



Just Think

Welcome and introduction to Just Think

What is Normal?

Alcohol Toxicity

The Adolescent Brain

First Experiences of Alcohol

Physical Activity and Health

Emergency First Aid

Wrapping up

Welcome and Introduction to the Just Think Program

Origins
and
Purpose

Housekeeping

Supported
By

Ambassadors

Housekeeping

- We will all be respectful of each other.
- We will be talking about general alcohol use in the community. Please do not not ask anyone about their own personal experience with alcohol; if you would like to share anything it is up to you.
- If anyone feels uncomfortable with the material presented or the issues discussed, please let your teacher know.

Just Think Ambassadors

A white question mark inside a blue circle, set against an orange background.A white question mark inside a blue circle, set against an orange background.

Just Think Ambassadors

?



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Just Think Ambassadors

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Renee Garing





Cam Guthrie





Mitch Duncan

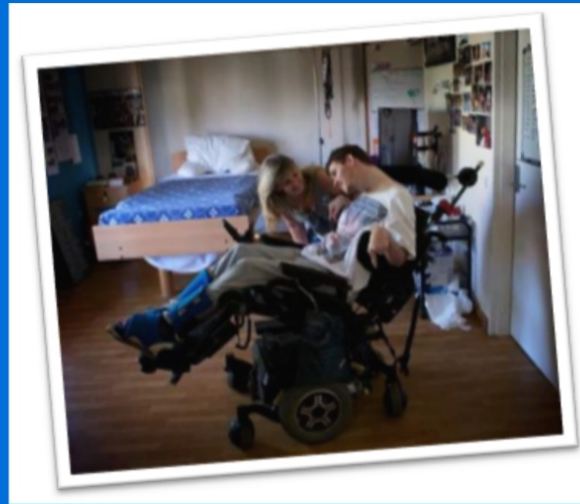
Just Think is brought to you by



Just Think incorporates the messaging of the Smart Generation alcohol program developed by the Deakin University School of Psychology and is informed by the Australian National Health and Medical Research Council



How did Just Think start?



James Macready Bryan
suffered an acquired brain injury after an alcohol-fueled cowards punch attack

**How many Australians end
up in hospital as a result of
Alcohol every day?**

how does this
compare?

What do
you think
about this



430

how does this
compare?

What do
you think
about this

**How many people die as
a result of alcohol use
every day in Australia?**

how does this
compare?

What do
you think
about this



15

how does this
compare?

What do
you think
about this

**3 people died per day in 2018
as a result of car accidents
= 1,146 per year**

**Alcohol
= 5,475 per year**



Context



What Percentage of Australian adults drink Alcohol?



82%

**What percentage
of these adults
drink AT LEAST
once a week?**



41%



Consider not drinking until at least 18

Consider limiting alcohol /drinking less

Be informed about the health impacts of alcohol

Ice breaker Activity



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**What percentage of
people 18 or over on
earth drink alcohol??**

**Why
would
someone
not drink?**

**What
influences
us?**

**What percentage of
people 18 or over on
earth drink alcohol??**

50%

**Why
would
someone
not drink?**

**What
influences
us?**





Religion



Religion
Health reasons



Religion
Health reasons
Socially not accepted



Religion
Health reasons
Socially not accepted
Like to stay in control



Religion
Health reasons
Socially not accepted
Like to stay in control
Seen others affected and helpless



Religion
Health reasons
Socially not accepted
Like to stay in control
Seen others affected and helpless
Social Media

