**SSMART ASSK Program**

Ballarat Community Health, in collaboration with a number of key local organisations in health, welfare, government and justice (the SSMART Network), offers Year 9 students an alcohol and drug awareness education program known as the SSMART (Surviving Substance Misuse and Alcohol Risk Taking) ASSK (Alcohol and Substance Survival Knowledge) Program. The network’s objective is to provide a harm minimisation program that informs young people on how to survive a risk taking party environment.

The program is based on the experiential learning model where the students rotate in groups through six learning stations – Party Safe First Aid, Risk Audit, Alcohol, Other Drugs, Sexual Health, and the Impacts of Harmful Drinking. At each station students are provided with information and facts to assist them to identify the risk and harms of drugs and alcohol on the body, and learn strategies to keep themselves and their friends safe in a party environment. In addition to the stations, there is a scenario-based performance by the Ballarat Community Health Creative Learning Team which is designed to reinforce the safety and harm minimisation messages.

The SSMART Network has developed an education and training package that includes classroom lesson materials and resources. These lesson plans link with Victorian Curriculum in the domains of Health and Physical Education learning area; with Personal and Social capabilities; and are compatible with the principles for school drug education.

Ballarat Community Health also provides opportunities for alcohol and other drug support to the wider community through support groups, one-on-one assistance and other community programs.

For further information on the SSMART ASSK program contact Bridget Campbell on (03) 5338 4500 or by email at [BridgetC@bchc.org.au](mailto:BridgetC@bchc.org.au)



