



# SPORT *safe*



**DELIVERED IN CONJUNCTION WITH A PEER EDUCATOR, SPORT SAFE IS A ONCE-OFF INTERACTIVE WORKSHOP FOR YOUNG PEOPLE.**

**THE WORKSHOP FOCUSES ON KNOWLEDGE AND SKILL DEVELOPMENT TO REDUCE ALCOHOL AND OTHER DRUG RELATED HARMS AND INCREASE SAFE SPORTING BEHAVIOURS AMONG YOUNG SPORTSPEOPLE.**

**SPORT SAFE IS DELIVERED IN SCHOOLS, COMMUNITY GROUPS AND SPORTING CLUBS, AND IS TAILORED TO EACH GROUP.**

## *Participants learn about*

- ✓ The effects of drugs and alcohol
- ✓ The effects of performance and image enhancing drugs
- ✓ ASADA and banned substances
- ✓ Consequences of unsafe choices
- ✓ Digital reputation
- ✓ Support services

## *Participants gain skills in*

- ✓ Identifying types of drugs
- ✓ Assessing safety and risk
- ✓ Accessing information relating to substance use in sport
- ✓ Safe social media use
- ✓ How and where to get help

## *To make a booking*

- ✓ Call 4628 2319
- ✓ Email [info@youthsolutions.com.au](mailto:info@youthsolutions.com.au)
- ✓ Visit [youthsolutions.com.au](http://youthsolutions.com.au)



*Promoting health. Preventing harm.*

**YOUTH SOLUTIONS IS FUNDED BY NSW HEALTH AND SOUTH WESTERN SYDNEY LOCAL HEALTH DISTRICT**