

## SPORT (continued)

### FUTSAL

On the 29<sup>th</sup> October, the Under 14's and Under 16's Boys' Futsal teams played their first game of their north coast knockout competition. Unfortunately we drew Orara for both divisions, teams with a huge reputation.

Our 14's team played first. Our boys played with determination against some highly skilled opposition. It was clear well into the second half that it was not going to be our day but to the credit of our boys, our team did not give up (actually scoring two goals in the dying minutes). We lost on the day but due a mix up in the Orara team, our boys progressed to the next round by a forfeit.

The 16's team started strongly against a similarly tough opposition, with Coffs Harbour High School scoring an early goal. The game was played at a frantic pace and was, at times, quite physical. Regrettably the 16's match went a similar way to the 14's team, with Orara proving too strong on the day. The final score was 13-6.

Standout performances for the 14's were Marcus Woschitzka, Peter McKenzie and Kai Onley. The standout players for the 16's were Edward Neave, Austen Beal and Aidan Whish-Wilson.

Both games were played in tremendous spirit and I was extremely proud of the way in which the boys conducted themselves.

**Anthony Baker**  
**SCIENCE TEACHER**



*The Under 16 Boys playing at SportzCentral, Bray Street in Coffs Harbour*

# YEAR 8 CAMP

## LIFE IS LIKE MEEBUNN-BIA



Life is like A Giant Swing,  
Sometimes you have to go backwards  
to go forwards.  
Life is like A Mountain Trek,  
It's hard work but the view is worth it.  
Life is like Abseiling,  
Sometimes you have to take the plunge.  
Life is like The Who Dang Wanger,  
And you need to trust your partner.  
Life is like Proudys Landing,  
If you don't work together the sharks  
will get you.  
Life is like A Campfire,  
It only takes a spark to bring people together.  
Life is like Chicken,  
It's always good.  
Life is like A Flying Fox,  
Don't get stuck in the middle.  
Life is like The Sugar Glider,  
You've gotta take a leap.  
Life is like A Water Bottle,  
You always need to know where it's at.  
Life is like A Magic Milo,  
Sweeter than McGerkin's grin.

Life is like The Stuff Cupboard,  
Everything has a place.  
Life is like Water Activities,  
You can't do everything.  
Life is like A Sunrise,  
Can't wait to see what the new day brings.  
Life is like A Willow,  
You fill it before you kill it.  
Life is like A Rugged Landscape,  
It has its ups and downs.





## MEEBUNN-BIA (continued)

Life is like A Pit Toilet,  
It takes your breath away.  
Life is like Ghostbusters,  
Sometimes you need to know "who you're gonna call".  
Life is like The Campsite Pack Up,  
Everyone gets to change their role.  
Life is like A Backpack,  
The destinations are endless.  
Life is like A Walk at Night,  
It's best not to go alone.  
Life is like A Tent,  
If it's not set up right it will come crashing down.  
Life is like Dinner Time,  
Everyone waits their turn.

Life is like A Shout Out,  
All you need is a little encouragement.  
Life is like A Harness,  
It's great to have support.  
Life is like A Cold Rainy Morning,  
Take the time to chill.  
Life is like A Missing Sock,  
Sometimes it's okay to step out on your own.  
Life is like A Scary Story,  
Sometimes you just have to scream.  
Life is like An Eagle,  
Take the chance to soar.  
Life is like A Rock, Stick and Leaf,  
Sometimes it can be hard, but stick to it and don't be afraid to leave something behind.  
Life is like A Sleeping Mat,  
You have to make it your own.  
Life is like The Wind,  
Sometimes you need to howl for your voice to be heard,  
Life is like Patience,  
Good things come to those who wait,  
Life is like Writing This Poem,  
Sometimes you just don't have the words.  
Life is like A WAS Question,  
You have to wait and see!



**Amanda Joyce**  
**YEAR 8 ADVISER**



# MEEBUNN-BIA (continued)





# MEEBUNN-BIA (continued)





# MEEBUNN-BIA (continued)





# COMMUNITY ANNOUNCEMENTS

## Are you a parent of a teenager in the Coffs Harbour area?

*This may be useful for you and your family...*



### Workshop for Parents of Teenagers Understanding Anger in Your Family

This FREE workshop is for parents/significant adults of young people aged 12-17 years old who live in the Coffs Harbour Area.