Religion

Health reasons

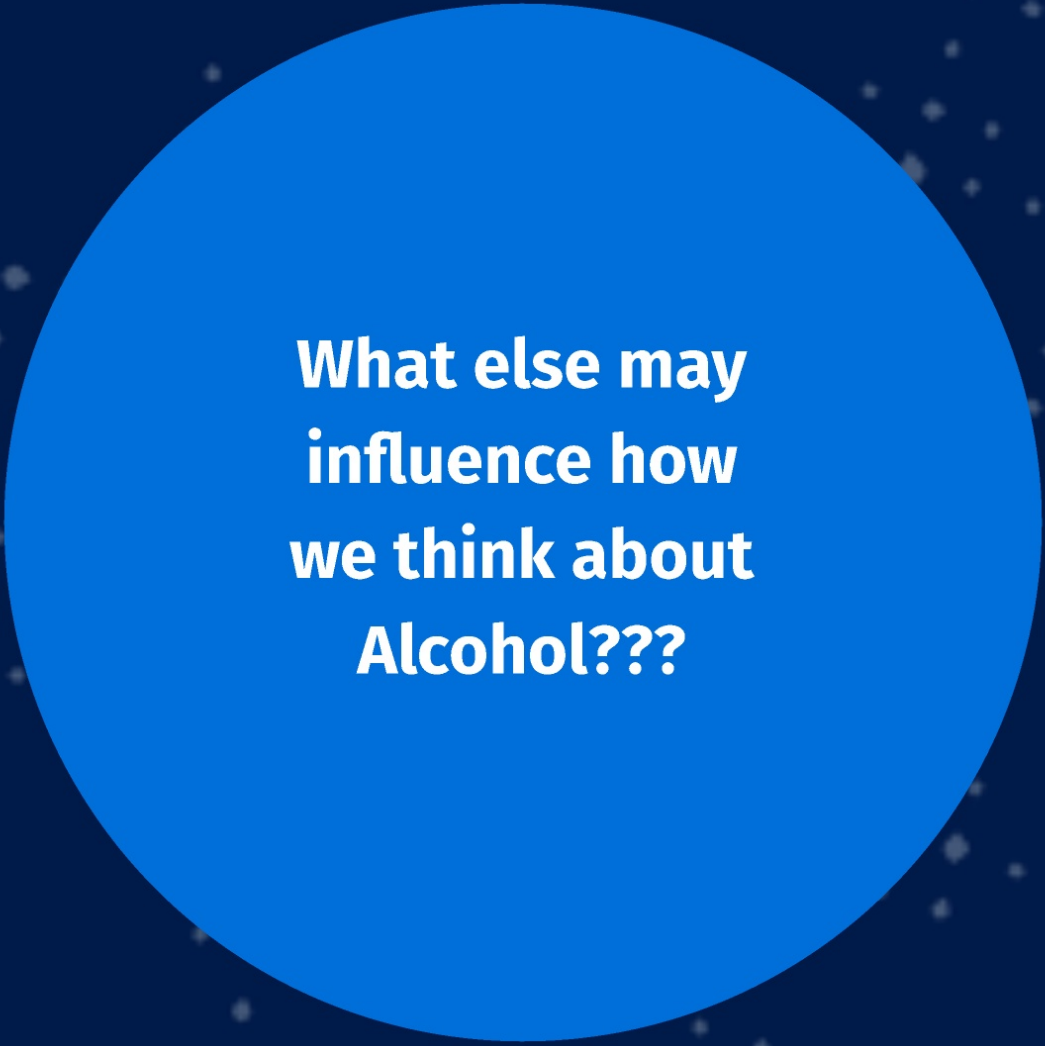
Socially not accepted

Like to stay in control

Seen others affected and helpless

Social Media

Relationships



**What else may
influence how
we think about
Alcohol???**











Friends



Friends

Family



Friends

Family

Access

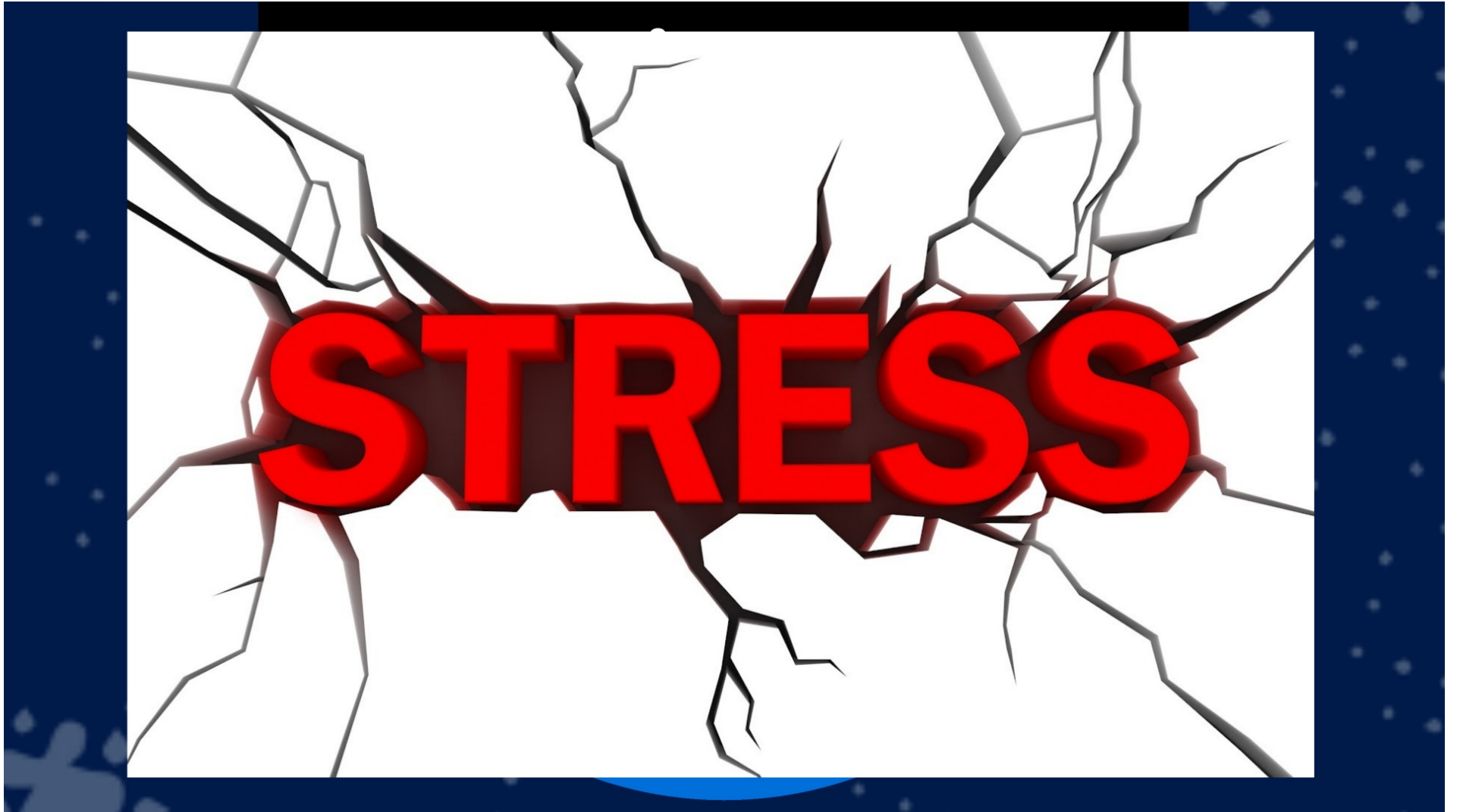


Friends

Family

Access

What we think is Normal





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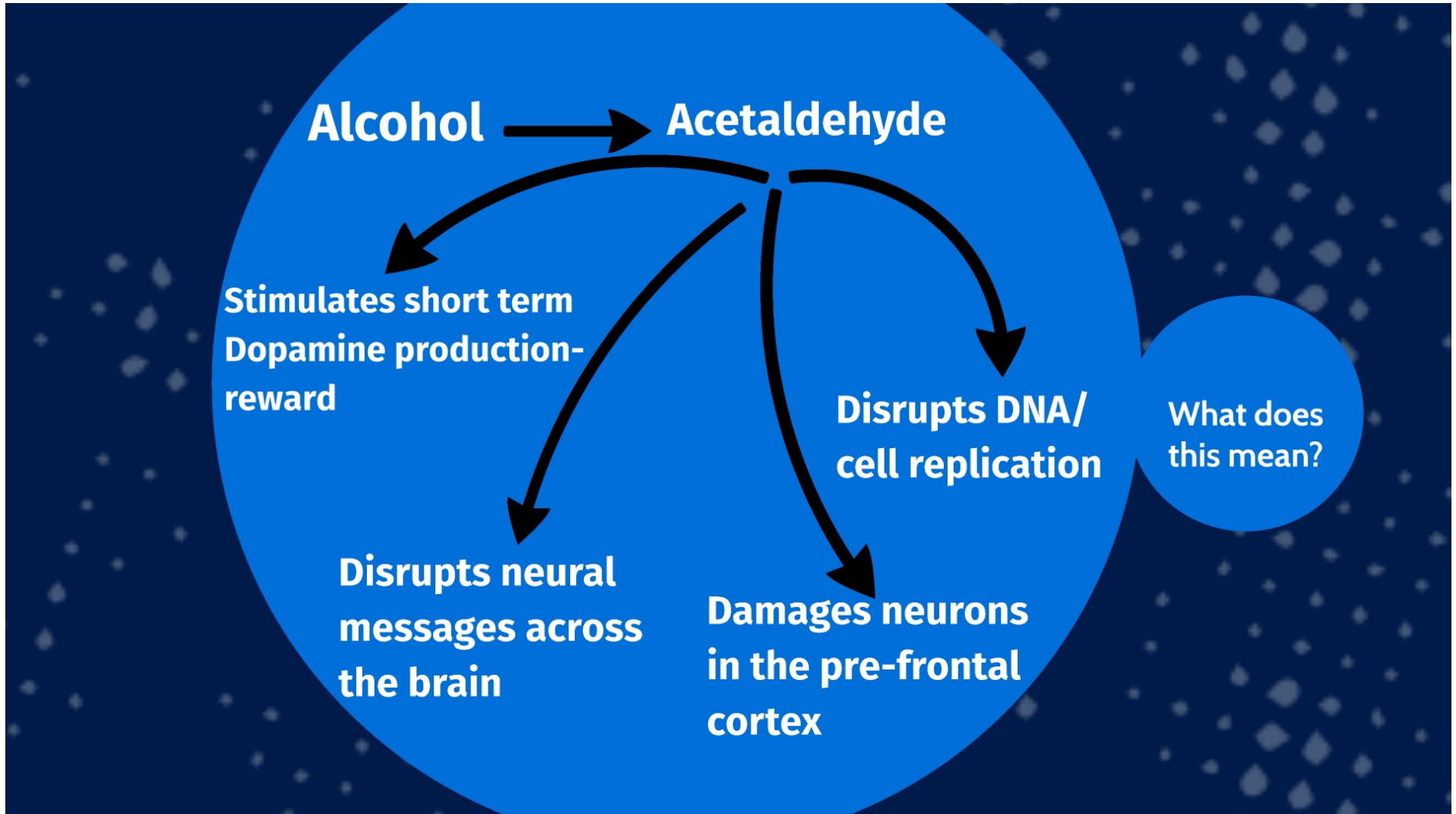
Physical Activity and Health

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Wrapping up

