

Generally when you or the landlord make a decision to end the tenancy, a written termination notice must be given.

#### *At the end of the fixed term*

If you want to end your tenancy when the fixed term period of the agreement is due to run out, you will need to give the landlord at least 14 days notice. This notice can be given up to and including the last day of the fixed term.

#### *After the fixed term*

If you want to end your tenancy after the fixed term has ended (and you have not signed another lease), you will need to give at least 21 days notice.

This notice can be given at any time and does not have to line up with the rent payment cycle. You must pay the rent up to and including the day your notice ends and you vacate.



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## MOVING OUT

## APPLYING FOR A PROPERTY

## ENDING THE TENANCY CONT ...

How do I get my bond back?



- *Complete a Claim for Refund of Bond Money Form. Any disagreement over how the bond is to be refunded should first be discussed between the parties.*

*If an agreement cannot be reached between the parties, the case can be pursued through the Consumer, Trader and Tenancy Tribunal.*

**Receiving notice from the landlord**

If your landlord serves you with a termination notice you can move out any time before the notice ends without having to give your own notice, unless the fixed term has not ended.

The minimum period of notice your landlord can give you to vacate is:

- 14 days – if you are 14 days or more behind with the rent or you have otherwise breached the tenancy agreement
- 30 days – if the fixed term of the agreement is due to end. In this circumstance, you are responsible for paying the rent until the last day of the fixed term, even if you move out before the notice ends
- 90 days – if the fixed term period has expired and no new agreement has been signed. In this circumstance, you are only required to pay rent until you hand back vacant possession of the property to the landlord.

**If the place is sold**

If the place is sold during the fixed term, the new landlord must let the tenancy continue as it is inherited with the sale. If you are happy to move out before the fixed term ends, you can negotiate this with the new owner but there is no obligation on you to agree to this. Any such agreement should be made in writing.

If the place is sold after the fixed term period has expired, the landlord or agent must give you at least 30 days written notice to leave the property. The notice can only be given after the old owner (seller) and new owner have exchanged contracts.

**Serving notice**

You should not use registered mail to serve notices, as it may not be collected. You cannot serve a notice by pinning it on or slipping it under the person's door. Likewise, you cannot serve notices by email, text message or over the phone.

A notice can be given by:

- handing it to the tenant or landlord in person at their residential or business address or
- handing it to somebody aged 16 or over at the tenant's or landlord's residential or business address or
- personally putting it in the tenant's, landlord's or agent's letterbox, in an envelope addressed to them or
- posting it to the tenant or landlord at the address they have specified for receiving notices (eg. care of an agent) or
- mailing it by ordinary post (add an extra 4 working days to the notice period to allow for delivery) or
- faxing it to the tenant or landlord
- if the tenant or landlord is a corporation, by faxing or posting it or handing it to a person aged 16 or over at the corporation's address.

Where there are two or more tenants or landlords, the notice may be given to either one and does not need to be given to both.



## MOVING OUT

## APPLYING FOR A PROPERTY

## ENDING THE TENANCY EARLY (DURING THE FIXED PERIOD)

In general, you cannot end the tenancy during the fixed term of the lease (residential tenancy agreement). By signing the lease, you have agreed to live there and pay rent for the period set out in the lease. However, sometimes a change of circumstances means you may need to break the lease early, for example, because you can no longer afford the rent or you have to move away.

The landlord may let you end the tenancy early. If they do, ask for it in writing. If the landlord doesn't agree to end the lease early, ask if you can try to find another tenant to take over the lease - this is called assignment or transfer of tenancy.

If the landlord won't let you assign or transfer the lease to someone else, you may have to pay some costs to leave, such as:

- rent until a new tenant moves in or until the fixed term of the lease expires
  - advertising costs for a new tenant
  - the re-letting fee (usually one week rent) when the property is let by an agent who charges the landlord a fee for finding new tenants
  - if you abandon the place you may have to pay compensation to the landlord for any loss, including rent.

**Optional break fee**

You and the landlord can agree to include a break fee clause in the lease. The break fee is a penalty you agree to pay if you move out before the end of the fixed term.

If the fixed term of the agreement is for 3 years or less the break fee is:

- 6 weeks rent if you move out in the first half of the fixed term
- 4 weeks rent if you move out in the second half of the fixed term.

Where there is a break fee in your agreement, that is all that you have to pay if you move out early. However, if the landlord or agent find another tenant quickly it does not mean that you will get any of the break fee back. It is a fixed fee.

**What if the landlord wants to end the lease early**

The landlord cannot end a lease during the fixed period unless you, as the tenant, have breached the lease terms. In these cases the landlord must give you 14 days notice. If you don't remedy the breach or move out, then the landlord can go to the Consumer, Trader and Tenancy Tribunal and get an order to have you evicted. They cannot evict you without an order. You will be liable for any rent up until you move out.

The owner has sold the house. What should I do?



- *Firstly, check if you are in a fixed term or continuing agreement. If you are in a fixed term tenancy, you may not be affected. If you are in a continuing agreement, the owner can give you a Notice of Termination.*

THE RENTING  
GUIDE IS  
AVAILABLE ON THE  
OFFICE OF  
FAIR TRADING'S  
WEB SITE.

For contact information and websites about  
Moving Out, please see **page 197**



**Australian Government**  
**Department of Defence**

# UNEXPLODED ORDNANCE (UXO)

## A QUICK TEST (WITH ANSWERS)

Q1. What are these?



*Answer: (a) Cricket Ball; (b) Baseball; (c) Grenade*

Q2. Which one is not to be played with?

*Answer: C (Grenade)*

Q3. Why?

*Answer: A and B are used to play sport and to have fun, C the grenade and other UXO are used to injure and kill people and must never be played with. Even very old UXO are still dangerous. Australian children playing with UXO have been killed or injured so badly their lives were ruined.*



Q4. These are all UXO. What should you do if you find something that may be a UXO.

*Answer: If you find something that may be a UXO, DO NOT DISTURB IT, tell your parents, teachers or police. Police will arrange for military experts to attend and dispose of it.*

Q5. Where can you get more information on UXO in Australia?

*Answer: From the internet at [defence.gov.au/uxo](http://defence.gov.au/uxo).*

**Results: Congratulations you aced it there were no wrong answers.  
UXO should not cause you any problems.**



## SCHOOLIES



### BE SAFE AND WATCH YOUR MATES

Don't go it alone. Watching your mates, and making sure they're safe, is the best way to have a great time at Schoolies.

Here are some handy tips to help make your Schoolies' memories good ones.

- Stick together. Always go out with at least one other person you know and make sure your friends know who you want them to call in an emergency.
- Be aware of your surroundings. If you sense danger from someone or some place, trust your instincts and leave immediately.
- If someone pays you unwanted attention, move to another area or get help from a friend, volunteer, security guard or police officer.
- If a friend is acting strangely, or unable to control themselves because they have drunk too much or they may have been drugged, seek immediate medical attention. Never leave them alone or with a stranger.
  - It's OK to walk away from a confrontation. You have a choice.

Avoid violence or risk serious physical, emotional and criminal consequences.

Remember, one punch can kill. So be smart and support people who don't fight!

- No means no! Unwanted or forced sexual behaviour is a crime.
- You don't need to drink or take drugs to have fun. If you do drink, give your body a break — enjoy some alcohol-free days and make every second drink a non-alcoholic one.
- Expensive fines apply for underage drinking, drinking in a public place and for possession and supply of alcohol to minors. You may also be fined for possession of a fake ID. Don't risk it — it could cost you thousands.
- Drink-spiking can happen anywhere, including quiet premises and private parties. Chances are you won't see or smell any difference. Buy your own drink and never leave it unattended. Report any incidents of drink-spiking to the police.
  - If you think a friend may have had their drink spiked, seek immediate medical attention. Do not leave them alone or with a stranger. If you are alone, a volunteer or ambulance officer can help.
- It is illegal to possess or consume drugs. In Queensland, 17 year olds have their drug offences determined in the adult court system.

No one will know  
I'm not 18 yet.



- *Make it your business to know the facts about underage drinking. Not only will a fine hurt your hip pocket but a drug or alcohol related conviction could affect your employability and ability to travel overseas in future.*





## PROTECTING YOURSELF SCHOOLIES

### CALL TRIPLE ZERO (000) IN AN EMERGENCY

What about the danger of drink spiking?

If you need urgent help from the police, ambulance or fire brigade CALL triple zero (000). Ambulance officers will not notify police unless they are prevented from performing their duties or a crime is being committed. If you need both an ambulance AND the police make sure you tell the operator this before you hang up, or call triple zero (000) again and ask for the services you need.

### PROTECT YOUR PRIVACY

Any personal information shared online via social networking websites can affect your safety and even your future job prospects. Set your profiles to private or friends only and only accept friend requests from people you know and trust.

If you receive a sexually suggestive or explicit photo do not send it to anyone else. Posting or emailing inappropriate images of other people, particularly those under 18, is a criminal offence. You could face child pornography charges if the photograph or footage is of someone under the age of 18.



