

Dr YES

Teacher's Guidebook 2022



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Preface



The Australian Medical Association (AMA (WA)) established the registered charity AMA (WA) Foundation in 1996, with the key aim of improving the health outcomes of young people in WA. 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 can be 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:

- Better engagement with young people on health issues
- 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

The AMA (WA) Foundation has three core initiatives to address these areas of need.

Dr YES (Youth Education Sessions)

Dr YES is preventative health education program led by medical and medical-assured pathway 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.

Youth Friendly Doctor training program

This program offers tailored training to medical practitioners, equipping them with knowledge, skills and insight into topical youth issues, enabling them to effectively communicate with and support their young patients. In sessions, 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 as possible.

WA Youth Services Directory

The AMA (WA) Foundation, in conjunction with Youth Affairs Council WA (YACWA) has developed an online directory offering comprehensive information about WA youth services as well as listing the 'Youth Friendly Doctors' across WA. This provides an invaluable resource for the entire community; medical practitioners, young people, youth services, schools and parents. This directory can be found at www.wayouthservicesdirectory.org.au

We hope that your young people enjoy the sessions with our Dr YES 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.

Assoc Prof Rosanna Capolingua
Medical Director
AMA (WA) Foundation

About Dr YES

Dr YES is facilitated by a team of volunteer medical and medical assured-pathway students who deliver harm minimisation sessions on mental health, sexual health and alcohol and other drugs to high schools and youth centres across Western Australia.

During the health education sessions, Dr YES uses presentations and small group discussions to engage the students and to promote harm minimisation messages. Dr YES is not a stand-alone program, it is designed to complement and enhance school health curriculum for young people aged 13-18 years, not to replace them.

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. One of the strengths of the program is the peer-to-peer delivery 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 well supported by the medical faculties of the University of Western Australia, Notre Dame University and Curtin University.

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 Mandurah.

How the sessions run

The sessions starts with a presentation to the whole group, therefore, a large enough area for all the students to congregate in necessary. We can bring our own projector to schools; however we do need a wall or screen for projector use.

After the presentation, groups will go in to break out spaces, in groups of 6-12, depending on the size. During the small group sessions, it is recommended for teachers to have a circulating presence for behavioural support. It is preferred that teachers do not sit with groups (unless there is a particular need), as this can make it difficult for students to talk openly. All volunteers undergo 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.

After the session, an email with a survey link will be sent to you, it would be greatly appreciated if you would complete this short 2-minute survey as it provides valuable feedback for the program.

Booking a session

Dr YES can cater for up to 120 students in one session. We deliver sessions up to three times a week excluding the university exam period. There will generally be between 12-24 volunteers at a session, depending on the group size.

Dr YES sessions follow a general format and consists of content which will be covered at every session, as well as allowing facilitators to discuss topics that the students ask about. Dr YES will primarily focus on content that the groups are asking about as we have found that this is the best way of keeping the content relevant to their needs, if there is content you would specifically like Dr YES to cover, you can indicate this when booking the session.



To book a Dr YES session, please go to www.dryes.com.au, 'How to get Dr YES to your School' and complete the booking form. Due to the demand of sessions, it is recommended that you do as close to the start of the school year or term as possible. After completion of the booking form, Dr YES will be contact to confirm the sessions. The availability of bookings is determined by volunteer capacity to attend sessions. Dr Yes strives to see as many students as possible, however not all requests and bookings are able to be filled.

Sessions

Each session will have a small power-point presentation to introduce the topic and familiarise students with the session content. The power-point will be skipped if there is a shortage of time, however, will be covered in our small-group sessions. An asterisk * indicates the session content that is discussed in every session.