Alcohol is classed as a poison. The alcohol found in drinks is called Ethyl Alcohol- the only type of alcohol that people can drink without becoming very sick or possibly dying

**Physical
Impact**



**It's a bit like digital
pixelation in the brain**

**That gets
worse
with more
alcohol**

**It's a bit like digital
pixelation in the brain**



**That gets
worse
with more
alcohol**

**It's a bit like digital
pixelation in the brain**



**That gets
worse
with more
alcohol**



And worse







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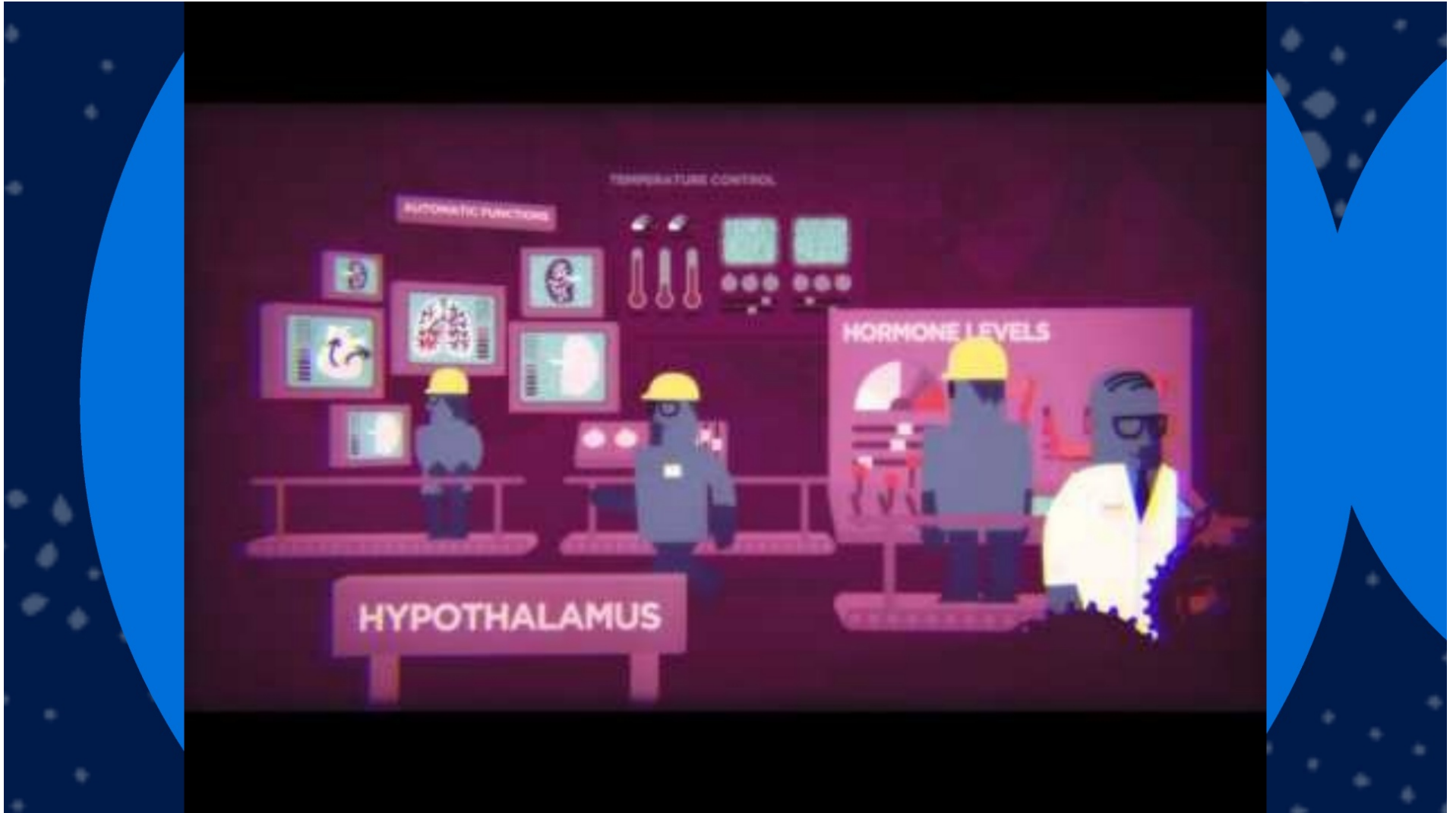
Wrapping up