- *Be conscious that drink spiking could happen and take precautions: buy your own drinks and never leave your drink unattended. If you notice one of your friends is unwell, get medical help immediately.*





## PROTECTING YOURSELF SCHOOLIES

### ACCOMMODATION

If you're travelling with friends for the first time, there are a few things you need to know about booking accommodation.

- It's a good idea to discuss costs and house rules, and make sure everyone in your group agrees before you leave home.
  - A **security bond** is money you pay (in addition to your accommodation costs) as insurance against any damage caused to the accommodation (room, furniture or fittings). If there is no damage, the bond is returned to you after your stay.
- Read your responsibilities under the booking terms and conditions, house rules and accommodation agreement.
- Inspect the accommodation carefully when you arrive and report any damage immediately so that you can't be blamed for it later. Take photos of any damage so you have proof as to what state the items/ accommodation was in before your stay.

Check out [www.schoolies.qld.gov.au](http://www.schoolies.qld.gov.au) for more useful information on how to have a safe Schoolies.

# 161



No one will know if we have people over.



- *Make it your business to know the house rules at your accommodation. Some house rules say that you cannot have any visitors. If you breach the rules you may be evicted and your Schoolies experience could be ruined.*





## PROTECTING YOURSELF OUT AND ABOUT

### SAFETY IN THE SOCIAL SCENE

Is it safe to go out at night?



- *For many people, attending cafes, nightclubs, bars and other public venues is a regular part of their social routine. By considering a number of simple personal safety strategies, these outings can be both enjoyable and safe.*

#### **Before you go:**

- Decide what you need to take, and leave everything else behind. Don't take lots of credit cards and only take the money you expect to spend.
- Keep everything you need to take in a safe place – don't carry your mobile or wallet loose.
- If you're meeting friends at a club later, tell them where you're going first and what time you expect to meet up with them.
- Save the number of a reputable taxi service on your mobile, or keep their card or number written down in your wallet and know how much it'll cost to get back home.
- Before going out, plan how you are to get home (which may include the use of cabs, not accepting a lift with someone who has been drinking and letting others know when you are leaving, what time you will get home and a text message that all is OK when you arrive home).

#### **At the venue:**

- Remember that alcohol and drugs can make you lose control. Watch the number of drinks you have – know your limit.
- Try not to leave your glass unattended, this will prevent your drink being spiked. When drinking out of a bottle, keep it always in sight.
- Your body can't handle too many different chemicals and could react badly to mixing different types of alcohol or drugs.
- Clubs provide water and chill-out areas – use them. When drinking alcohol your body gets dehydrated and needs water to help wash out the toxins. It's a good idea to drink water, a little and often.
- It is a criminal offence to possess or use ecstasy (E or MDMA). If you have taken E, make sure you drink cola or orange juice as well as water. Avoid diet drinks, as some artificial sweeteners react badly with MDMA.





## PROTECTING YOURSELF OUT AND ABOUT

### SAFETY IN THE SOCIAL SCENE CONTINUED

#### *Leaving the venue:*

- Don't accept a lift from anyone you don't know or if you know he or she has been drinking.
- It's best to either phone for a taxi and meet in a busy populated area, or go to the nearest taxi rank. Trying to hail a taxi is far riskier.
  - All taxis, including those that you pre-book, have to be registered. They display their registration number on the inside and outside of the cab. If you take an unregistered taxi you are getting into the car of someone who hasn't been vetted and you have no way of being able to identify them. It's safer to go with a licensed taxi.
- When you've got home safely, send a text message or call one of your friends to let them know you're OK.
  - Never hitchhike, whether alone or with a friend.

#### *Avoiding trouble:*

- People always feel more confident when they are part of a group and after they've had a few drinks. This can often lead to a false sense of security and aggression or conflict among people who otherwise are perfectly harmless.
- If you are hassled or feel threatened by someone, then it's often best just to move rather than attempt to argue. Move as far away as you can: stay near the bar or security staff. There is no shame in retreating from a possible violent situation.
- Practice saying 'NO' assertively. Don't involve anyone else: 'I've got a cold coming on. I feel awful. I want to go home as soon as possible'.
  - If a friend looks like they might be about to get into a fight, attempt to talk them out of it. Ignore the other party or their friends and simply concentrate on reasoning with your mate. Stand behind or to one side of them; never get between the two parties. Again, there is no shame in walking away from circumstances where you, your friend or others may be hurt, seriously injured or worse.
- Don't argue with the security staff – they may ask you to leave at the first sign of trouble. Crowd controllers have to be registered. If there is an issue then take their controller's number then later you can take up the issue with the venue management. It's much better to accept what they say and either leave or just calm down.

I hate it when my friend has too much to drink!



- *If you are out with a friend who has had too much to drink, remember that their reasoning and sense of self-preservation are impaired. It may be up to you to look out for their safety.*



## PROTECTING YOURSELF

### SAFETY TIPS

#### SAFETY IN THE SOCIAL SCENE CONTINUED

How do you  
sober up?



- *Whether it's alcohol or drugs that are affecting you, it's important to remember that only time can sober you up. Food, coffee, a cold shower, fresh air, vomiting etc. do not work.*

#### *Alcohol*

Your judgement, physical responses and awareness of surroundings are all affected by drinking alcohol and/or using drugs. This reduces your instinct of self-preservation and ability to control and react to situations.

- If someone gives you drugs or alcohol without your knowledge, often by simply giving you drinks that are much stronger than you expect, and, as a result, you are not capable of freely consenting to sexual activity, this is an offence.
- Alcohol and other drug facilitated sexual assault is often planned crime and regardless of what you may have voluntarily taken or had to drink, it is not your fault. There are laws to protect you and services that can provide support and information about your rights and options.
- It is common for victims of drug-facilitated sexual assault to have unclear, or only partial, recollections of what happened to them. As a result, victims are not always confident about reporting the suspected incident to the police. It is advisable that victims report these incidents regardless of how much they can remember. Police may discover other evidence to identify the offender.

#### *If you think your drink has been spiked*

People have been known to use recreational or prescription drugs to render someone unconscious in order to sexually assault them.

#### *Tips for avoiding spiked drinks*

Taking a few simple precautions may reduce the likelihood of you having your drink spiked:

- Avoid leaving drinks unattended – if you leave your table to dance or talk and no-one's keeping an eye on your drink then discard it.
- Know what you are drinking.
- Buy your own drinks.
- If you are given a drink, make sure it is from an unopened container.
- Order and watch bar staff make your drink.
- If someone offers to buy you a drink, go up to the bar with them and accept the drink there.
- Do not drink from a container that is being passed around or one that's used for mixed drinks such as punch.



## PROTECTING YOURSELF SAFETY TIPS

### SAFETY IN THE SOCIAL SCENE CONT ...

- Remember that soft drinks, tea, coffee and hot chocolate can also be spiked
  - Look out for your friends; keep an eye on their drinks. If you think their drink has been spiked, get them out of the situation as fast as possible
  - If you feel unwell, extremely drunk or sleepy after only one or two drinks, get help straight away. You do not have much time.
- Ask a trusted friend for help. Failing that, go straight to the hotel security staff and ask them to get you urgent medical attention.
- Wherever possible do not accept help from strangers or people you would not normally trust.

#### *If you have, or think you may have, been sexually assaulted:*

- You will probably be suffering from trauma and should seek medical attention and support, even if you do not want to report the attack to the police. Your local Centre Against Sexual Assault can provide free confidential services, such as counselling and advice about medical and legal options.
- Don't be scared to report the incident to the police, even if you are a recreational drug user, or have few or no memories of the attack. The sooner it is reported, the greater the likelihood of the offender being brought to justice.
  - Most drugs leave the body in less than 72 hours. If you are concerned and want to be tested for the possibility of drugs in your system then go to your nearest hospital for a medical examination.
- If your clothes or belongings have vomit on them, it may contain whatever drug was used, and should be kept as evidence.

For more details contact:

**RPA Sexual Assault Services**  
1800 424 017 (24 hours/7 days)



- *Police would like to warn people to take care when they are out having a good time in nightclubs and pubs, and to keep an eye on their drinks. There are recent reports of drugs being slipped into drinks, causing people to become ill and suffer memory loss.*

IF YOU KNOW  
ANYTHING ABOUT  
DRINK SPIKING  
OR ANY OTHER  
CRIMINAL ACTIVITY  
PLEASE RING  
CRIME STOPPERS:  
1800 333 000



## PROTECTING YOURSELF

### SAFETY TIPS

SAFETY IN THE SOCIAL SCENE CONT ...

How can I tell if my drink has been spiked?



- *If you start to feel very drunk in an unusually short time having only had one or two drinks, your drink may have been spiked. Tell your friend(s), security staff or the bar manager quickly – waiting even a few minutes may put your health at risk.*

#### **Drugs**

Mixing alcohol and other drugs (whether they are prescription or non-prescription) is a dangerous combination. Possible side effects include loss of coordination, inability to concentrate, loss of inhibitions, amnesia, ulcers, coma and death.

As with alcohol, other drugs can also cause a wide range of responses, depending on the type of drug being used, e.g. sedative, analgesics, benzodiazepines etc.

