Contents

Teacher Checklist 3
Contact Details 3
Preface 4
About Dr YES 5
Introduction 6
Alcohol and Other Drugs Session 7
Sexual Health Session 8
Mental Health Session 9
Teacher Checklist

This is a simple checklist to ensure that you get Dr YES to your school:

- Read this Teachers’ Guidebook
- Decide which session(s) your students will receive
- Complete the online Survey Monkey form (link in email)
- Session dates and times confirmed in February
- Contact dryes@amawa.com.au with any queries

Contact Details

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The AMA (WA) Foundation was established in 1996, with the key aim of improving the health of young people. Since then, much of our work has focused on the health needs of adolescents as they negotiate the often difficult and hazardous transition to adulthood.

One of the striking features of adolescents is that as a group, they are extremely reluctant to seek help when faced with health related issues. This, combined with a propensity for risk taking, makes them highly vulnerable in certain situations, especially if they are under the influence of alcohol or other drugs. Adolescents must somehow learn to stay safe, as well as to understand and take responsibility for their changing bodies, interests, behaviour and sexuality.

The AMA (WA) Foundation has identified three principal areas of need. These are:

• Provision of accessible and accurate information to empower young people to reduce risks to themselves and others
• A reduction in barriers to primary health services
• Better engagement of health professionals with young people on health issues

Our Dr YES (Youth Education Sessions) preventative health education program is designed to meet these principle areas of need. The program is led by medical students, who are trained to act as peer-group facilitators. Their primary role is to empower young people to make informed and healthy choices and to reduce barriers to health care by advising on issues such as Medicare entitlement, confidentiality and consent.

During the health education sessions, the Dr YES volunteers incorporate drama, role-play and small group discussions to engage the students and to promote the Dr YES messages. Dr YES is not a stand-alone program, it is designed to complement and enhance school health curriculum for students aged 14-17 years, not to replace them.

We hope your students enjoy the sessions with our Dr YES medical student volunteers and that they acquire new knowledge and skills. Like all youth health programs, we seek to constantly improve our connection with young people and the quality of our sessions. Your ongoing support and feedback is warmly appreciated.
About Dr Yes

Dr YES is a school based harm minimisation health initiative of the AMA (WA) Foundation. Dr YES sends specially trained volunteer medical students into metropolitan and rural high schools to have frank, open discussions on topics concerning youth health such as Alcohol and Other Drugs, Sexual Health and Mental Health.

The underlying purpose of all the sessions is to help high school students make healthy choices in risky situations. The medical students discuss the issues high school students face with the aim of equipping them with the confidence and knowledge necessary to make that healthy choice.

The sessions at the schools are fun, entertaining and informative, helping to provide accurate information about topics that may not normally be discussed with a teacher. Dr YES is incredibly successful due to the fact that the messages are provided by medical students who are not much older than the high school students themselves. This helps students to develop an atmosphere of mutual respect and confidence.

Dr YES is supported by the medical faculties of the University of Western Australia, Notre Dame University and Curtin University. The program is also well received by high schools across Western Australia, with requests from schools well in excess of what the team can manage.

The Dr YES program reaches around 10,000 students across Western Australia each year. We regularly run trips to areas out of Perth, including the Pilbara, Kimberley, Mid-west, South-west, Goldfields, Wheatbelt and Peel regions. We have a large group of volunteers that run sessions up to three times a week. Each session involves around 12-24 medical students, with school class sizes preferably between 60 and 100 students. Dr YES can cater for up to 120 students in one session.

In conjunction with the Dr YES program, a youth specific GP education program, Youth Friendly Doctor (YFD) training is run by the AMA (WA) Foundation. Dr YES encourages students to see a GP about any health issues they may have, and the YFD program facilitates this by training GPs to be as approachable to young people and as well informed on matters of concern to adolescents as is possible.
Dear Teacher

Welcome to Dr YES! This “Teachers’ Guidebook” is intended to provide a brief overview of the way each Dr YES session is run, and to provide you with a summary of the content that our presenters will be focusing on in each session. We hope that this will answer most of your questions about what we have planned for each Dr YES visit. Feel free to contact us if you would like to discuss the program further.

To assist us with planning for the year ahead, it would be helpful if you could complete the online Survey Monkey form as soon as possible. Any queries will be attended to in February, after which we will confirm with you the sessions for the year. We will also contact you a week before the booked date to reconfirm the details. We provide the maximum number of sessions possible with our current volunteer base. Although we do our best to see as many students and visit as many schools as possible, we may not be able to fill all requests and appreciate your understanding of our limited capacity.

During the year, any queries or changes would be best communicated to the coordinators by email at dryes@amawa.com.au (preferred), or via phone on (08) 9273 3000. Although we are in and out of the office for sessions on an almost daily basis, the coordinators are full-time medical students and are often not contactable during business/school hours.

What do you need to provide for the sessions?

The sessions start with a slideshow, so providing a large enough area for all the students to congregate would be helpful. For the slideshow, we have our own laptop, projector and power cords, however we do require a wall or screen to project on to.