**Why can adults
drink alcohol and
young people are
generally not
allowed?**

**What's
happening
with your
brain**



**Your brain is
both being
extended and
renovated at
the same time**



Myelination



Long term

Frontal Lobe

Myelination



Long term

Frontal Lobe

Myelination



Long term

Frontal Lobe

With ongoing alcohol use



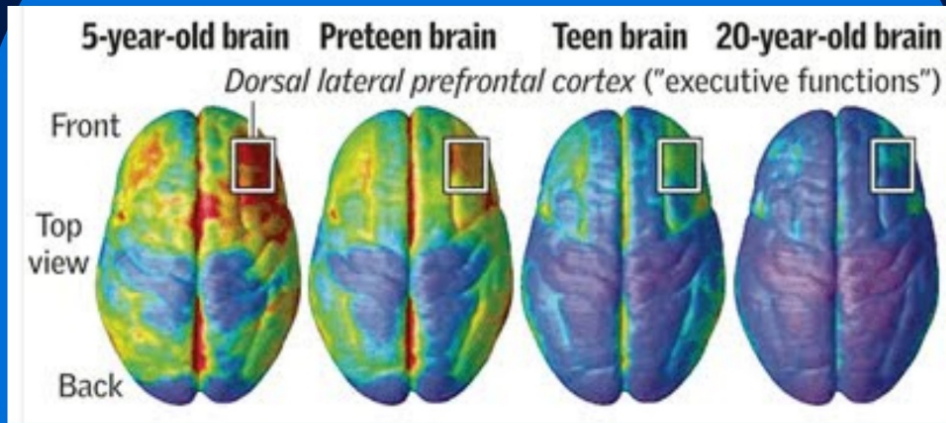
Frontal Lobe Development

Does not fully develop until 26 years or
possibly older



Responsible for:
movement, memory, making
choices, behaviour, learning

Brain
Imagery





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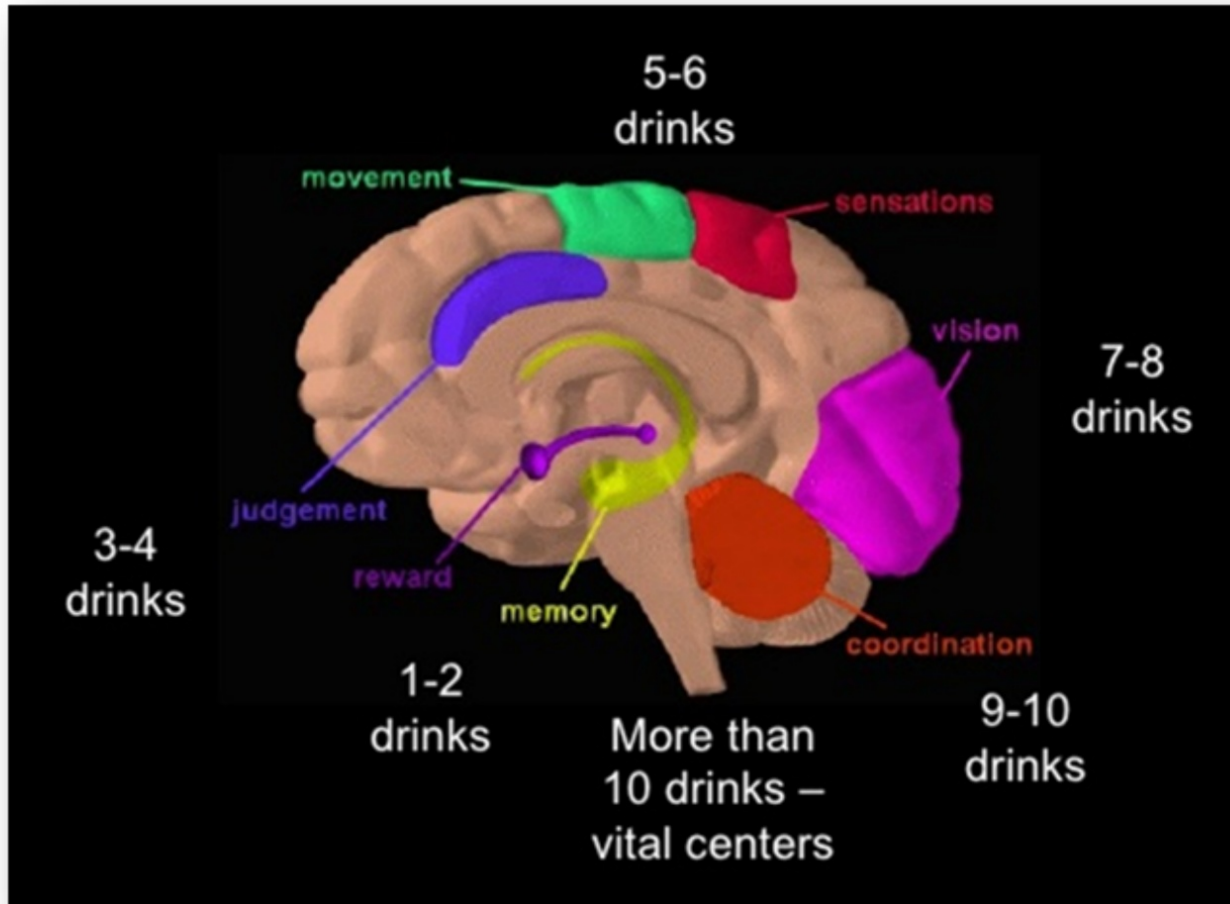
**We are told that an adult can process
1 standard drink (1 unit of alcohol)**



