

# SSMART ASSK

Ballarat Community Health (BCH) is proud to offer the SSMART ASSK Program to schools participating in the Health Promoting Schools Framework, specifically the Smoking, Vaping, Alcohol and Other Drugs health area.

The SSMART ASSK Program is a party-safe, harm minimisation program designed to reduce year 9 students' risk-taking behaviour. The Program specifically aims to reduce the risks, and potential harms, of unsafe sex and using alcohol, other drugs and vapes. Alcohol and drug fuelled harms could include injury, sexual assault and violence.

Students participate in four learning stations facilitated by BCH and other partner organisations. Station topics include:

- Alcohol and Other Drugs
- Party First-Aid (Recovery Position)
- Sexual Health (Consent & STIs)
- Vaping

After the stations, students watch a live theatre performance from the BCH Creative Learning Team. The performance depicts a party scene where young people are using alcohol, vapes and other drugs and experience alcohol and drug fuelled harms. The Program concludes with a Performance Discussion conducted by Victoria Police and a Q&A session.

Some of the content presented in the learning stations, and depicted in the live theatre performance, can be confronting. Students are informed of this at the beginning of the Program and are encouraged to speak to a teacher or a Wellbeing staff member if they feel uncomfortable at any time.

Alcohol, other drugs, unsafe sex and vapes shouldn't ruin social occasions for young people. By participating in the SSMART ASSK Program, students are encouraged to look after themselves, their friends, seek help when needed and have a party plan.

*\*A harm minimisation approach aims to reduce the risks associated with alcohol, vape or drug use, and promote healthier, alternative behaviours for individuals.*

**Ballarat Community Health**  
Healthy Communities Team