#### Is Anger a problem in your family?

*Staying calm when kids stress out.*

*Help your young person understand and express their anger in healthy ways.  
Understand the dynamics of anger in your family.*

**Monday 2 December 2013**

**9:30am to 2:30pm**

**@ Headspace Coffs Harbour**

Shops 27-30, Northside Shopping Centre  
81 Park Beach Road, Coffs Harbour



in it together

For more information and/or to register to attend please ring and talk to Bec White on 6651 1788 or email [becwhite@midcc.org.au](mailto:becwhite@midcc.org.au) Bookings are essential. Places are limited.

This is a joint project of the Mid Coast Communities

in it Together (iit) service, CRANES FRSP and Headspace.



# IMPORTANT INFORMATION FOR PARENTS



in it together

A service for young people and their families

## Request for service

The iiT service provides early intervention short term supports for young people and/or their parent(s)/Carer(s) who are experiencing low to medium vulnerabilities to build on strengths and capacities and prevent escalation of risk factors.

Young people and/or their parent(s)/carer(s) are eligible for the iiT service if (please circle)

**YES NO** The young person/family live in the Coffs Harbour Local Government Area

**YES NO** The young person is aged 12 to under 18 years old

**YES NO** The young person/family is experiencing low to medium level vulnerabilities/risks that if not addressed are likely to get worse

**YES NO** The young person is not at risk of significant harm and does not have an open child protection case (if the young person is at risk of significant harm as determined by the Mandatory Reporting Tool you should report your concerns to the Child Protection Helpline)

If you have answered yes to all the above questions please complete this form and fax it to

02 6651 4688 or email [becwhite@midcc.org.au](mailto:becwhite@midcc.org.au)

If you have any questions regarding this form or the iiT service please call the iiT Family and Youth Support Worker Bec White on 02 6651 1788

Date of request	
Your name	
Your position	
Your organisation	
Your work phone number	
Your mobile phone number	
Your email address	

Please circle one only

**YES NO** I am referring just the young person and confirm I have their consent to do so

**YES NO** I am referring just the parent(s)/carer(s) and confirm I have their consent to do so



# IMPORTANT INFORMATION

Please circle one only

**YES NO** I am referring just the young person and confirm I have their consent to do so

**YES NO** I am referring just the parent(s)/carer(s) and confirm I have their consent to do so

**YES NO** I am referring both the young person and the parent(s)/carer(s) and confirm I have all parties consent to do so

Young person's full name	
Young person's primary address	
Young person's age and date of birth	
Young person's home contact phone number	
Young person's mobile phone number	
Parent(s)/Carer(s) name(s)	1. 2.
Relationship to young person	1. 2.
Parent(s)/Carer(s) address	1. 2.
Parent(s)/Carer(s) contact home phone number	1. 2.
Parent(s)/Carer(s) mobile phone number	1. 2.

Please provide an explanation for the request for service:

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Please provide details of any known or possible risks that may be encountered while working with this young person/family:

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Please let us know any other services that are involved with this young person/family:

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## IMPORTANT INFORMATION

### BECOME A VOLUNTEER HOST FAMILY - IT'S FUN!

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in January 2014. Students from Switzerland, Finland, the Netherlands, Brazil, Italy, Japan and Thailand are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family.



"Another excellent experience for the family. We learned a lot about Italy. Virginia was very helpful and cooperative at home. It is a wonderful thing to give people new experience. Virginia had never eaten mango, been to ten pin bowling or held a crocodile or koala. This is the part I enjoy most about the exchange experience. Virginia will never forget Australia."  
- Susan and Anthony, host parents of Virginia (Italy)

It's easier than you think and a fantastic experience for all!

#### **Find out more!**

To help you make this important decision, contact WEP today to receive a full information pack for your family.

#### **Sylvia Kelly**

Manager Inbound Exchange Programs

**Phone:** 1300 884 733

**Email:** [wep@wep.org.au](mailto:wep@wep.org.au)

**Online:** [www.wep.org.au](http://www.wep.org.au)



# IMPORTANT INFORMATION



## Adolescent drug and alcohol use, synthetic drugs, music festivals and the law **FREE PRESENTATION**

Paul Dillon is the Director of Drug and Alcohol Research and Training Australia (DARTA) and works with young people across the country and internationally. Paul is the keynote speaker at the 2013 RRISK seminars.