**However, this is not that simple and
alcohol effects everyone differently
at different times**

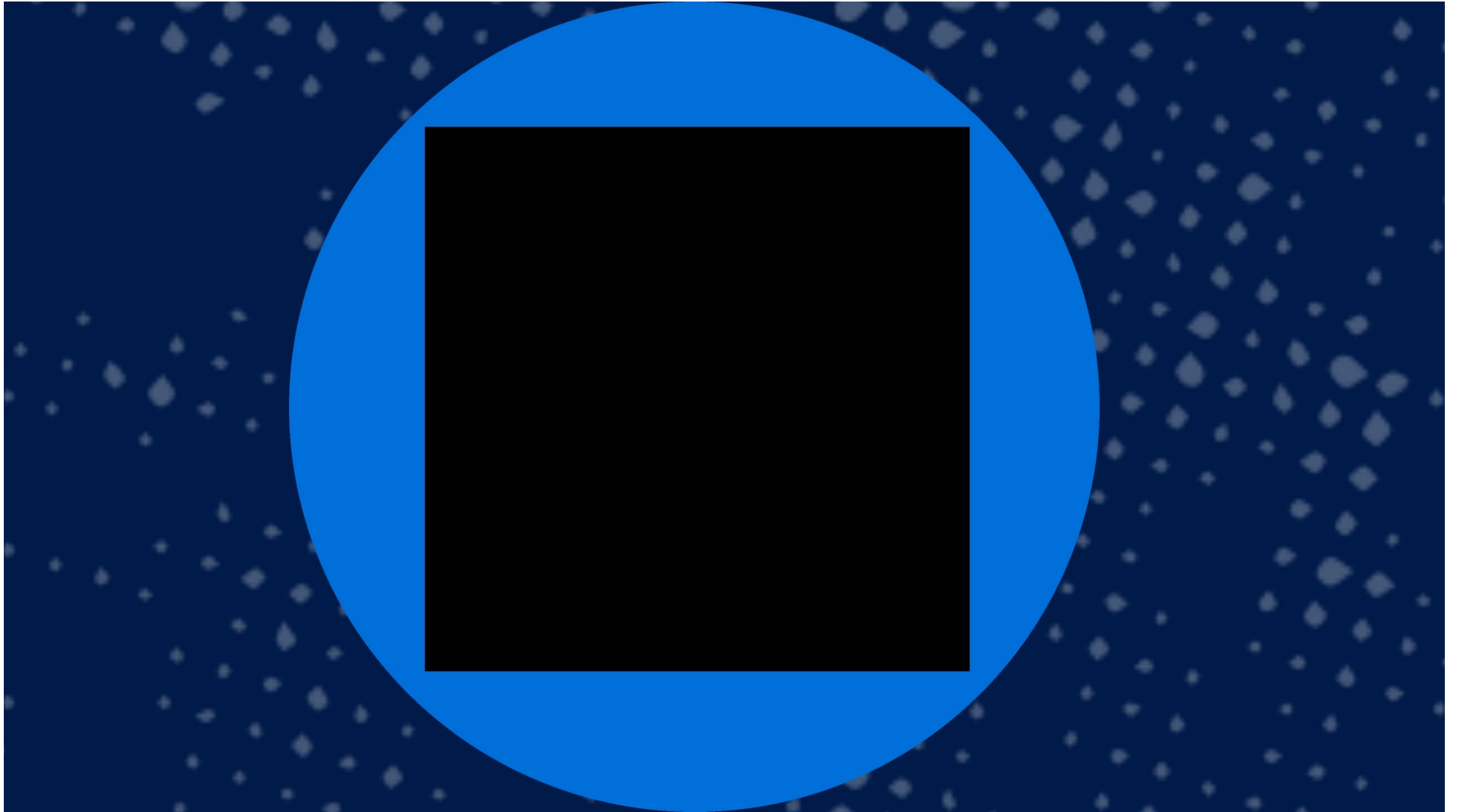
**Effect of
Standard Drinks**

**Drinking
Patterns**

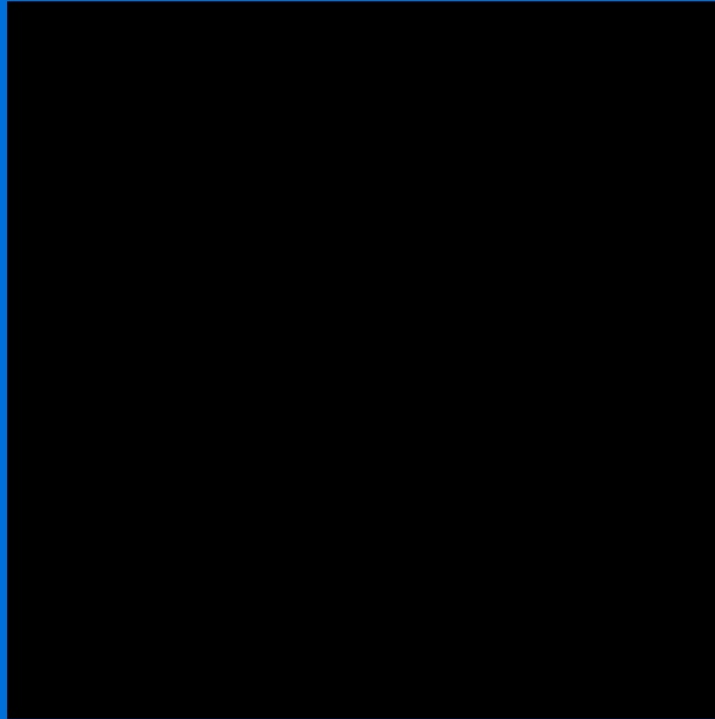


Social
Effects of
being
drunk





How could drinking effect.....



How could drinking effect.....

Friendships

How could drinking effect.....

Friendships

Family

How could drinking effect.....

Friendships

Family

Partners

How could drinking effect.....

Friendships

Family

Partners

Work

How could drinking effect.....

Friendships

Family

Partners

Work

Reputation

How could drinking effect.....