#### **Being followed**

If you believe you are being followed on foot, then be prepared to carry out a personal safety plan. This may mean going to the nearest populated place, such as a police station, shop, service station, hotel or even an occupied house. You may choose to confirm your suspicions by crossing the road or changing direction. If the person really is following you, call the police as soon as you get to a safe place.

If a car approaches you and you are threatened, back away and run in the opposite direction. This will gain you vital seconds and make it more difficult for the car to follow. If you can, make a note of the registration number and description of the car, driver and any passengers. Do whatever you believe will best preserve your safety and try to keep to well-lit and populated areas.

#### **Persistent unwanted admirer**

If you are in a nightclub and someone is paying you unwanted attention, be assertive in telling them to leave you alone. If they take no notice, there are a few things you can do:

- **Embarrassment:** draw attention to your admirer's unwanted behaviour by telling them in an overly loud voice to leave you alone and that you are not interested in them. Speak loudly enough for everyone around you to hear.
- **Relocation:** move to another area or join a group of people.
- **Assistance:** if he or she remains persistent, bring their behaviour to the attention of a friend or someone in authority, for example a bar manager or security person, to get their help to stop the unwanted behaviour.



## PROTECTING YOURSELF

### TEN CORE CONCEPTS OF PERSONAL SAFETY

#### TEN CORE CONCEPTS OF PERSONAL SAFETY

#### *1. The right to safety*

It is important to be aware of and exercise your right to safety. Unfortunately, it is not a perfect world and your personal safety may be threatened. It's a good idea to follow safety strategies so you are able to deal with this possibility.

It is also important that you acknowledge and respect that all people have the right to safety.

#### *2. Keep fear of violence in perspective*

Many people have a fear of violent crime that is wildly disproportionate to its reality. This fear often results in unnecessary limitations being placed on their lifestyle. Education is the key to putting this fear into perspective. If you know the trends associated with personal violence offences, such as how often, when, where they occur and by whom, you can work out how likely it is that you could become a victim, and in what circumstances.

If you follow practical safety strategies you can significantly minimise these risks.

In this way, preventative strategies are based on the actual risk, rather than restricting your lifestyle based on an exaggerated fear.

#### *3. Commitment*

Being committed to your personal safety is fundamental to maintaining it. Many people have a strong commitment to keeping their loved ones safe, and are willing to do anything to protect them, but don't have the same level of commitment to their own safety. Value yourself and keep yourself safe, by making safety strategies a part of your lifestyle.

#### *4. Confidence*

Confidence is a valuable tool in all you do. In the context of personal safety, having and displaying confidence plays a vital role.

A confident person is more likely to identify and implement preventative safety strategies; have faith in their own abilities; and take action if their personal safety is threatened. A person without confidence tends to be too scared to go out, diminishing their quality of life.

Having confidence is a source of power. And remember – if you don't feel confident in any situation, fake it! Visual imagery is a technique you can use to help you act sensibly under pressure: imagine yourself in a situation where you're using safety strategies successfully.

*I think I'm being followed, what should I do?*



- *If someone appears to be following you, don't confront them – just get yourself to the nearest public place, as quickly as possible.*



## PROTECTING YOURSELF

### TEN CORE CONCEPTS OF PERSONAL SAFETY

#### TEN CORE CONCEPTS OF PERSONAL SAFETY CONT ...

*I'm off to a party that's gonna be wild!*



- *If you're going partying, it's important that you know how to look after yourself and your mates and how to stay safe.*

#### 5. *Body language*

Body language is a powerful tool that you can use to your advantage. By appearing confident and comfortable in your surroundings, you decrease your attractiveness to potential offenders.

Strong, confident body language includes standing tall with your head up, shoulders back and walking with a purpose. Making brief eye contact with passers-by is also an effective method of demonstrating that you are not intimidated.

#### 6. *Awareness of surroundings*

Being aware of what is happening around you will alert you to possible threats to your safety, before they reach you. This gives you the opportunity to remove yourself from the situation.

The key is to look relaxed and comfortable, rather than paranoid, thereby appearing 'streetwise'. This decreases the likelihood of being targeted as a potential victim.

#### 7. *Trusting and acting on instincts*

Your body senses danger long before your mind consciously works out why. It is vital you listen to, trust and act on these instincts.

If you do sense danger or pick up 'bad vibes' from someone, something or a certain place, leave immediately and go to a place where you feel safe.

#### 8. *Assertiveness*

Assertive communication allows people to express their points of view objectively to reach an agreeable solution. It does not involve backing down (being passive) or standing over someone (being aggressive).

Assertive behaviour does not come naturally to most people. However, by practising assertiveness in handling minor matters, such as advising a shop assistant if you have been short-changed or sending back unsatisfactory food at a restaurant, you can enhance your ability to be assertive in other aspects of life.

In most day-to-day situations, you should be able to communicate assertively and confidently. But there may be occasions where acting either aggressively or passively will be the best way to keep safe.



## PROTECTING YOURSELF TEN CORE CONCEPTS OF PERSONAL SAFETY

### TEN CORE CONCEPTS OF PERSONAL SAFETY CONT ...

#### 9. Networks

Many people find it difficult to trust others with their feelings, experiences or concerns. Often those most in need of a trusted person to talk with, such as victims of domestic violence or people contemplating suicide, are the most isolated.

It is important to develop a network of people you trust and can contact for advice or assistance in an emergency, or if you feel your personal safety is threatened. They can include relatives, friends, community groups, neighbours and police. A support network also increases your confidence and self-esteem and can have a positive impact on all aspects of your life.

Having your own network of trusted people to talk with also helps you in being a good friend or network member for others.

#### 10. Personal Safety Plan

Everyone should have their own personal safety plan. It consists of safety strategies you choose to suit your own lifestyle and abilities.

The more you follow them and know that they work, the more they will become habits. It should not involve following a list of rules provided by another person.

What if strangers  
come up to me and  
want to talk?



- *Trust your instincts – if you feel uncomfortable, be assertive and do not be afraid to say 'NO', or just ignore them and continue on your way.*

For contact information and websites about  
Protecting Yourself, please see **page 197**



# Sacred Qi

**Mob: 0405 881 054**

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## SEX



### WHAT'S IT ALL ABOUT?

Whether we talk about sex with our parents, gossip about sex with our friends or have sex with our lovers, sex can be an integral part of all our relationships. Learning to talk about sex is the first step to having a safe and healthy sexual relationship. Family Planning NSW website [www.fpnsw.org.au](http://www.fpnsw.org.au) and FPNSW Healthline Ph: **1300 658 886**, gives you the right information so that you can 'talk the talk'. Being friends, lovers and mates goes beyond sex. It's about who we are and how we relate to others in all ways: sexually, emotionally, in times of need and when we just want to have fun. But to get on well with others, we need to be OK with ourselves. That means being OK about how we look, how we feel and who we are attracted to. Not everyone is attracted to the 'other sex'; not everyone needs to lose their virginity in their teens; no-one need put up with violence or bullying; no-one should feel pressured to have sex.

### SEXUAL RIGHTS — IF YOU ARE OVER 16 YEARS OLD

#### *Your rights*

- The right to sexual freedom
- The right to sexual autonomy, sexual integrity, and safety
- The right to sexual privacy. This involves the right for individual decisions and behaviours about intimacy as long as they do not intrude on the sexual rights of others
  - The right to sexual equity
  - The right to sexual pleasure
- The right to emotional sexual expression
  - The right to sexually associate freely
- The right to make free and responsible reproductive choices
  - The right to sexual information based upon evidence
  - The right to comprehensive sexuality education
  - The right to sexual health care
- People with disabilities also have the right to choose to have a relationship and sex.



- *If you are under 16 years old, the law says a person cannot have sex with you even if you agree.*

For more information, visit the website:

[www.who.int](http://www.who.int)



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[www.fpnsw.org.au](http://www.fpnsw.org.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



When should I have sex?



- *Am I ready to have sex with my partner? A good rule is, if you don't feel comfortable with the activity or behaviour, you're probably not ready.*

MASTURBATION IS A NORMAL WAY FOR PEOPLE TO EXPLORE THEIR BODIES.

It can be hard to explain what real love is. Some people get confused because they are not sure if they are in love or whether what they are feeling is lust, or infatuation. To make this a little clearer, it may be easier to describe what love feels like. **Some people describe 'love' as having strong feelings of trust and closeness.** People often feel more capable of sharing their thoughts and feelings with someone they love. Others say love is just being accepted for who you are with all your talents and faults. These feelings describe what it feels like 'being in love', which can mean a different thing to 'loving someone'. You may 'be in love' with your boyfriend/girlfriend, and 'love' your sister.

You can experience many feelings and fantasies about wanting to be close to, touch, or have sex with a person, without being in love. True love usually lasts a long time, whereas infatuation or lust doesn't. Sometimes people think that if another person wants to have sex with them, that means they want to have a relationship or that they're in love with them. This may be true but it isn't always. Love takes time to grow.

[www.theword.org.nz](http://www.theword.org.nz)

#### ARE YOU READY?

**Decisions and choices about the right time to begin having sex are difficult to make.** It is a personal choice that you must make after considering all sorts of pros and cons, whilst being true to your own feelings and open with your partner.