In this free presentation for parents, teachers and anyone who works with young people, Paul will share information on:

**Synthetic drugs:** the latest evidence

**Music festivals:** drug trends, the law & detection strategies

**Alcohol & drug use:** latest survey of high school students revealed

**Parenting tips:** latest research

**Alcohol & cannabis:** new resources

**Where:** Southern Cross University, Coffs Harbour  
Auditorium (D block)

**Date:** Thursday 14 November 2013

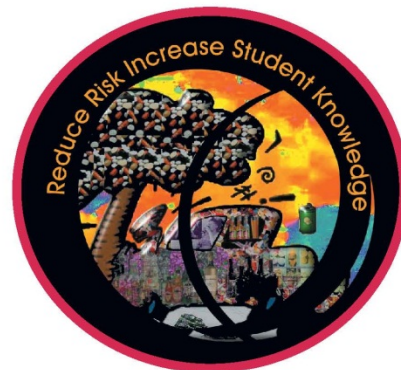
**Time:** 4.00pm—6.00pm

**Bookings are essential**

Please RSVP by Friday 8 November 2013

Contact 6648 4403

Coffs Harbour City Council



[www.rrisk.com.au](http://www.rrisk.com.au)

Follow Paul Dillon and DARTA on



Proudly sponsored by  Southern Cross University

# IMPORTANT INFORMATION



REDUCE RISK - INCREASE STUDENT KNOWLEDGE

[www.rrisk.com.au](http://www.rrisk.com.au)

## NEWSLETTER 1

### YOUNG PEOPLE AND RISK TAKING

Risk-taking in adolescence it is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one's friends; feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North and Mid North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4500 students from more than 59 high schools from Port Macquarie to Tweed Heads have registered to attend one of 10 RRISK Seminars. This year, two additional seminars will be held in Port Macquarie and Kempsey to meet the growing demand. If you have a year 11 student in your family, encourage them to attend.

### RRISK seminar dates

<b>Port Macquarie</b>	Panthers Auditorium	7 and 8 November
<b>Coffs Harbour</b>	Southern Cross University	14 November
<b>Kempsey</b>	Melville High Community Hall	20 November
<b>Lismore</b>	Southern Cross University	25, 26 and 28 November
<b>Tweed Heads:</b>	Twin Town Services Club	5 and 6 December

### Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. RRISK was identified as the only program to have resulted in a 44% reduction in road crashes for participants. The researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website [www.rrisk.com.au](http://www.rrisk.com.au) and in this newsletter over the coming weeks.



# IMPORTANT INFORMATION



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## NEWSLETTER 2

### ADOLESCENT DRINKING BEHAVIOUR

Young people aged 16-24 are amongst the heaviest drinkers in Australian society. In NSW, 46% of males and 43% of females in this age group are drinking at levels that could pose a serious risk to their health if they continue to drink at this level during their lifetime.

Over half of this group regularly drink to intoxication, which places them at risk of an alcohol related injury on any single drinking occasion. (NSW Health Statistics, 2011)

Young people are less likely than adults to be concerned about the negative consequences of heavy drinking. They are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life.

#### **Alcohol and adolescent brain development**

The brain is not fully developed until about 25 years of age. Drinking alcohol to intoxicating levels during adolescence can result in permanent brain damage. Areas of the brain that control memory, learning, decision making and problem solving can be permanently affected.

Learning problems can result in poor exam results and life skills which will reduce future career options and employment. Lack of judgement often leads to greater risk taking and increased likelihood of violence or sexual assault. Regular heavy drinking can cause irrational and aggressive behaviour, inability to understand social cues, depression and anxiety.

For more information on the effect of alcohol on the developing brain, see <http://darta.net.au/wordpress-content/uploads/2013/02/ALCOHOL-AND-THE-DEVELOPING-BRAIN.docx.pdf>

#### **Mental health**

Drinking at a young age increases the risk of mental health problems such as depression, anxiety, bipolar disorder, attention deficit disorder and increased risk of self-harm, including suicide, delinquent behaviour and alcohol dependency in later life.

Look for information about the RRISK Program and risk taking at our website [www.rrisk.com.au](http://www.rrisk.com.au)

# IMPORTANT INFORMATION



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## NEWSLETTER 3

### PARTIES - WILL YOU ALLOW ALCOHOL AT YOUR ADOLESCENT'S PARTY?

Many parents and carers will be helping young people in their family celebrate birthdays, special occasions, finishing their school year or leaving school.

It is time for careful planning so that everyone enjoys themselves. Some parents may not be aware of their responsibilities in relation to supplying alcohol to under 18's.