Friendships

Family

Partners

Work

Reputation

**Self esteem &
mental health**



Regular drinking under 18

**Increases risk of injury and assault
Including self harm and suicide**

**Poorer school results- less
opportunities**

**Increases the risk of problematic
drinking later in life**

Effects



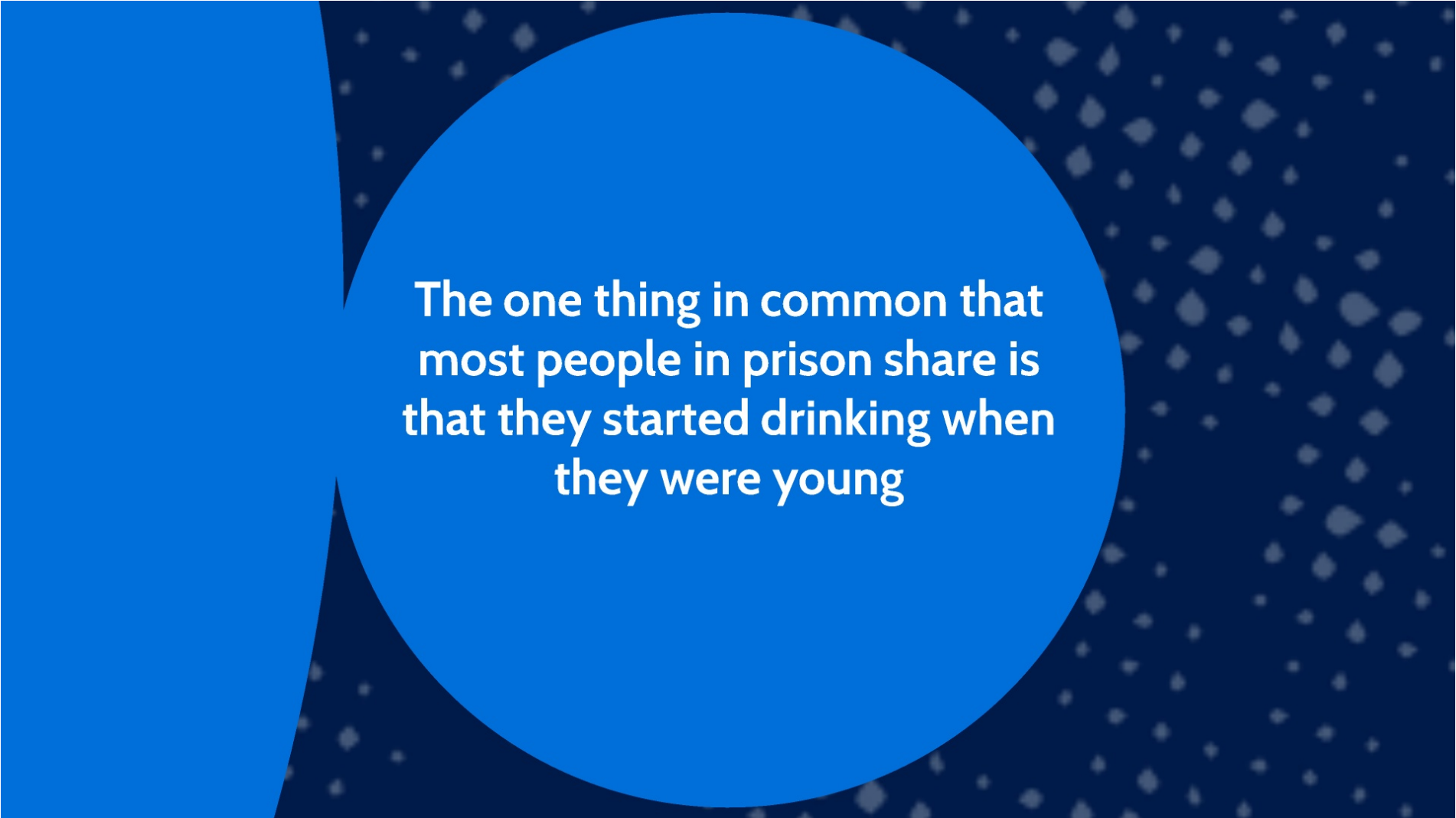
**Alcohol
and
feelings**

Our brains like Dopamine and can trigger thoughts about alcohol - cravings

Because alcohol affects how we feel can use alcohol to manage our emotions in the short term but the long term effect is to increase anxiety and possibly depression

We can use alcohol to avoid external stress but not deal with it- Stress becomes worse

FACT



**The one thing in common that
most people in prison share is
that they started drinking when
they were young**



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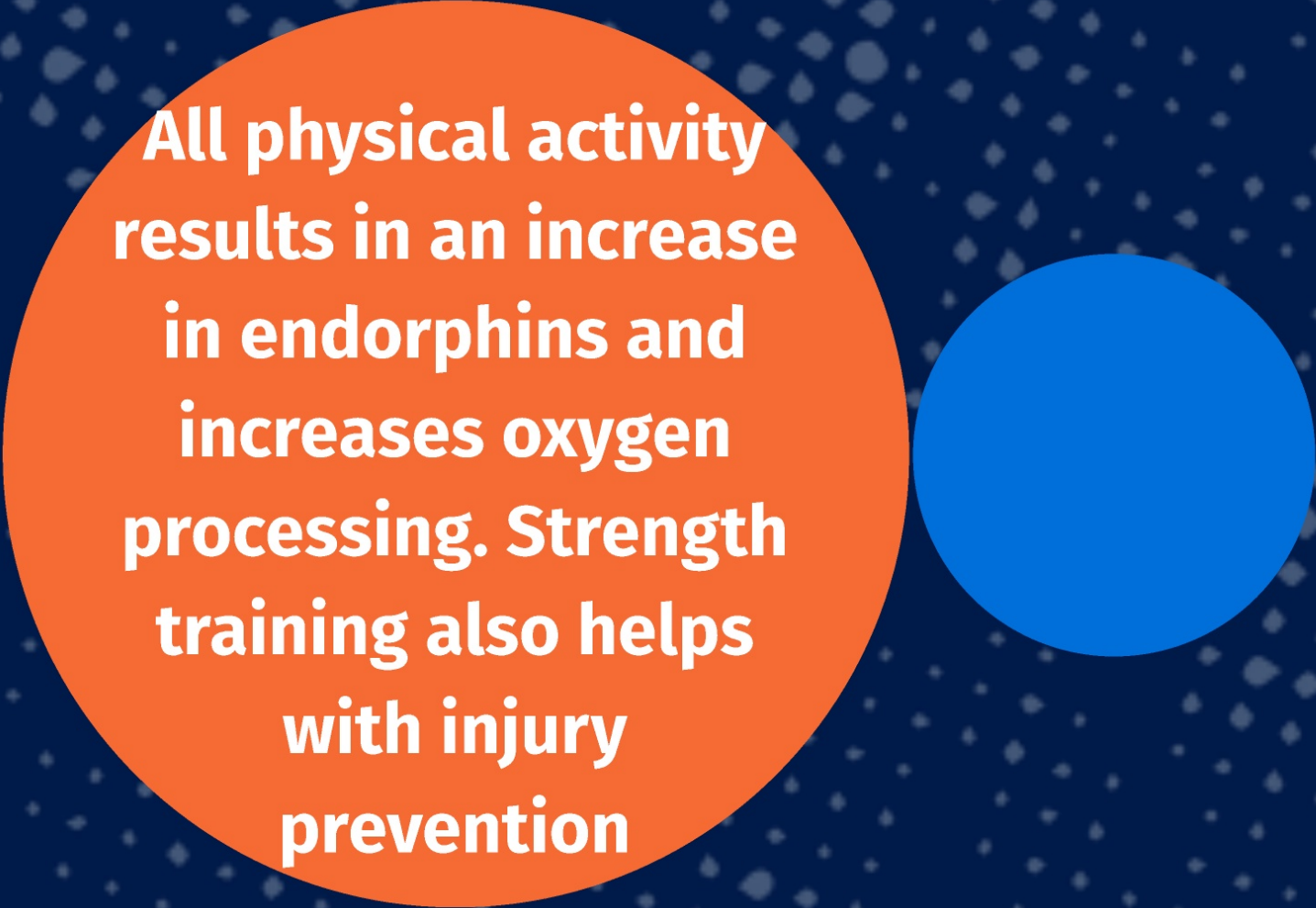
The Adolescent Brain