Alcohol and Other Drugs

Session Plan

- Introduction
 - Introduce Dr YES volunteers and what the program is about
- Power-point Presentation
 - Classes of drugs
 - Reasons people drink and use recreational drugs
 - Alternative coping mechanisms
 - Explanation of standard drinks
- Small Group Work
 - Introductions
 - Set standard of confidentiality within the group
 - Delivery of session content and discussion
- Evaluation, Referral and Close
 - Direct students to Dr YES website and social media
 - Distribution of evaluation forms

Session Content

- Alcohol*
 - Role-play party scenario which will include:
 - How to prepare beforehand to stay safe during the party
 - Food and water consumption
 - Planning drinks
 - Transport
 - Telling someone
 - Common types of alcoholic drinks
 - How to help someone who has had too much to drink
 - Difference between being unconscious vs. sleeping and how to check for a response
 - Recovery position
 - Ambulance
 - Hangover – causes and effects

- Harm minimisation principles for other drugs*
 - Dangers of mixing drugs
 - Purity
 - Amount of substance taken
 - Safe environment
- Marijuana*
 - Interactive activity which will prompt a discussion of:
 - Short and long-term effects of marijuana use
 - How to stay safer when using marijuana
 - Link with mental illness
 - Natural and synthetic marijuana
- Vaping
 - Interactive activity which will prompt a discussion of:
 - Short and long-term effects of vaping
 - Contents inside a vape
 - Nicotine vs. non-nicotine vapes
- A further discussion surrounding other drugs more specifically is available if it is relevant to the group (e.g. ecstasy, inhalants, hallucinogens, etc.)
- Addiction*
 - Understanding addiction, tolerance & dependence
 - How to help a friend with addiction (HANDS mental health model)
- YFD, Medicare & Patient Confidentiality*
 - How to access doctors and Medicare
 - Explain confidentiality guidelines
 - Explain My Health Record

Sexual Health

Session Plan

- Introduction
 - Introduce Dr YES volunteers and what the program is about
- Presentation
 - Introduction of STIs
 - Symptoms, testing and long-term consequences
 - HPV vaccine
 - Thrush
 - Sexual consent model: ready, willing and able
- Small Group Work
 - Introductions
 - Set standard of confidentiality within the group
 - Delivery of session content and discussion
- 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.
 - Active consent – a person’s ability to give and take away consent at any time
- Contraception*
 - Condom demonstration – method for maximum effectiveness, including lubricant**
 - Dams, contraceptive pill, implanon, Depo-Provera injection, IUD (hormonal and copper), emergency contraceptive
 - Each contraceptive method covered will include a discussion of:
 - How it works
 - Effectiveness
 - Cost
 - Where to get it
 - Advantages and disadvantages
 - STI prevention
- 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
- Healthy relationships
 - What is a healthy and respectful relationship?
 - Communication and dealing with conflict
 - Signs of an unhealthy relationship
- YFD, Medicare & Patient Confidentiality*
 - How to access doctors and Medicare
 - Explain confidentiality guidelines
 - Encourage students to use the health care system

Mental Health

Session Plan

- Introduction
 - Introduce Dr YES volunteers and what the program is about
- 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
- Small Group Work
 - Introductions
 - Set standard of confidentiality within the group
 - Delivery of session content and discussion
- Evaluation, Referral and Close
 - Direct students to Dr YES website and social media
 - Distribution of evaluation forms

Session Content

- Stigma*
 - An interactive activity that will prompt a discussion on the stigma surrounding:
 - Mental health prevalence in youth
 - Coping mechanisms
 - Anxiety and depression
 - Eating disorders
 - Non-suicidal self-injury
 - Social media
 - Suicide
- Preventative vs Reactive Help*
 - The difference between the preventative and reactive help
 - Self-care (HANDS Module)
 - Mechanisms to create a support network/safety net that helps to maintain positive mental health
 - Explore self-worth, people/relationships and engagement.
 - Reactive Help (HANDS Acronym)
- Framework for supporting a friend who may be experiencing a mental illness*
- Stress/anxiety/depression, Self-harm/suicide, social media/eating disorder, Cyberbullying/bullying.
 - Explore how these topics affect mental health and positive ways to handle them
- YFD, Medicare & Patient Confidentiality*
 - How to access doctors and Medicare
 - Explain confidentiality guidelines
 - Encourage students to use the health care system

Contact Us

If you have any further questions regarding Dr YES, the best method of contact is via email at dryesschoolbookings@amawa.com.au.