Regardless of where the function will be held, it is against the law to obtain for, or supply alcohol to anyone under 18 years of age - even at private parties. This activity is called secondary supply of alcohol - an offence that carries a maximum penalty of \$5,500 per offence or \$11,000 and 12 months prison in very serious circumstances. On the spot fines of \$550 can also be issued by police.

This information comes to you from the NSW Department of Liquor, Gaming and Racing. Check their website for further information: [www.olgr.nsw.gov.au/liquor\\_info\\_young\\_people\\_2nd\\_party.asp](http://www.olgr.nsw.gov.au/liquor_info_young_people_2nd_party.asp)

#### Points to consider:

- ◆ What do you do if an underage guest arrives with alcohol?
- ◆ What do you do if they arrive intoxicated?
- ◆ What do you do if your alcohol has been consumed during the course of the party?
- ◆ How can you plan a successful party that addresses these issues?

It is much easier to plan and control what happens at your next party if you follow some simple guidelines. Here are some suggestions that can make a difference:

- ◆ Ideally RSVP invitations should be issued, giving as many details as possible about times of starting and finishing, the nature of the party, a dress code, how it will be supervised and how guests will return home. Indicate guests will be required to bring their invitation for party entry.
- ◆ On the invitation, suggest guest parents contact host parents to fine tune details and discuss any concerns. This will ensure parents are not pressured against their better judgment and gives everyone permission to talk about supervision, safety, alcohol and drug issues etc.
- ◆ Have only one entrance or exit to make it easier to control who attends your party.
- ◆ Guest lists should be kept to a manageable size. If guest numbers are large, ask other parents to assist with supervision or consider hiring security personnel.



# NEWSLETTER 3 (CONTINUED)

## PARTIES - WILL YOU ALLOW ALCOHOL AT YOUR ADOLESCENT'S PARTY?

- ◆ Host parents need to be aware of appropriate return transport for guests and/or provide overnight, supervised accommodation.
- ◆ Make it clear in advance it is an alcohol free party. (Parents are reminded of the NSW Office of Liquor, Gaming and Racing penalties cited earlier).
- ◆ Alcohol at parties is not easily supervised. Alcohol can easily be consumed in advance or mixed with soft drinks prior to the party. Alcohol may be left outside in cars or hidden in bushes. Although these problems can occur, they are less likely if the party is well supervised.
- ◆ Confiscate BYO alcohol from under 18s. Return it to their parents or carers.
- ◆ If guests are a mixture of under and over 18s, there is less control over the consumption of alcohol. A nominated adult should serve alcohol.
- ◆ Actively serve non-salty food throughout the party. This will slow down alcohol consumption for those who are drinking.
- ◆ Attractive non-alcoholic drinks should always be provided. For example, "Mocktails", non-alcoholic punches, soft drinks, fruit juices, coffee, tea and of course, water.
- ◆ If under 18s consume alcohol or other drugs during the party, their parents should be contacted and asked to collect them. Parents should be advised of unacceptable behaviour.
- ◆ Be firm about excluding gatecrashers. If admittance is by invitation only, gatecrashers are less likely. Prior to the party, encourage students not to broadcast party details in the school community, via the Internet or mobile phone. If gatecrashers arrive, ask them to leave immediately or tell them the police will be called.
- ◆ Parents should be present and provide active supervision throughout the party.
- ◆ If you are planning a large party, it may be a good idea to employ security guards.

### Register your party with NSW Police

NSW Police have developed a range of strategies and an online **Party Sign Up form** which must be completed at least 72 hours before your party. Register your party at [www.mynite.com.au](http://www.mynite.com.au). This way local Police will know that you are having a party and can offer support. Have emergency numbers handy and call police before the situation gets out of control. Advise neighbours of your party as common courtesy.

Other useful websites to help you plan a successful party and avoid problems:

[www.det.nsw.edu.au/media/downloads/languagesupport/alcohol/acs\\_english.pdf](http://www.det.nsw.edu.au/media/downloads/languagesupport/alcohol/acs_english.pdf)

[http://www.police.nsw.gov.au/hot\\_topics/safe\\_party](http://www.police.nsw.gov.au/hot_topics/safe_party)

[http://www.youthsafe.org/safe\\_celebrate.html](http://www.youthsafe.org/safe_celebrate.html)

This website has current safe partying information, games, and competitions on how to party safely for young people and information for parents

Look for information about the RRISK Program and risk taking at our website [www.rrisk.com.au](http://www.rrisk.com.au)



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## NEWSLETTER 4

### TALKING TO YOUNG PEOPLE ABOUT ALCOHOL AND DRUGS

It is best for education about alcohol and drugs to begin before young people are exposed to personal decisions about their use. Young people who have accurate information, coping and decision making skills and understand the issues, will be in a good position to make responsible decisions about alcohol and drugs.