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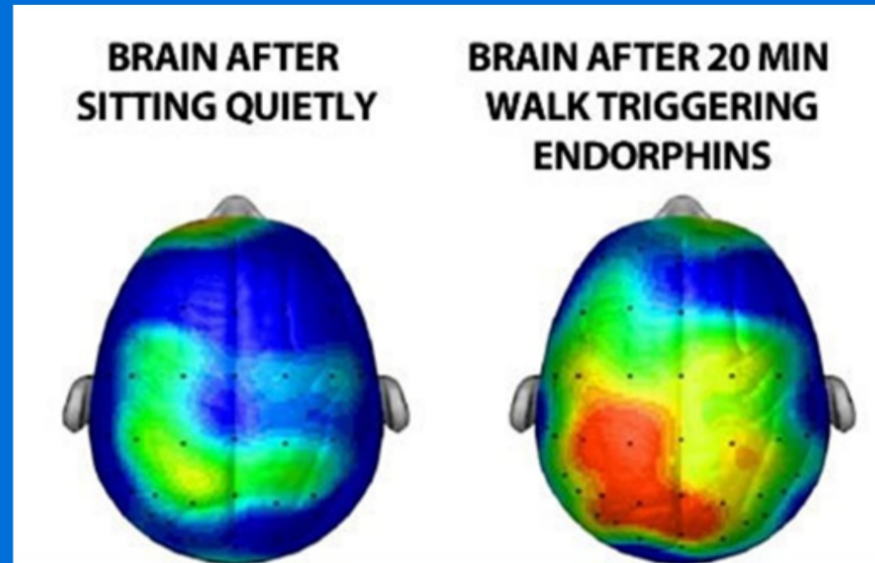
Emergency First Aid

Wrapping up



**All physical activity
results in an increase
in endorphins and
increases oxygen
processing. Strength
training also helps
with injury
prevention**

**Physical activity releases
endorphins- they provide a
reward for positive
functions**



**Other
positive
effects**

THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF
NEUROCHEMICALS THAT
PROMOTE BRAIN CELL REPAIR



IMPROVES
MEMORY



LENGTHENS
ATTENTION SPAN



BOOSTS DECISION-
MAKING SKILLS



PROMPTS GROWTH OF
NEW NERVE CELLS AND
BLOOD VESSELS



IMPROVES
MULTI-TASKING
AND PLANNING



Any activity that you enjoy and involves getting outside and/or connecting with others will stimulate your brain in a positive long lasting way



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**An unconscious person is
very vulnerable and
unable to protect their
own airway**