During the sessions, it would be helpful if teachers could remain in the vicinity of the groups, simply making sure that everything is under control. We strongly urge teachers not sit with any groups (unless there is some particular concern), as this can make it difficult for students to talk about the issues we are addressing. Each of our volunteers undergoes a training course on peer group education in alcohol and drug use, sexual health and mental health with experts in the relevant fields. The volunteers are experienced in the facilitation of small groups with students in metropolitan, rural, and remote areas.

At each session, we provide teachers with feedback forms to assist us in making any improvements to the program that you might have identified. It would be greatly appreciated if you could complete the forms and return them to coordinator and the end of the session. We review all of our feedback on a weekly basis, so you can be sure that your comments will be considered in the planning of future sessions.

We look forward to working with you in another successful Dr YES year.

Warm Regards,

Dr YES Coordinators 2019
Alcohol And Other Drugs Session

Session Plan

1. Introduction
   • Introduce Dr YES volunteers and what the program is about

2. Presentation
   • Introduction of drug classes
   • Discuss alcohol: types of drinks, standard drinks, staying safe

3. Small Group Work
   • Introductions
   • Set standard of confidentiality within the group
   • Delivery of session content and discussion

4. Evaluation, Referral and Close
   • Direct students to Dr YES website and social media
   • Distribution of evaluation forms

Session Content

- General Knowledge of Drugs
  • Understand the 3 classes of drugs and their general effects

- Alcohol
  • Short and long term effects of alcohol
  • How to stay safer when drinking alcohol
  • Types of drinks
  • Importance of food and water consumption
  • Plan your night, including transport
  • Do not mix drugs
  • Standard drinks, driving and the law
  • Caring for an intoxicated person
  • Ambulance use

- Other Drugs
  • Options include marijuana, ecstasy, amphetamines, heroin, cocaine, hallucinogens, volatile substances, tobacco. Facilitators will choose which drugs to cover depending on the group and whether students have any questions.
  • For each drug: classification, legality, how the drug is used, short and long term effects of the drug, addiction, tolerance and dependence, overdose, ways to minimise harm when taking the drug.

- YFD, Medicare & Patient Confidentiality
  • How to access doctors and Medicare
  • Explain confidentiality guidelines
  • Encourage students to use the health care system
Session Plan

1. Introduction
   • Introduce Dr YES volunteers and what the program is about

2. Presentation
   • Introduction of STIs
   • Symptoms, testing and long term consequences
   • HPV vaccine
   • Thrush
   • Sexual consent model: ready, willing and able

3. Small Group Work
   • Introductions
   • Set standard of confidentiality within the group
   • Delivery of session content and discussion

4. Evaluation, Referral and Close
   • Direct students to Dr YES website and social media
   • Distribution of evaluation forms

Session Content

☐ Sexual Consent
   • Sex and the law
   • Intoxication and consent
   • Verbal and non-verbal cues
   • Conditional consent – negotiating different forms of sex, condom use etc.

☐ Contraception
   • Condom demonstration – method for maximum effectiveness, including lubricant
   • Dams, contraceptive pill, implanon, depo-provera injection, IUD (hormonal and copper), emergency contraceptive
   • Discussion will cover how each contraceptive is accessed and used, the advantages and disadvantages, STI prevention, cost and effectiveness

☐ Pornography
   • Activity to help students recognise differences in what is portrayed in pornography vs what real life sex may be like.
   • Aim is to identify potentially harmful attitudes and ideas that may be shown in pornography.
   • Pornography addiction
   • Tips for safer pornography use

☐ Sexting
   • Sexting and the law
   • What to do if you receive a sext
   • How to be safer when sexting

☐ YFD, Medicare & Patient Confidentiality
   • How to access doctors and Medicare
   • Explain confidentiality guidelines
   • Encourage students to use the health care system
Mental Health Session

Session Plan

1. Introduction
   • Introduce Dr YES volunteers and what the program is about

2. Presentation
   • Define and discuss mental health and mental illness
   • Discuss prevalence of mental illness by age and gender
   • Discussion surrounding attitudes of mental illness and seeking medical help

3. Small Group Work
   • Introductions
   • Set standard of confidentiality within the group
   • Delivery of session content and discussion

4. Evaluation, Referral and Close
   • Direct students to Dr YES website and social media
   • Distribution of evaluation forms

Session Content

If the group is interested in a particular discussion topic, the facilitator will address those issues more directly.

- **PERMA+ Model**
  • Positive and negative coping strategies
  • The role of positive and complex emotions, engagement, relationships, meaning, accomplishment and sleep in maintaining mental health.

- **Stress**
  • Evolution of stress into mental illness
  • Positive ways to cope with stress

- **Specific mental illnesses**
  • Anxiety, depression, eating disorders, self-harm, suicide
  • Explore the causes,

- **SLOPE Model**
  • Framework for supporting a friend who may be experiencing a mental illness

- **Bullying**
  • Identify what it is and why it happens
  • Coping strategies to deal with bullying

- **Social Media**
  • Links between social media and mental health
  • Recognising when social media is impacting your wellbeing, and ways to deal with it.

- **YFD, Medicare & Patient Confidentiality**
  • How to access doctors and Medicare
  • Explain confidentiality guidelines
  • Encourage students to use the health care system