Parents provide a powerful role model when it comes to drinking and attitudes to alcohol and other drugs. Take time to talk. Sitting down with the young person in your care and mapping out a plan of action and what to say if they are offered drugs or alcohol can help equip them for the almost inevitable real event. Listen to what the young person in your family says about alcohol and drugs and follow up with a discussion. Take the opportunities when they come up during everyday activities, for example:

- When you pour a glass of alcohol
- When alcohol or other drugs are mentioned on TV or other media
- When using or giving out medicines
- When your young person has an assignment on alcohol, smoking, medicines or other drugs.

It is important to understand that in some situations young people may take risks. Sitting down afterwards and helping them identify where things started to go wrong enables them to consider what they could do differently the next time they are faced with a similar situation.

### AUSTRALIAN ALCOHOL GUIDELINE FOR CHILDREN AND YOUNG PEOPLE UNDER 18

Not drinking alcohol is the safest option.

#### **For children under 15**

Parents and carers are advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking is especially important.

#### **For Young people aged 15-18 years**

The safest option is to delay the initiation of drinking for as long as possible. *Australian Alcohol Guidelines to reduce health risks from drinking alcohol*. National Health and Medical Research Council, 2009 can be found at

<http://www.nhmrc.gov.au/files/nhmrc/file/publications/synopses/ds10-alcohol.pdf>

Look for information about the RRISK Program and risk taking at our website [www.rrisk.com.au](http://www.rrisk.com.au)



# IMPORTANT INFORMATION



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## NEWSLETTER 5

### YOUNG DRIVERS AGED 17-25 YEARS WHY ARE THEY AT RISK?

#### Facts:

1. Road crashes are one of the leading causes of injury, disability and death among young people.
2. Young drivers are over-represented in road crashes compared to other age groups especially young males.
3. Drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the major cause of road crashes in NSW and crashes which involve speeding are more likely to result in fatal crashes.
5. Other high-risk behaviours that significantly contribute to road crashes and injuries include:
  - Drink driving
  - Driver fatigue and distraction
  - Not using seat belts

**Driver inexperience:** Often young drivers don't realise that it takes time and lots of practice to develop safe driving skills.

**Developing brain:** Parts of the brain responsible for self-control and for recognising and managing hazards do not fully mature until after the teenage years, so young drivers are more likely to experiment and take dangerous risks.

**Overconfidence and risk taking:** Young drivers can be over confident about their driving ability and underestimate dangers on the road.

**Having friends as passengers:** Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding. Every extra peer passenger carried by a young driver increases the chance of crashing.

**Alcohol and other drugs:** Young people often do not understand that alcohol and other drugs affect a driver's skills, mood and most importantly behaviour. Safe driving requires clear judgment, concentration and ability to react to what's happening on the road.

**Busy lifestyles:** Work, sport and study often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver doesn't feel sleepy.

The RRISK program aims to increase awareness of these risk factors and how to improve road safety. For more information about the RRISK program and risk taking, visit our website [www.rrisk.com.au](http://www.rrisk.com.au)

# IMPORTANT INFORMATION



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## NEWSLETTER 6

### SUPERVISING YOUR LEARNER DRIVER (L)

#### Learner drivers under 25

- Must have at least 120 hours of supervised on-road driving experience, including 20 hours at night time;
- One hour of structured driving tuition by a professional driving instructor will count as 3 hours in the Learner Driver Log Book to a maximum of 10 hours counting as 30 log book hours.
- Must hold an L licence for at least 12 months.
- For L and P1 drivers mobile phone use is prohibited, even hands-free or loudspeaker.
- From 1 July will be allowed to travel up to 90km/h instead of 80km/h; and

#### Tips for Parents

- Safe driving takes time and practice – it is more than just operating a vehicle.
- Plan for a variety of driving experiences (e.g. different road conditions, weather conditions) and vary the time of day.
- Shorter drives can be useful early on.
- Reduce the risk of distraction (e.g. turn off mobile phones)
- Keep instructions short and clear.
- Be positive and acknowledge when your teenager does well rather than criticise.
- At the end of a drive reinforce achievements and discuss areas to work on.
- Real on-road driving experience is more beneficial than 'advanced' or 'defensive' off-road driver training.
- You and your young driver should be read the Road Users Handbook (NSW road rules) and understand licence conditions.
- For helpful information, attend a free 'Helping Learner Drivers Become Safer Drivers Workshop' in your local area. Contact the Roads and Maritime Services (replacing the RTA) on 13 22 13, visit [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au) or visit your local Council's website.