**Manage an
unconscious
person:
Recovery
Position**






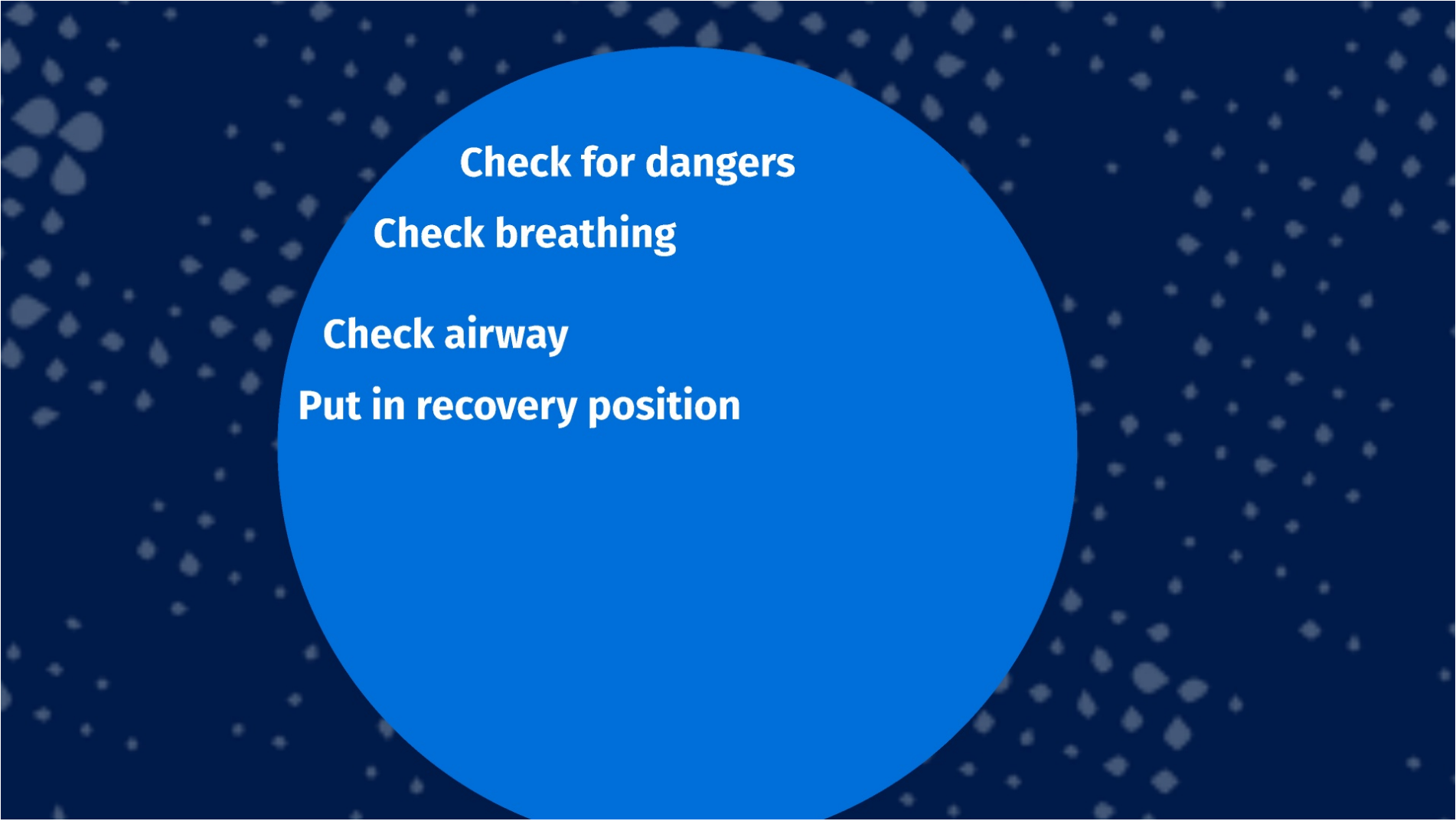
Check for dangers




Check for dangers
Check breathing



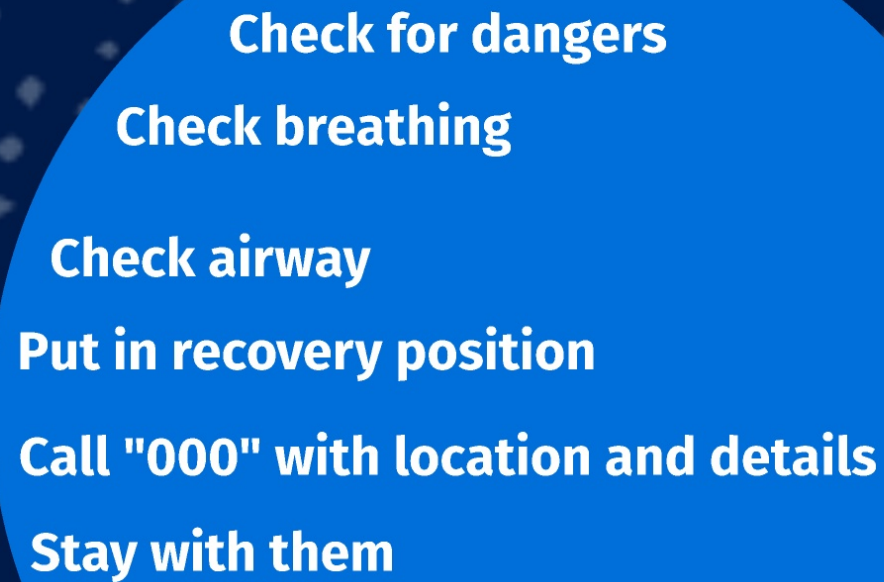
Check for dangers
Check breathing
Check airway



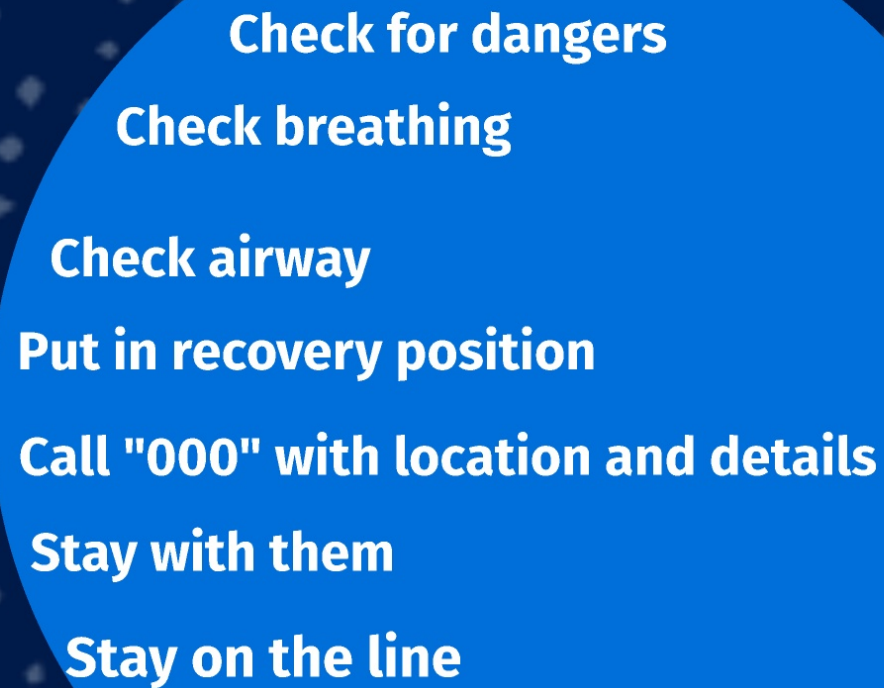
Check for dangers
Check breathing
Check airway
Put in recovery position



Check for dangers
Check breathing
Check airway
Put in recovery position
Call "000" with location and details



Check for dangers
Check breathing
Check airway
Put in recovery position
Call "000" with location and details
Stay with them



Check for dangers
Check breathing
Check airway
Put in recovery position
Call "000" with location and details
Stay with them
Stay on the line



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What have we learnt so far?

The best medical advice tells us to not drink until you are at least 18 years old in order to avoid:

Permanent brain damage

Immediate physical Injury to yourself and others

Developing a dependence on alcohol

Impacting good judgement- You may be filmed!!

Impacting on your school results

Impacting relationships- Please don't send those Photos!



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