



IMPACT SERIES

ALCOHOL & VIOLENCE- Video and Education Resource



INTRODUCTION

The AFL 'Impact' video series and resources have been developed by the Cultural Strategy & Education unit within the AFL to assist community football clubs around Australia in providing education to their players on key social issues. The series consists of 6 clips and accompanying resources. Each clip features a football or sport related personality discussing a social issue that have impacted them personally. The Impact Series includes the following clips:

- **CONCUSSION** – Jude Bolton
- **SOCIAL MEDIA** – Tom Rockliff
- **ALCOHOL & VIOLENCE** – Stephen Morris
- **MENTAL HEALTH** – Mel Grieg
- **ILLICIT DRUGS** – Jack Nagle
- **GAMBLING** – Brent Guerra

The clips and accompanying resources can be found on the AFL Respect and Responsibility webpage alongside the tabs that relate to the corresponding social issue. Within each tab, you will find a resource that provides information on how to present the education in your club, key questions to discuss, the key messages to get across and a fact sheet on the selected topic.

The clips featured in this series are being used to educate and raise awareness across the AFL industry on the impact that decision making can have on the individual, their families, and friends.

USING THE RESOURCE

OPTION 1: YOUR OWN EDUCATION

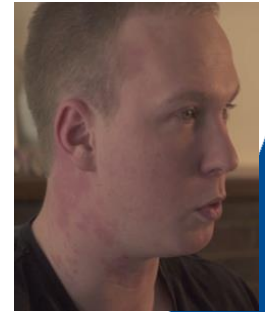
PURPOSE: To develop your own understanding and knowledge on these topics

PREPARATION: Download clips and AFL social inclusion and equality resource which can be found on the AFL Respect and Responsibility website.

MATERIALS: Laptop/PC

TIMING: 10-15 minutes per topic

FORMAT: Watch the clip yourself. Think about the questions and read over the fact sheets to develop your own understanding of the issue



OPTION 2: PLAYER EDUCATION (RECOMMENDED)

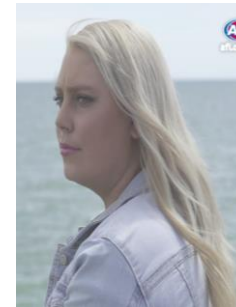
PURPOSE: To educate players within your own club

PREPARATION: Download the clip/s and Equality Resource (topic of your choice)

MATERIALS: TV and/or projector, laptop, screen/blank wall, speakers, butchers paper and markers

TIMING: 15-20 minutes per topic including clip and discussion

FORMAT: Show clip to the group and run activity/discussion as per the accompanying resource



RUNNING A SESSION

PLAYER EDUCATION: HOW TO RUN A SESSION IN YOUR CLUB

- Decide which clips you want to show.
- Read over the fact sheet, discussion points and key messages of the clips you have chosen and familiarise yourself with the content. Think about the questions you may get asked.
- Prepare any materials you need in advance – e.g. paper, pens, butcher's paper and markers.
- Organise a space for the session. Make sure it is private and without distractions, such as the club rooms.
- If you think you need some support, request assistance from a local community worker/social worker/school teacher etc. to assist.
- Allow enough time to work through each session. At least 20 minutes is recommended per clip. 5 minutes to show the clip and 15-20 minute discussion time. Also allow enough time for questions from participants.



RESPONDING TO DISCLOSURES

It is very important to ensure that you have relevant support services referral information and phone numbers to pass onto your participants. National support services are listed under each topic in this resource but you may want to identify local support services in your area.

When facilitating the sessions:

Begin the session with a group agreement around respect. Four or five group rules are usually enough and may include;

- Confidentiality –nothing leaves the room
- Listening and not interrupting
- Showing respect for other people's comments and opinions
- Using third person -not telling personal stories
- Choose how much to participate -it's ok to pass on questions or opt out

FACILITATOR TIPS

- Continually throw questions to the group. If, as a facilitator, you are asked a question, don't always answer it yourself. Throw the question to the group, and allow that to spark or continue to drive discussion
- Occasionally somebody might say something that stops you in your tracks. It is important to stay calm and address the comment with respect. If possible, try to suggest an alternate viewpoint or throw it to the rest of the group. It is important not to enter into a public argument.
- If you get a question that you don't know the answer to, don't panic. Admit that you don't know the answer. You do not want to lie or invent information that isn't true, as you lose all credibility. Reassure the person that you will follow up with them regarding the question after the session and that an answer will be provided in due time.
- At the end of the session provide an opportunity for participants to follow up with yourself to provide information regarding support services, referrals and websites.

YOU ARE NOW READY TO PLAY THE CLIP AND BEGIN YOUR SESSION

DISCUSSION POINTS

ALCOHOL & VIOLENCE

QUESTIONS

- Do you think alcohol fuelled violence is actually caused by alcohol?
- How do you feel as a young person when you go out and have a few drinks with friends?
- Why do you think there are so many 'one punch' incidents happening in areas such as Kings Cross, King St etc.?
- What are some 'red flags' you can look out for?
- How do these situations impact friends and families of the victims/perpetrators?
- How could you minimise the risks when you go out with friends?



KEY MESSAGES

- Alcohol affects people in different ways, and you never know how someone else will react.
- Players should keep an eye out for 'red flags' when they are out, such as excessive staring from other groups, openly aggressive comments by others, threatening behaviour, etc.
- In situations that are escalating, players should walk away, or engage with venue security/law enforcement to assist.
- Planning a night in advance can reduce the risk of alcohol related violence.
- Making travel plans about how to get home at the end of the night, can prevent players from finding themselves in hostile environments such as taxi lines.
- One wrong decision can impact a number of people forever
- A split second decision can change the lives of both the victim of a coward punch, and the perpetrator forever.

ALCOHOL FUELLED VIOLENCE

- Although research suggests that heavy drinking and intoxication are associated with physical aggression, the majority of people who drink alcohol do not become offenders or victims of violence crime and consuming alcohol does not necessarily act as a precursor to violent behaviour.
- In 2004-05, the total costs attributable to alcohol-related violent crime in Australia was \$1.7b, the social cost relating to alcohol-related violence was \$187m, and the costs associated with the loss of life due to alcohol-related violent crime amounted to \$124m (AIC, 2011).
- In 2007:
 - approximately 1 in 4 Australians were a victim of alcohol-related verbal abuse
 - 13% were made to feel fearful by someone under the influence of alcohol
 - 4.5% of Australians aged 14 years or older had been physically abused by someone under the influence of alcohol
- Being young, single and male are the most significant predictors of self-reported alcohol-related victimisation. Males (6%) were twice as likely as females (3%) to report being physically abused by someone under the influence of alcohol.
- Males are more likely to be involved in incidents of physical abuse in pubs and clubs or in the street, whereas for females, these incidents are more likely to occur in their own home.
- Female victims of physical abuse by someone under the influence of alcohol or illicit drugs are more likely than males to know their abuser.
- Half of all homicides (47%) that occurred in Australia between 2000-2006 were alcohol related.

SUPPORT SERVICES

ORGANISATION	PHONE	WEBSITE
LIFELINE	13 11 14	https://www.lifeline.org.au
STEP BACK THINK		http://stepbackthink.org
ONE PUNCH CAN KILL		http://opck.ghvsg.org.au
TURNING POINT		http://www.turningpoint.org.au

LUBRICATE NEEDLE
INFLATE TO 69 kPa.

HERB

