

## Bulletproof People - Alcohol & Other Drugs Course Outline



**FOCUS:** Establishing the impacts substance misuse can have on the quality, safety and productivity outcomes of both our personal and professional lives.

**LENGTH:** 3 options

- 1 hr Awareness session
- 4 hr Workshop
- Customised program

**GROUP SIZE:** 10-20 (Larger groups may require extra facilitators).

**METHOD:**  Personal reflection  Pairs collaboration  Group think & action

### AWARENESS

1. Impacts on Body & Brain.
2. Think>Feel>Do.
3. Self medicate vs Peer pressure.

### IDENTIFY

1. Cycle of addiction.
2. Hunger & Dehydration affecting our choices.
3. The role of community & media.

### FUTURE

1. What's our preexisting culture?
2. Looking out for each other.
3. Being a role model.

### TRANSFORM

1. Managing fatigue / stress triggers.
2. Right place, right time & right thinking.
3. Developing an agreed set of convictions around substance use.