Asking yourself some of the following questions might help:

- Do you, for any reason, feel pressured to have sex?
- Do you feel that you and your partner can make a decision right now and does it feel comfortable?
- Can you talk to your partner about your decisions, no matter what they are?
- How do you feel about your present relationship with your partner?





## SEXUAL HEALTH

## SEX

## ARE YOU READY? CONTINUED ...

- How do you think you will feel about your partner and, more importantly, about yourself afterwards?
- Do you have any moral, cultural or religious beliefs that might help make the right decision for you?
  - Have you and your partner talked about contraception?
    - Have you and your partner talked about safe sex?
  - What would you and your partner do if sex resulted in a pregnancy or infection?

Whether you say 'No' or 'Yes' to sex, the choice is yours. No-one can make or pressure you into something you aren't completely comfortable with.

[www.reachout.com](http://www.reachout.com)



## MASTURBATION — WILL YOU GO BLIND?

Masturbation is normal, and a good way for people to explore their own bodies. Masturbation means stimulating your genitals for sexual pleasure. It's also a form of safer sex. Through masturbation you can experiment to find out what feels good, where and how you like to be touched and how to have an orgasm. Playing with each other's genitals for pleasure, 'mutual masturbation', can be a very intimate experience, especially for people who don't feel ready for sexual intercourse. Oh, and no — you won't go blind through masturbation and self-pleasure.

- *Not always being able to get an erection is often a symptom of stress and anxiety that is common for guys, especially in a new relationship. Try to relax, and slow things down. More kissing, touching and masturbation may overcome the problem and if you are still worried, there are people you can talk to (see contacts at the end of this chapter for further details).*



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**Mob: 0407 280 680**

Email: adam.altrades@gmail.com

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## SEXUAL HEALTH

## SAFER SEX AND CONTRACEPTION

## WHAT IS SAFER SEX?

The only 100% form of safe sex is abstinence (or not having sex) and this is a choice many young people make. However, there are other types of sexual behaviours which are still considered safer forms of sex.

Safer sex includes all forms of sex that protect you against pregnancy and sexually transmitted infections. Doesn't sound like much fun? Well all of the following include safer sex:

- Cuddling, stroking and kissing
- Vaginal sex with a condom
  - Massage
  - Rubbing
- Anal sex with a condom and a water-based gel
  - Mutual masturbation
  - Masturbation
- Oral sex with a dam (a thin square of latex which fits over the vagina or anus) or a condom covering the penis



- *If you do take drugs or drink when you're out, know your own limits so you can make the same safe decisions that you would if you were sober.*

## SEX, DRUGS AND ALCOHOL

Sex, alcohol and other drugs, can be a cocktail for disaster. People under the influence are much more likely to make poor decision choices regarding sexual behaviour, feel guilty or have regrets and participate in unsafe activities, including not using condoms.

- Even though there has been a reduction in student alcohol consumption overall between 2002 and 2008, students continue to drink considerable amounts of alcohol.
  - Most students (38%) drank alcohol once a month or less, 21% reported drinking either weekly or more.
  - In 2002 approximately two thirds of young women in year 12 reported drinking three or more drinks on any one occasion – this figure had increased considerably to 84% in 2008.
  - For young women, experience of unwanted sex increased significantly between 2002 and 2008 surveys. In 2002 28% of young women reported having unwanted sex and in 2008 this figure had increased to 38%.
- (Source; Smith et al, 4th National Survey of Secondary Students 2008)
- Studies have also shown that adolescent females think they are more sexually vulnerable when under the influence of alcohol. They said that boys used alcohol as a means to have sex with girls. Interestingly, both males and females recognised the sexual vulnerability of girls when drinking.

Source: Australian Drug Foundation. ([www.adf.org.au](http://www.adf.org.au))



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## SEXUAL HEALTH

## SAFER SEX AND CONTRACEPTION

## CONTRACEPTION AND SAFE SEX

Can you be immunised against Hepatitis C?

Unless the form of contraception you are using provides a barrier between you and your partner, it is **NOT** a form of 'safe' sex. Although you may be better protected against unplanned pregnancies, you are not protected against sexually transmissible infections. 'Safe sex' involves a barrier such as a male or female condom. It is also a good idea to use a second method as well, such as the Pill.

It is important to consider what you and your partner want when considering your contraceptive options: Is it easy to use? Is it safe? How effective is it? Are there side effects? Is it expensive? How often does it need to be taken or used? How soon after stopping can a woman become pregnant?

## CONDOMS

The condom is a thin latex rubber which is placed over an erect penis. It works by trapping the sperm following ejaculation, helping to protect you against unplanned pregnancy and STIs.

If used correctly, condoms are between 90-95% effective at preventing pregnancy and STIs.

*How do I use a condom?*

- Always use a lubricated condom with extra water based lube
- Check the use-by date. Never use a condom that has expired
- Do not unroll the condom before putting it on the erect penis as you may damage the condom
- Before putting the condom on the penis hold the tip of the condom between the finger and thumb to expel any excess air
- Unroll the condom onto the penis before intercourse
- After ejaculation, hold the base of the condom while withdrawing the erect penis to prevent leakage of semen
- Make sure there is no genital contact after the condom is removed
- Dispose of the condom properly. Do not throw it down the toilet or into the street!
- Only use a condom once and one at a time
- If the condom breaks, emergency contraception can be purchased over the counter from pharmacies.

*What should you do if a condom breaks?*

If the condom breaks and you think you might be at risk of HIV infection, Post Exposure Prophylaxis (PEP) is a treatment that might prevent HIV. For information on PEP you can call the 24hr PEP Hotline on: 1800 PEP NOW or 1800 737 669.



- **No.**  
If you think that you have been placed at risk of infection, contact:

NSW Hep C Helpline  
Ph: (02) 9332 1599  
Country freecall:  
1800 803 990

FPNSW Healthline  
Ph: 1300 658 886



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## SEXUAL HEALTH

## SAFER SEX AND CONTRACEPTION

## PILL

As long as you take the Pill at about the same time every day, as instructed, it's at least 99% effective in preventing pregnancy (although it provides no protection against STIs). The Pill basically tricks your body into thinking that you are pregnant so that you don't ovulate (release an egg) and/or the cervical mucus (a natural occurring substance in the vagina) thickens preventing sperm from reaching the egg.

*What happens if I forget to take the Pill?*

If you forget, take it as soon as you remember and take the next Pill at the usual time. If you take the forgotten pill more than 12 hours later than usual, you may not be fully protected until you have taken 7 of the active pills in a row. This could be as long as three weeks depending on when your period occurs. If you have vomiting or diarrhoea, the Pill may not be absorbed so the same process would apply. If you forget to take the pill, emergency contraception can be purchased over the counter from pharmacies. If you have any doubts, always contact your doctor. FPNSW Healthline Ph: 1300 658 886.

## IMPLANON &amp; NUVARING

Implanon is a small implant that lasts for 3 years. Just 4 cms long and 2 mms wide it is inserted by a doctor under the skin just above the inside of your elbow.

**Implanon contains a hormone, like progesterone, which prevents pregnancy by stopping ovulation.** It also affects the mucus produced by the cervix that prevents implantation of a fertilised egg. If you don't like it or want to fall pregnant, it is a fairly simple procedure to remove it and things return to normal pretty quickly.

NuvaRing is worn inside the vagina for 3 out of 4 weeks. It is inserted inside the vagina to protect against pregnancy.

NuvaRing works in a similar way to the Pill - for 3 weeks a woman is getting the hormones and for 1 week her body is resting. Women have a small period as they would get on the sugar pills in the Pill pack, then the new ring goes back in. The ring sits high-up against the back of the vaginal wall and there is no requirement for correct positioning.

## WHAT IS 'EMERGENCY' CONTRACEPTION?

If you have unprotected sex, or any condom accidents such as slip-offs and breakages, an option of emergency contraception can be purchased over the counter at pharmacies. Emergency contraception is a special dose of hormones that act to either delay ovulation or interfere with sperm movement. It is most effective if taken within 12 hours of unprotected sex, although it can be used up to 5 days after intercourse. It is available without prescription at most pharmacists.

Are all condoms the same size?



- *No. You can get condoms in a range of widths to suit the penis width and personal likes. Condoms can be bought at supermarkets, chemists, petrol stations & vending machines. There are a variety of condoms available to suit individual needs.*

REMEMBER,  
THERE IS NO AGE  
LIMIT TO BUYING  
CONDOMS.



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## SEXUAL HEALTH

## SEXUALLY TRANSMISSIBLE INFECTIONS

## SEXUALLY TRANSMISSIBLE INFECTIONS (STIS)

Sexually transmissible infections (STIs) can be transmitted between people when they have vaginal, oral or anal sex. Some STIs, such as herpes and warts, can also be transmitted just by skin-to-skin contact.

**You can have an STI:**

- At any age
- And not know about it for months, even years, as you may be infected but have no symptoms
- And infect others without knowing it
- And become infertile if it remains untreated (even if symptoms disappear without treatment, you can become infertile)
- And, with the right treatment, often be completely cured.

