



Youth Moves

A news-sheet for people interested in Youth Issues in Australia

Iss. 3 May-July 00

Written & Produced by Kirrilie Smout, Psychologist, Speaker & Youth Specialist

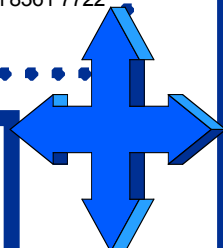
welcome!

Welcome to the third issue of "Youth Moves". As a Psychologist and Speaker specialising in youth issues I often search for youth related news and information. I thought others may have the same need, and hence I created this newsletter to give brief 'snatches' of youth news, info and resources relevant to busy people relating with young people. I hope this newsletter is of interest and help to you. If you have any feedback or questions, or if I can assist your work with young people in any way, please feel free to contact me on 83617722.

- Operation LiveWire - opportunity for 18 - 25 year olds to start up their own business, for information re: grants and resources contact Leon Holmes on 08 8364 1804. Applications close 16th June 2000
- Remember that School Holiday Dates are different this year because of the Olympics: the dates are as follows: 19th - 21st July, and 18th to 29th September
- Leadership for Life seminars are being offered by Kirrilie in schools during this term. Ideally suited to SRC or other student leadership groups, call Kirrilie on 8361 7722 for further information.

NO+@DOL

the resources



- A must-read for people caring for youth is "Growing up Digital" by Don Tapscott. This book outlines the changes in young people's thinking as a result of changing technology.
- For up to date info & assistance regarding young people and drug use, call the Drug and Alcohol Services Council (ph. 82743333)
- For the latest information on the Health and Wellbeing of Australian youth, look up this great site - <http://www.aihw.gov.au/publication>

The Truth Drug

One of the most frequently raised concerns by parents regarding their teenage children, is that of drug use. Parents everywhere are concerned that their children may be experimenting with and experiencing harmful effects from the use of drugs.

This concern is understandable given what we hear about teenage drug use in the media. We read and hear much about ecstasy parties, increasing rates of illicit drug use, and teenage drinking.

However, it is important to keep the risks in perspective. The facts are that over 90% of young people are **not** using speed, over 95% of young people are **not** using ecstasy and over 98% of young people are **not** using heroin or cocaine (Figures from 1998 National Household Survey).

Most young people are not using hard illicit drugs and have no intention of doing so. In this respect, parents have reason to relax.

However, having said this, there are still a number of worrying facts about teenage drug use. First, young people are more likely to binge drink alcohol and experience unwanted and sometimes dangerous consequences. Second young people are more likely to use marijuana than older people, and in fact 1/3 of young people surveyed had used marijuana recently. Third, young people continue to take up tobacco smoking, despite mass media and health campaigns to convince them otherwise.

How we approach youth drug use is complex, and most probably requires a multi-disciplinary approach with educators, health professionals, and parents.

Education is not about filling a bucket, it is about lighting a fire

William Yeats

target young people discussing topics with a panel "Picki Lake" Talk Show with host, Kirrilie Smout