



REMEMBER...

If a medical emergency occurs,
Call 000 [triple zero] and ask
for ambulance.



Other teaching resources available from
Community Education & Development

- **SPRINTER & FRIENDS** program for lower primary students
 - **EMERGENCY DEAL WITH IT** program for upper primary students
 - CPR Charts
 - Ambulance membership brochures
 - Careers brochures
- Fall / Stroke / Heart Attack prevention brochures
 - Calling 000 [triple zero] information
- **4 Steps for Life** CPR Awareness Program

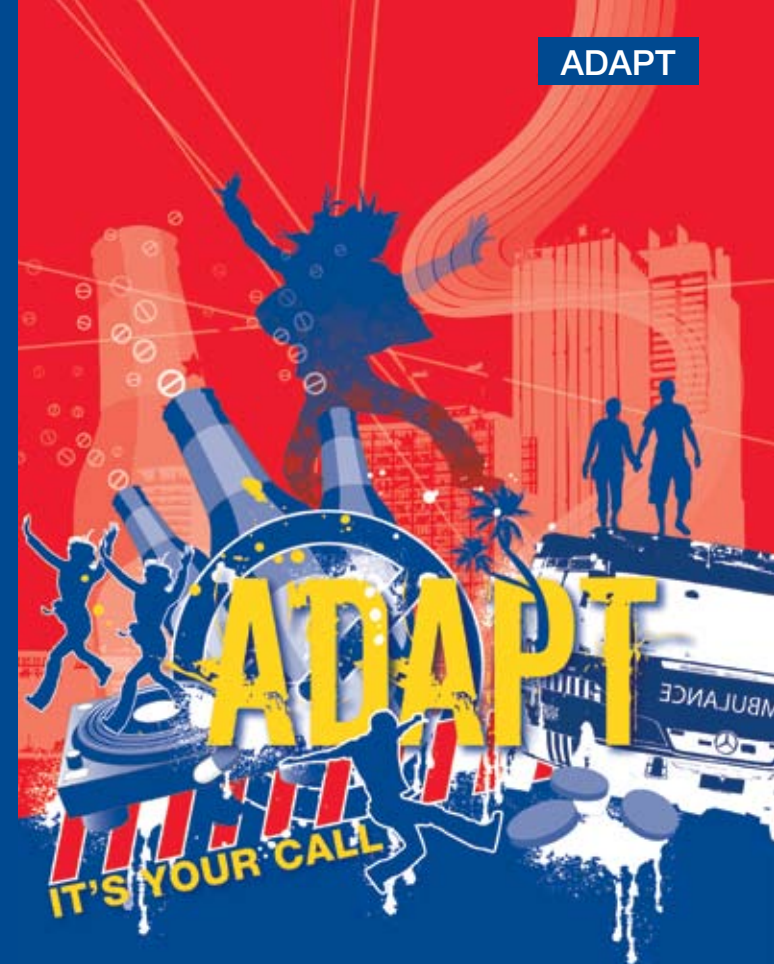
For further information, resources and bookings please contact:

AMBULANCE VICTORIA
Community Education & Development

75 Brady Street, South Melbourne 3205
Bookings & Enquiries **9090 5935**

www.ambulance.vic.gov.au

ADAPT



Ambulance Drug & Alcohol Program for Teenagers
SECONDARY SCHOOL PROGRAM



Ambulance
In Schools

ADAPT

AMBULANCE DRUG & ALCOHOL PROGRAM FOR TEENAGERS

Ambulance Victoria has worked in consultation with teachers and education providers to develop the ADAPT package as part of its Ambulance in Schools program.

The ADAPT program specifically focuses on helping teenagers:

- to identify the risks involved with drug and alcohol use
- to know what to do in a medical emergency
- to adopt safe partying and going out practices to prevent medical emergencies occurring

The program can be delivered as part of a timetabled subject area; for example, Health and Physical Education, SOSE or Science. Alternatively, schools may choose for the program to become a focal point at a particular time throughout the academic year to complement other programs such as life skills, citizenship education, pastoral care or student welfare programs.

The ADAPT program had been designed in line with the current school curriculum.

THE PROGRAM

The program comprises of:

- a visit from an experienced paramedic who delivers a visual presentation and demonstrates some medical emergency equipment
- a teacher's resource kit
- a student pack for each student

THE VISIT

An integral part of this program is a visit to your school by a paramedic. Their presentation provides an excellent opportunity for students to hear first hand accounts of emergency situations and learn:

- to identify the risks associated with drug and alcohol use
- to assess and deal with emergency situations
- when and how to call for an ambulance
- what to expect when you call for an ambulance
- basic first aid
- Safe partying and going out – preventing a medical emergency

The session concludes with an interactive discussion on possible emergency scenarios that teenagers could be exposed to and time for questions.

TEACHER'S RESOURCE KIT

The teacher's resource kit comprises of a teacher's resource book, including an extensive set of activities and worksheets that can be photocopied.

The activities require reflection and recall of the paramedic's visit and should be used as reinforcement after the presentation. It is highly recommended that teachers read through the contents of the guide before use. This enables an appropriate selection of activities and worksheets for the student group, based on their needs and abilities.

STUDENT PACK

Each student receives their own personal pack consisting of:

- "Calling an ambulance" card
- "Who can I call for help?" (other than an ambulance) card
- CPR A4 sheet and CPR pocket card
- Ambulance membership information
- Paramedic career information
- "It's your call" brochure

COST

The ADAPT program is charged at \$50 per session. Sessions run between 45 minutes to 1 hour.

The recommended group size is 30 students (with 50 students as an absolute maximum).

Additional sessions may be run on the same day.

BOOKING STEPS

1. Phone 9090 5935 to tentatively book your sessions. It is recommended that you have alternative dates ready if your first choice is unavailable.
2. A booking form will be emailed to you. Complete this and email back to: community.education@ambulance.vic.gov.au
3. A teacher's kit will be posted to your school, followed by a separate delivery of student packs.
4. Your booking will be confirmed by email.