If you have had sex and you start to experience the following symptoms, see your doctor:

- Unusual vaginal bleeding
- A discharge (like snot) from the penis or vagina
- Sores, lumps or rashes around or on the penis, anus or vagina
- Burning feeling when you urinate
- Itching around the vagina, penis or anus.

Remember, if you have had sex without a condom, you may be infected with an STI even though you have no symptoms.

Go and see a doctor if you think you might be at risk.

It isn't always such a big deal — most STIs can be treated.

## CHLAMYDIA

**What is it?**

It is a very common STI among young women and men. Chlamydia is a bacteria that if left untreated can cause pelvic inflammatory disease (a disease that can result in infertility).

**How do you know if you have it?**

In both men and women it is common for chlamydia not to cause any symptoms.

Am I at  
risk of  
getting  
an  
STI?



- *If you or your partner have unprotected sex with a new or casual partner you are at a higher risk. The way to know you are infection free, is to have an STI check-up.*

YOU CAN HAVE  
AN STI WITHOUT  
KNOWING IT.



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## SEXUAL HEALTH

## SEXUALLY TRANSMISSIBLE INFECTIONS

## CHLAMYDIA CONTINUED ...

This means that a lot of people who are infected with chlamydia are unaware of their infection. If you have chlamydia, it is important that your sexual partners are treated as well.

When it causes symptoms in women, it may cause irregular vaginal bleeding, vaginal discharge, pain when passing urine, pain during sex or lower abdominal pain. In men, it may cause pain when passing urine, discharge from the penis and pain in the testicles and scrotal area.

*Can it be treated?*

A course of antibiotics prescribed by a doctor will clear up the infection.



## GENITAL WARTS

*What are they?*

Like the warts on your hands, genital warts are small fleshy lumps. Genital warts are caused by the human papilloma virus (HPV types 6 and 11) and appear around your genital area. Warts can be passed through skin to skin contact, not necessarily penetrative sex.

*How do you know if you have it?*

Most people infected with the virus don't know they have it. Whether you develop the actual warts depends on your body's reaction. A person with no visible warts can infect another who may develop genital warts. If genital warts appear on external genitalia, they are usually painless. However, they may cause itching.

*Can they be treated?*

It is not necessary to treat warts, as they are just a symptom of the virus. However, most people choose to have them treated and this will involve either a lotion, freezing or both, all of which are usually not painful. Although the warts may be removed, the virus remains, with the possibility of future outbreaks.

- *Yes, most quite easily but not all can be cured.*

---

**IF LEFT  
UNTREATED,  
CHLAMYDIA CAN  
CAUSE INFERTILITY.**

**WARTS AND  
HERPES CAN BE  
SPREAD THROUGH  
SKIN TO SKIN  
CONTACT.**



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## SEXUAL HEALTH

## SEXUALLY TRANSMISSIBLE INFECTIONS

## GENITAL WARTS CONTINUED ...

What is the major cause of cervical cancer?

HPV vaccination 'Gardasil' protects against HPV types 6,11,16,18. This vaccine is safe and well tolerated by the body. To be fully protected against HPV types in the vaccine, you must have three injections over 6 months. The best time to have the vaccination is before a person is infected with HPV, which means before their first experience of sexual intercourse.

## HERPES

*What is it?*

There are two types of herpes that cause small but painful blisters. Oral cold sores are usually caused by Herpes Type 1 and genital sores by either Herpes Type 1 or 2. They can be passed on by oral sex or sex involving genital contact.

*How do you know if you have it?*

Herpes may cause painful, tingling, itchy blisters and sores. However, most people infected have no symptoms and can pass it on to others without knowing.

*Can it be treated?*

There is no cure for herpes. Your doctor or health worker can provide you with medication that will reduce the number of blisters and the time they take to heal.

## GONORRHOEA

*What is it?*

Gonorrhoea is an infection caused by bacteria that, if left untreated, can result in pelvic inflammatory disease, and lead to infertility.

*How do you know if you have it?*

In many cases, there are no symptoms. If symptoms are present they can include a pus-like discharge, a burning sensation during urination, and pelvic pain (in females).

*Can it be treated?*

Gonorrhoea can be cleared up with a course of antibiotics from your doctor.



- The wart virus.

IT IS  
RECOMMENDED  
THAT ALL  
SEXUALLY ACTIVE  
WOMEN HAVE A  
PAP SMEAR TEST  
EVERY TWO YEARS.



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## SEXUAL HEALTH

### SEXUALLY TRANSMISSIBLE INFECTIONS

#### HEPATITIS B

##### *What is it?*

Hepatitis B is a serious condition that causes inflammation of the liver. It is caused by a virus, which can be passed on through oral, vaginal or anal intercourse.

##### *How do you know if you have it?*

Some symptoms may include tiredness, jaundice (yellow complexion of skin and eyes), stomach pains, dark urine and pale faeces.

##### *Can it be treated?*

There is no cure for this infection. In most cases, the body's immune system may fight it off. There is a Hepatitis B vaccine that can provide almost 100% protection against the virus.

[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

**Marie Stopes International**

*produces a very popular easy to read "Love Bug's" chart which outlines the symptoms and treatment of each STI and how it is transmitted. This is available to be downloaded from their website at <http://www.mariestopes.com.au/resources>*

**Marie Stopes International**

*also offers STI check ups at our centres: call 1800 003 707.*

## BLOOD-BORNE VIRUSES

### WHAT IS A BLOOD-BORNE VIRUS?

As the name suggests, these are viruses that are transmitted through contact with infected blood. Diseases such as HIV, Hepatitis B and Hepatitis C can be transmitted via:

- Sharing needles and other parts of the injecting kit
  - Unsterile body piercing
  - Unsterile tattoos
- Having sex without a condom (not for Hepatitis C)
- Sharing personal equipment such as razors and toothbrushes
  - One person's blood coming into contact with open cuts on another person.

While the incidence of virus contamination of the blood supply via blood transfusion is almost non-existent, it is possible to be infected in other ways such as those listed above. Even though there may be no evidence of blood on the needle or syringe (when injecting drugs). So always use a condom and use new syringes, never share drug-using equipment, not even with your boyfriend or girlfriend.



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## SEXUAL HEALTH

## BLOOD-BORNE VIRUSES

## HIV/AIDS

Is it safe to share  
toothbrushes and  
razors?



- *No, blood-borne viruses can be spread through the sharing of toothbrushes and razors.*

ACON

INFORMATION LINE  
(02) 9206 2000

[www.acon.org.au](http://www.acon.org.au)

*What is it?*

HIV stands for Human Immunodeficiency Virus. If the HIV virus is present in the blood a person may be referred to as HIV+ or HIV positive.

This does not mean they are ill or have AIDS (Acquired Immune Deficiency Syndrome). Over a period of time the HIV virus may affect a person's immune system, making it less able to cope with common infections, causing him or her to become very ill.

For more information, visit the website: [www.aidshep.org.au](http://www.aidshep.org.au)

*How do you know if you have it?*

Most people who are HIV positive will experience no symptoms at the time of infection.

When symptoms do occur they will be very similar to those of the flu. The only way that you can be sure you have HIV is to have a blood test.

If you think you might be at risk of HIV infection, Post Exposure Prophylaxis (PEP) is a treatment that might prevent HIV. For information on PEP you can call the 24hr PEP Hotline on:

1800 PEP NOW or 1800 737 669.

ACON (02) 9206 2000,  
Multicultural HIV/AIDS & Hepatitis C Service (02) 9515 5030  
will be able to help you locate a suitable Doctor or Medical Centre to conduct a HIV test, under complete confidentiality.



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## SEXUAL HEALTH BLOOD-BORNE VIRUSES

### HEPATITIS C

#### *What is it?*

Hepatitis C is a virus that causes liver inflammation, swelling, tenderness and liver disease. Sometimes the illness can last for the rest of a person's life, although this is not always the case. Hepatitis is a slow-acting virus, which in most instances does not result in serious disease or death.

#### *How do you know if you have it?*

In 45-85% of cases (**Ref: Reproductive & Sexual Health. An Australian Clinical Practice Handbook FPNSW 2006.**), it develops into a chronic illness. People with a chronic infection can remain well, without suffering from any symptoms. However, they are infectious and can pass on the virus to others.

#### **Most people will not be aware of liver damage until Hepatitis C has developed into a chronic illness.**

For a NSW based agency, visit the website:  
[www.hepatitisc.org.au](http://www.hepatitisc.org.au)

Symptoms can be mild to severe, and occur continuously or every now and then. Some common symptoms include:

- Fatigue or tiredness
- Nausea
- Stomach discomfort
- Feeling ill after drinking alcohol or eating fatty foods
  - Jaundice (yellowing of the skin and eyes).

#### *Can it be treated?*

Although they aren't effective in every case, drugs called Interferon and Ribavirin help fight the virus. As yet a vaccine for Hepatitis C is unavailable.

If you think that you have been placed at risk of infection, you can contact the Hepatitis C Helpline for information and assistance.  
Sydney (02) 9332 1599 or 1800 803 990 (free-call).