#### NEW Safer Driver Course for Young Drivers

**From 1 July 2013**, learner drivers who complete the Safer Drivers Course will receive a reduction of their logbook driving hours from 120 to 100.

The Safer Driver Course is a combined theoretical and practical course involving a facilitated group session discussing how to manage risks on the road and tailored in-car coaching addressing individual learning needs. The group session will be two to three hours, and the in-car coaching will be one to two hours.

Not all learner drivers will be able to access the course immediately. The course will be progressively rolled out in NSW based on demand and provider availability.

For more information about the Safer Driver Course contact [rms.nsw.gov.au](http://rms.nsw.gov.au)

For more information about the RRISK program and risk taking visit [www.rrisk.com.au](http://www.rrisk.com.au)



# IMPORTANT INFORMATION



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## NEWSLETTER 7

### SUPPORTING PROVISIONAL DRIVERS (P1 & P2)

- A P1 licence must be held for at least 12 months.
- After passing a hazard perception test, drivers progress to the P2 licence for a minimum of 24 months.
- Speed restrictions for P1 drivers is 90km/h and for P2 drivers 100km/h
- A zero blood alcohol limit applies to all L, P1 and P2 licence holders. This means NO ALCOHOL before driving.
- For P1 drivers mobile phone use is prohibited, even hands-free or loudspeaker. P2 drivers can only talk on a hands-free phone when driving; no text messaging.
- P1 drivers under the age of 25 can only carry one passenger under 21 between the hours of 11pm and 5am (some exemptions apply).

#### Tips for Parents

***Remember your teenager is still very new to driving. Continue to encourage safe driving including:***

- Ensuring they organise their time so they can stick to posted speed limits and adapt to driving conditions, such as rain.
- Get them to plan their night before they leave.

Slowly increasing the amount of independent night driving – this is a time when young drivers are more likely to crash.

- Gradually allowing them to increase the number of passengers in the car once they have progressed to the P2 stage.

***Before your teenager goes out, particularly when partying, spend some time discussing options for getting home safely. Some ideas for young people to consider:***

- Leave the car at home.
- Catch a bus – check timetables to avoid waiting times at bus stops.
- Stay overnight with a friend.
- Arrange to be dropped off and picked up by a parent or other responsible adult.

***Also discuss:***

- Driving alcohol free.
- Dealing with pressure from friends to drive in an unsafe manner.
- Being a responsible passenger.

For more information about the RRISK program and risk taking visit [www.rrisk.com.au](http://www.rrisk.com.au)

# COMMUNITY ANNOUNCEMENTS



*everyone's family*



## Saver Plus Program

Would you like \$500 to help pay for school uniforms, excursions, sports, music and swimming lessons, tuition, speech therapy, an iPad plus more? Saver Plus is a community program and will match your savings dollar for dollar, up to \$500, to help with these costs.

Over 250 local families are receiving over \$150 000 as a reward for saving to date. Simply save up to \$500 over 10 months then receive another \$500 to use towards education or extra-curricular costs.

### To be eligible you need to:

- have a Health Care Card or Pension Concession Card
- have a child at school now or starting school next year
- have some form of household income from work, for example yourself or your partner may have some part time, casual, full time or seasonal employment, can also be child minding, ironing or mowing a lawn

### For further information please contact:

Graeme Grice, Saver Plus Coordinator

02 6651-3378 | 0428 428 444

[graeme.grice@thesmithfamily.com.au](mailto:graeme.grice@thesmithfamily.com.au)

*Saver Plus is funded by the Australian Federal Government,  
Dept of Families and Housing, Community Services and Indigenous Affairs*



## MORE ANNOUNCEMENTS



# Helping learner drivers become safer drivers

FREE workshops for parents and supervising drivers

To provide practical advice about:-

- Current laws for L and P licence holders.
- Supervising learner drivers.
- Completing the Learner driver log book.
- The benefits of supervised on-road driving experience.

The next workshop in your area will be held:-

Time and Date	Venue	Book now on
Tuesday 19/11/2013	ETC Office 90 Grafton Street Coffs Harbour	<a href="http://www.etcltd.com.au/rms">www.etcltd.com.au/rms</a> Ph: 6648 5435 Freecall 1300 359 968

*until next time*