My partner has Hep C, what should I do?



- *If you think that you have been placed at risk of infection, contact:*

**NSW Hep C Helpline**  
Ph: (02) 9332 1599  
Country freecall:  
1800 803 990

**FPNSW Healthline**  
Ph: 1300 658 886



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[www.fpnsw.org.au](http://www.fpnsw.org.au)

[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## SEXUAL HEALTH

## SEXUAL ASSAULT

## SEXUAL ABUSE — NO MEANS NO!

It's my body and  
it's my decision.

Bullying, harassment and discrimination of people who don't have the same choices is against the law.

Choosing whether or not you wish to be sexually active is your right. Sexual abuse, sexual assault, rape, and date rape, are words used when things happen sexually that people don't want or invite to happen.

It is your choice what you want to happen, and nobody has the right to pressure or force you into any sexual activity. Whether you know the person or not, if they force you into having sex, it is rape.

## SEXUAL ABUSE AND RAPE

There are many myths or misunderstandings surrounding the issue of sexual abuse and rape. Remember that it's your body and solely your choice when you decide to begin having sex and if you continue having sex.

**Reality – 'No' means 'No'**

You must stop when you hear your partner say 'No'. Without his or her consent, it is rape. Don't act when you are unsure.

**Myth** – Once a man is turned on, he can't control himself.

**Reality** – Rape is a choice to control and degrade another person. Many rapes are planned beforehand. Men can control their sexual urges. No matter how much a man is turned on, there are no excuses.

**Myth** – Drugs and alcohol cause rape.

**Reality** – There are no excuses. You are always responsible for your behaviour, including how much alcohol and other drugs you take and for what you do when you are under the influence of alcohol or any other drug. Blaming rape on alcohol or other drugs is a cop-out.



- *Nobody has the right to pressure or force you into any sexual activity you don't want.*

**ORGANISATIONS  
WHO CAN HELP:**

- **NSW Rape Crisis Centre**  
1800 424 017 (free call)  
24 hour counselling service
- **Domestic Violence Advocacy Service**  
(02) 8745 6999 or  
1800 810 784 (free call)  
TTY\* (for deaf people)  
1800 671 442 or  
Domestic Violence Line  
1800 65 64 63
- **Child Protection & Family Crisis Service**  
1800 066 777 (free call)



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[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## SEXUAL HEALTH SEXUAL ASSAULT

### SEXUAL ABUSE AND RAPE CONTINUED ...

**Myth** – Rape is about sex.

**Reality** – Rape is not sex. It is a crime of violence.

It is a violation of a person's rights over their body, their right to decide whether to have sex, their right to choose sexual partners and their right to demand safer sex. Rape is about controlling, harming and degrading someone else.

For more information, visit the website:  
[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au)

### WHAT DO YOU DO IF SOMEONE BREAKS THE RULES?

Sometimes it can be very hard to do but it is important to tell someone you trust, or feel safe with, that there is something going on in your life that you do not like. If you have been sexually abused or raped, it is important that you talk to someone about it (see organisations at the end of the chapter, if you don't want to discuss it with your friends or family). It can be all the more difficult because, sometimes, others may not want to believe you.

For a NSW based agency, visit the website:  
[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au)

## SEXUAL DIVERSITY

### WHERE DO YOU FIT IN?

#### *Understanding your sexuality*

Sexual orientation refers to a person's sexual attraction to other people.

You may be attracted to the opposite sex (heterosexual), the same sex (homosexual), or both sexes (bisexual).

These definitions don't tell you whether you have to be exclusively attracted to the opposite sex to be truly heterosexual, or whether you have to be exclusively attracted to the same sex to be homosexual. What confuses the issue is that most people do not fit into neat pigeon-holes.

While some people are 100% heterosexual, and others 100% homosexual, many people are on a continuum somewhere in between.

For a NSW based agency, visit the website:  
[www.reachout.com.au](http://www.reachout.com.au)



- *Gay and Lesbian  
Counselling Service  
of NSW  
(02) 8594 9596 OR  
1800 144 527 (country)*

*Twenty 10 Gay &  
Lesbian Youth and  
Family Support  
Under 18s  
(02) 8594 9555  
1800 65 2010 (country)  
[www.twenty10.org.au](http://www.twenty10.org.au)*



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[www.smarthandbooks.com.au](http://www.smarthandbooks.com.au)



## SEXUAL HEALTH

## SEXUAL DIVERSITY

## ESSAY (SAME SEX ATTRACTED YOUTH)

Am I the  
only one feeling  
like this?



- *No - in a recent research of senior secondary students, between 9-11% answered that they were not only attracted to the opposite sex.*

*What is a lesbian?*

A lesbian is a woman who is attracted to and/or has sexual relations with other women. The word derives from the Greek island of Lesbos, where Sappho — a teacher known for her poetry celebrating love between women — established a school for young women in the sixth century BC.

*What is a gay person?*

'Gay' is one synonym for homosexual. Since the late 1960s, homosexual men and women have publicly adopted the word 'gay' as a positive alternative to the clinical sounding 'homosexual'. Gay was used as slang in place of homosexual as far back as the 1920s, almost exclusively within the homosexual subculture.

Not all homosexual people like the word 'gay'; some prefer the word 'homosexual' to 'gay'. And since 'gay' has come to be used primarily in association with male homosexuals, many, if not most, homosexual women prefer to be called 'lesbians'.

*What is a bisexual?*

Bisexuality means that someone is attracted to both men and women.

*How do you know if you're gay, lesbian or bisexual?*

The key to knowing whether you're heterosexual, homosexual, or bisexual is to pay attention to your feelings of attraction. The challenge for many gay, lesbian and bisexual people is being honest with themselves about what they're feeling.

[www.twenty10.org.au](http://www.twenty10.org.au)

[www.latrobe.edu.au/arcschs](http://www.latrobe.edu.au/arcschs)







## SEXUAL HEALTH PREGNANCY

### PREGNANCY



Conception begins when a sperm and egg meet in the Fallopian tubes. This now fertilised egg divides many times and embeds itself in the soft wall of the uterus, where it will continue to grow during the next 9 months of pregnancy. If you have had unprotected sex you are at risk of pregnancy. You can buy self-diagnosing pregnancy tests from supermarkets and chemists, but Family Planning Clinics, (FPNSW) or your local doctor can provide a more accurate test for you.

### *What are my options?*

Planned or unplanned, you do have options available to you. An unplanned pregnancy can raise many concerns and questions. Knowing all the choices you have and talking them over with someone you trust may make the decision easier. If you haven't had a pregnancy test, your doctor or FPNSW can arrange one for you. A simple and accurate test can tell if you're pregnant right after you miss your period. Don't wait to find out. It is very important that your pregnancy be confirmed early.

If you are pregnant and don't know what to do, your doctor or the FPNSW Healthline can talk over your choices with you. These people will help you look at all choices so you can decide what is right for you. Counselling is completely confidential.

- **FPNSW Healthline**  
Phone: 1300 658 886 (free call)  
[www.fpnswhhealth.org.au](http://www.fpnswhhealth.org.au)
- **National Pregnancy Counselling Hotline**  
Phone: 1800 422 213
- **Marie Stopes International**  
Freecall 1800 003 707  
[www.mariestopes.com.au](http://www.mariestopes.com.au)

**Marie Stopes International** provides an online abortion webchat service for women facing an unplanned pregnancy who want to find out more about the procedure. This enables them to get real-time answers to all of their questions from the privacy of their own computer. The webchat can be accessed at [www.abortionhelp.com.au](http://www.abortionhelp.com.au)



- *It's a good idea to talk through your options such as parenting, termination, adoption and fostering*

*You may wish to speak to:*

- *Your partner*
- *Family*
- *Your doctor*
- *FPNSW Healthline*  
1300 658 886

For contact information and websites about Sexual Health, please see **page 199**



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YOUTH CLUBS NSW

#### State Office

1c Mimike Ave, Whalan NSW 2770  
stateoffice@pcycnsw.org.au  
☎ 02 9625 9111

#### Albury

Cnr Keene & Andrews Sts, Albury, 2640  
☎ 02 6021 7437

#### Armidale

176 Rusden St, Armidale, 2350  
☎ 02 6772 1023

#### Auburn

1 Wyatt Park, Church St, Lidcombe, Auburn  
☎ 02 9475 3100

#### Balmain

372 Darling St, Balmain, 2041  
☎ 02 9810 2234

#### Bankstown

Cnr French Ave & Meredith St, Bankstown, 2200  
☎ 02 9796 1287

#### Bateau Bay

The Entrance Rd, Bateau Bay, 2261  
☎ 02 4332 7000

#### Bathurst

Cnr Morrisset & Commonwealth Sts, Bathurst, 2795  
☎ 02 6331 2191

#### Belmore

332 Burwood Rd, Belmore, 2192  
☎ 02 9759 4934

#### Blacktown

30 Second Ave, Blacktown, 2148  
☎ 02 9622 3470

#### Bourke

Wilson St, Bourke, 2840  
☎ 02 6870 1670

#### Broken Hill

58 Gypsum St, Broken Hill, 2880  
☎ 08 8087 3723

#### Bulli

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☎ 02 4284 3878

#### Campbelltown

95 Minto Rd, Minto, 2566  
☎ 02 9603 8229

#### Cessnock

1B Short St, Cessnock, 2325  
☎ 02 4991 1407

#### City of Sydney-Woolloomooloo

Cnr Cathedral & Riley Sts  
City of Sydney-Woolloomooloo, 2011  
☎ 02 9360 5835

#### Coffs Harbour

74 Bray St, Coffs Harbour, 2450  
☎ 02 6651 9961

#### Cowra

40 Young Rd, Cowra, 2794  
☎ 02 6341 2035

#### Dubbo

Cnr Erskine & Darling St, Dubbo, 2830  
☎ 02 6882 3273

#### Eastern Suburbs

26a Bunnerong Rd, Daceyville, 2032  
☎ 02 9314 2536

#### Fairfield-Cabramatta

Cnr Railway Pde & McBurney Rd  
Cabramatta, 2166  
☎ 02 9727 8908

#### Far South Coast

1 Narooma Leisure and Recreation Centre, 1 Bluewater  
Drv, Narooma, 2546

#### Glebe-Leichhardt

2 Minogue Cres, Glebe, 2037  
☎ 02 9660 2557

#### Goulburn

Cnr Avoca & Derwent Sts, Goulburn, 2580  
☎ 02 4822 2133

#### Griffith

5 Olympic St, Griffith, 2680  
☎ 02 6964 2004

#### Gunnedah

View St, Gunnedah, 2380  
☎ 02 6742 1586

#### Hornsby-Ku-ring-gai

1 Park Ln, Waitara, 2077  
☎ 02 8998 5400

#### Kempsey

38 Bloomfield St South, Kempsey, 2440  
☎ 02 6562 8399

#### Lake Illawarra

Reddall Pde, Lake Illawarra, 2528  
☎ 02 4296 4448

#### Lake Macquarie

Lake St, Windale, 2306  
☎ 02 4948 6622

#### Lismore

Cnr Orion & Dawson Streets, Lismore, 2480  
☎ 02 6621 6276

#### Lithgow

Hoskins Ave, Lithgow, 2790  
☎ 02 6351 2510



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# **GIVE BLOOD, GET A BISCUIT.**



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[donateblood.com.au](http://donateblood.com.au)

 **Australian Red Cross  
BLOOD SERVICE**

**Liverpool**

Cartwright Ave, Miller, 2168  
☎ 02 9608 6999

**Maitland**

3 James St, Maitland, 2320  
☎ 02 4934 7122

**Marrickville**

Debbie & Abbey Borgia Rec Centre  
531 Illawarra Rd, Marrickville, 2204  
☎ 02 9559 7833

**Moree**

Boston St, Moree, 2400  
☎ 02 6752 3741

**Morisset**

5 Kahibah St, Morisset, 2264  
☎ 02 4973 4766

**Mount Druitt**

453a Luxford Rd, Shalvey, 2770  
☎ 02 9628 2628

**Mudgee**

50 Market St, Mudgee, 2850  
☎ 02 6372 1367

**Muswellbrook**

Cnr Carl & Market Sts, Muswellbrook, 2333  
☎ 02 6541 1434

**Newcastle**

Cnr Young & Melbourne Sts, Broadmeadow, 2292  
☎ 02 4961 4493

**Northern Beaches**

40 Kingsway, Dee Why, 2099  
☎ 02 9196 9100

**North Sydney**

224 Falcon St, North Sydney, 2060  
☎ 02 9955 2944

**Orange**

2-10 Seymour St, Orange, 2800  
☎ 02 6360 2249

**Parkes**

36 Pearce St, Parkes, 2870  
☎ 02 6862 3825

**Parramatta**

12 Hassall St, Parramatta, 2150  
☎ 02 9635 8242

**Penrith**

100 Station St, Penrith, 2750  
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**Port Stephens - Nelson Bay**

7 Austral St, Nelson Bay, 2315  
☎ 02 4981 3099

**Port Stephens - Raymond Terrace**

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High St, Singleton, 2330  
☎ 02 6572 1653

**South Sydney**

638 Elizabeth St, Redfern, 2016  
☎ 02 9319 4240

**Southern Highlands**

6 Hawkins Drv, Mittagong, Mittagong  
☎ 02 4868 5200

**St George**

McCarthy Reserve, 9 Ador Ave, Rockdale, 2216  
☎ 02 9567 0408

**Sutherland**

Waratah Park, Eton St, Sutherland, 2232  
☎ 02 9521 5690

**Tamworth**

2 Darling St, Tamworth, 2340  
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**Taree**

95 Commerce St, Taree, 2430  
☎ 02 6551 0292

**Tweed Heads**

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**Umina Beach**

101 Osborne Ave, Umina Beach, 2257  
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**Wagga Wagga**

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☎ 02 6921 5873

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69 Gobolion St, Wellington, 2820  
☎ 02 6845 2590

**Wollongong**

Exeter Ave North, Wollongong, 2500  
☎ 02 4229 4418

**Young**

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45 Lachlan St, Young, 2594  
☎ 02 6382 5392



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**BEHIND THE WHEEL****Lawstuff**

[www.lawstuff.org.au](http://www.lawstuff.org.au)

**RTA (Road and Traffic Authority)**

Ph: 13 22 13 [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

**REVS (Register of Encumbered Vehicles Scheme)**

Ph: (02) 9633 6333 Outside Metro Ph: 1800 424 988  
[www.revs.nsw.gov.au](http://www.revs.nsw.gov.au)

**NRMA**

Ph: 13 11 22 [www.nrma.com.au](http://www.nrma.com.au)

**Australian Competition and Consumer Commission**

Ph: 1300 302 502 [www.accc.gov.au](http://www.accc.gov.au)

**NSW Office of Fair Trading**

Ph: 13 32 20 [www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au)

**NSW Anti-Discrimination Board**

Ph: (02) 9268 5544 Tollfree: 1800 670 812  
[www.lawlink.nsw.gov.au/adb](http://www.lawlink.nsw.gov.au/adb)

**The Indigenous Consumer Assistance Network (ICAN)**

1300 396 878 [www.ican.org.au](http://www.ican.org.au)

**BULLYING****Cybersafety Help button**

[www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton)

**Bullying No Way!**

[www.bullyingnoway.com.au/](http://www.bullyingnoway.com.au/)

**Cybersmart**

[www.cybersmart.gov.au](http://www.cybersmart.gov.au)

**Kids Helpline**

1800 55 1800 [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Lifeline**

13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)

**Australian High Tech Crime Centre**

[www.ahtcc.gov.au](http://www.ahtcc.gov.au)

**SCAMwatch**

[www.scamwatch.gov.au](http://www.scamwatch.gov.au)

**Stay Smart Online**

[www.staysmartonline.gov.au](http://www.staysmartonline.gov.au)

**Cyber Smart**

[www.cybersmart.gov.au](http://www.cybersmart.gov.au)

**EATING DISORDERS****The Butterfly Foundation**

103 Alexander St, Crows Nest NSW 2065

Ph: (02) 9412 4499 Fax: (02) 8090 8196

HELPLINE NSW (02) 9412 4499

<http://thebutterflyfoundation.org.au>

**Eating Disorders Association of Tasmania**

Please call Keri Campbell on 0421 550 783

Monday-Sunday, 7.00am-8.00pm

[www.facebook.com/IEDATasmania](http://www.facebook.com/IEDATasmania)

**Somazone**

[www.somazone.com.au](http://www.somazone.com.au)

**HEALTHY BODY****Australian Drug Foundation**

Sydney (02) 9361 8000 NSW 1800 422 599

[www.druginfo.nsw.gov.au](http://www.druginfo.nsw.gov.au)

**DrugInfoClearinghouse**

Ph: 1300 85 85 84 [www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

**Australian Drug Information Network**

[www.adin.com.au](http://www.adin.com.au)

**Quitline**

Ph: 13 7848 [www.quit.com.au](http://www.quit.com.au)

**Oxygen**

[www.oxygen.org.au](http://www.oxygen.org.au)

**Somazone**


[www.somazone.com.au](http://www.somazone.com.au)

**Acne**

[www.acne.org.au](http://www.acne.org.au)

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[www.youthbeyondblue.com](http://www.youthbeyondblue.com) (beyondblue's website for young people)

**Lifeline**

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**ReachOut.com**

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**Kids Helpline**

1800 55 1800

**headspace – Australia's National Youth Mental Health Foundation**

[www.headspace.org.au](http://www.headspace.org.au)

**Orygen Youth Health**

[www.oyh.org.au](http://www.oyh.org.au)

**Reach Out Central**

[www.reachoutcentral.com.au](http://www.reachoutcentral.com.au)

**The Inspire Foundation**

[www.inspire.org.au](http://www.inspire.org.au)

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[www.youth.gov.au](http://www.youth.gov.au)

**Seek**

[www.seek.com.au/](http://www.seek.com.au/)

**Free-résumé-tips**

[www.free-resume-tips.com/](http://www.free-resume-tips.com/)

**The Job Guide**

[jobguide.dest.gov.au/](http://jobguide.dest.gov.au/)

**My Future**

[www.myfuture.edu.au](http://www.myfuture.edu.au)

**JobJuice**

[www.jobjuice.gov.au/default.htm](http://www.jobjuice.gov.au/default.htm)

**Australian Jobsearch**

<http://www.jobsearch.gov.au/>

**Centrelink**

[http://www.centrelink.gov.au/internet/internet.nsf/individuals/work\\_payments.htm](http://www.centrelink.gov.au/internet/internet.nsf/individuals/work_payments.htm)

**CareerOne Jobsearch**

[www.jobsearch.com.au/](http://www.jobsearch.com.au/)

**Jobs Pathway**

[www.youthpathways.dest.gov.au](http://www.youthpathways.dest.gov.au)

**MONEY****Office of Fair Trading**

Ph: 13 32 20 [www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au)

**Credit and Debt Hotline**

Ph: 1800 808 488

**Credit card merchant fees**

Ph: 1300 300 630 [www.asic.gov.au](http://www.asic.gov.au)

**Australian Competition & Consumer Commission (ACCC)**

1300 302 502 [www.accc.gov.au](http://www.accc.gov.au)

**The Indigenous Consumer Assistance Network (ICAN)**

1300 396 878 [www.ican.org.au](http://www.ican.org.au)

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### Aboriginal Tenancy Information

Ph: 13 32 20 Freecall 1800 500 330

### Tenants Union Hotline

Ph: (02) 9251 6590

### The Indigenous Consumer Assistance Network (ICAN)

1300 396 878 [www.ican.org.au](http://www.ican.org.au)

### For Tenants Living in:

<b>INNER SYDNEY</b>	Ph: (02) 9698 5975
<b>INNER WESTERN SYDNEY</b>	Ph: (02) 9559 2899
<b>EASTERN SYDNEY</b>	Ph: (02) 9386 9147
<b>NORTHERN SYDNEY</b>	Ph: (02) 9884 9605
<b>SOUTHERN SYDNEY</b>	Ph: (02) 9787 4679
<b>WESTERN SYDNEY</b>	Ph: (02) 9891 6377
<b>SOUTH WESTERN SYDNEY</b>	Ph: (02) 4628 1678
<b>CENTRAL COAST</b>	Ph: (02) 4353 5515
<b>HUNTER</b>	Ph: (02) 4929 6888
<b>MID NORTH COAST</b>	Ph: (02) 6583 9866
<b>NORTH COAST</b>	Ph: 1800 649 135
<b>ILLAWARRA/SOUTH COAST</b>	Ph: (02) 4274 3475
<b>NORTH WESTERN NSW</b>	Ph: 1800 836 268
<b>SOUTH WESTERN NSW</b>	Ph: 1800 642 609



## PROTECTING YOURSELF

### Teens Going to Parties

[www.alcohol.org.nz](http://www.alcohol.org.nz)

### Responsible Hosting

[www.apolnet.org](http://www.apolnet.org) [www.lcbo.com](http://www.lcbo.com)  
[www.alcohol.org.nz](http://www.alcohol.org.nz) [www.abc.net.au](http://www.abc.net.au)

### Support Services

[www.bchs.org.au](http://www.bchs.org.au) [www.al-anon.org](http://www.al-anon.org)

### Information About Alcohol

[www.kidshhealth.org](http://www.kidshhealth.org) [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

### Getting Help

[www.noffs.org.au](http://www.noffs.org.au) [www.ysas.org.au](http://www.ysas.org.au)

### Hosting Your Own Party

[www.adf.org.au](http://www.adf.org.au)

### Federal Privacy Commissioner

Hotline: 1300 363 992 [www.privacy.gov.au](http://www.privacy.gov.au)

### Scam Watch

Ph: 1300 795 995 [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

### Australian Communications and Media Authority ACMA

[www.acma.gov.au](http://www.acma.gov.au)

## PROTECTING YOURSELF

### Australian Federal Police

Tel: (02) 6256 7777

### New South Wales Police

Tel: (02) 9286 4000

### Australian High Tech Crime Centre

[www.ahtcc.gov.au/ocrmain.aspx](http://www.ahtcc.gov.au/ocrmain.aspx)

### Internet Industry Association Security Portal

Ph: 02 6232 6900 [www.security.iaa.net.au](http://www.security.iaa.net.au)

### Human Rights & Equal Opportunities Commission

Complaints infoline: 1300 656 419  
[www.humanrights.gov.au/complaints\\_information/](http://www.humanrights.gov.au/complaints_information/)

### Australian Competition and Consumer Commission

Ph: 1300 302 630 [www.accc.gov.au](http://www.accc.gov.au)

### Australian Psychological Society

Ph: 1800 333 497 [www.psychology.org.au](http://www.psychology.org.au)

### Cyber Safety

[www.wisuptoit.com.au](http://www.wisuptoit.com.au)  
[www.cybernetrix.com.au](http://www.cybernetrix.com.au)

### Bullying

[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

### Getting Help

[www.noffs.org.au](http://www.noffs.org.au) [www.kidshelp.com.au](http://www.kidshelp.com.au)  
[www.ysas.org.au](http://www.ysas.org.au) [www.reachout.com.au](http://www.reachout.com.au)

### Crime Stoppers

Ph: 1800 333 000

### Crisis Care - Kids Helpline

Ph: 1800 55 1800

### Victims Counselling and Support Services

**Relationships Australia**  
 Ph: 1300 139 703 (24 hours)

### dvconnect mensline

Ph: 1800 600 636

### Sexual Assault Services: Crisis Line

[www.lawstuff.org.au](http://www.lawstuff.org.au)

### Scam Watch

Ph: 1800 424 017 24 Hours/7days

### Other Youth Websites

[www.vibewire.net](http://www.vibewire.net) [www.freeza.vic.gov.au](http://www.freeza.vic.gov.au)  
[www.funhq.cjb.net](http://www.funhq.cjb.net) [www.somazone.com.au](http://www.somazone.com.au)  
[www.youthgas.com](http://www.youthgas.com) [www.thesource.com.au](http://www.thesource.com.au)  
[www.noise.net](http://www.noise.net)

### The Line

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### **Likeitis**

[www.likeitis.org.au](http://www.likeitis.org.au)

### **SexTXT**

[www.sextxt.org.au](http://www.sextxt.org.au)

### **FPA Healthline**

Ph: 1300 658 886 [www.fpahealth.org.au](http://www.fpahealth.org.au)

### **Kids Help Line**

1800 55 1800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### **Gay and Lesbian Counselling Service of NSW**

Ph: (02) 8594 9596 or 1800 184 527 (country)

[www.glcnsw.org.au](http://www.glcnsw.org.au)

### **Twenty 10 Gay & Lesbian Youth and Family Support**

Under 18s Ph: (02) 8594 9555

18-25 years Ph: (02) 8585 6302

[www.twenty10.org.au](http://www.twenty10.org.au)

### **National Pregnancy Counselling Hotline**

Ph: 1800 422 213

### **AIDS Council of NSW (ACON)**

Ph: (02) 9206 2000 [www.acon.org.au](http://www.acon.org.au)

### **Multicultural HIV/AIDS & Hepatitis C Service**

Ph: (02) 9515 5030

### **Hepatitis C Helpline**

Ph: (02) 9332 1599 1800 803 990 (country free call)

[www.hepatitisc.org.au](http://www.hepatitisc.org.au)

### **NSW Rape Crisis Centre**

1800 424 017 (free call - 24 hours)

[www.nswrapecrisis.com.au](http://www.nswrapecrisis.com.au)

### **Sydney Sexual Health Centre**

Ph: (02) 9382 7440

### **Life Line**

Ph: 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)

### **Other Youth Websites**

[www.alice.columbia.edu/~alice.html](http://www.alice.columbia.edu/~alice.html)

[www.reachout.com.au](http://www.reachout.com.au)

[www.sexetc.org](http://www.sexetc.org)

[www.lawstuff.org.au](http://www.lawstuff.org.au)

[www.fpahealth.org.au](http://www.fpahealth.org.au)



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# UNEXPLODED ORDNANCE

## (UXO)

### A QUICK TEST (WITH ANSWERS)

Q1. What are these?



*Answer: (a) Cricket Ball; (b) Baseball; (c) Grenade*

Q2. Which one is not to be played with?

*Answer: C (Grenade)*

Q3. Why?

*Answer: A and B are used to play sport and to have fun, C the grenade and other UXO are used to injure and kill people and must never be played with. Even very old UXO are still dangerous. Australian children playing with UXO have been killed or injured so badly their lives were ruined.*



Q4. These are all UXO. What should you do if you find something that may be a UXO.

*Answer: If you find something that may be a UXO, DO NOT DISTURB IT, tell your parents, teachers or police. Police will arrange for military experts to attend and dispose of it.*

Q5. Where can you get more information on UXO in Australia?

*Answer: From the internet at [defence.gov.au/uxo](http://defence.gov.au/uxo).*

**Results: Congratulations you aced it there were no wrong answers. UXO should not cause you any problems.**