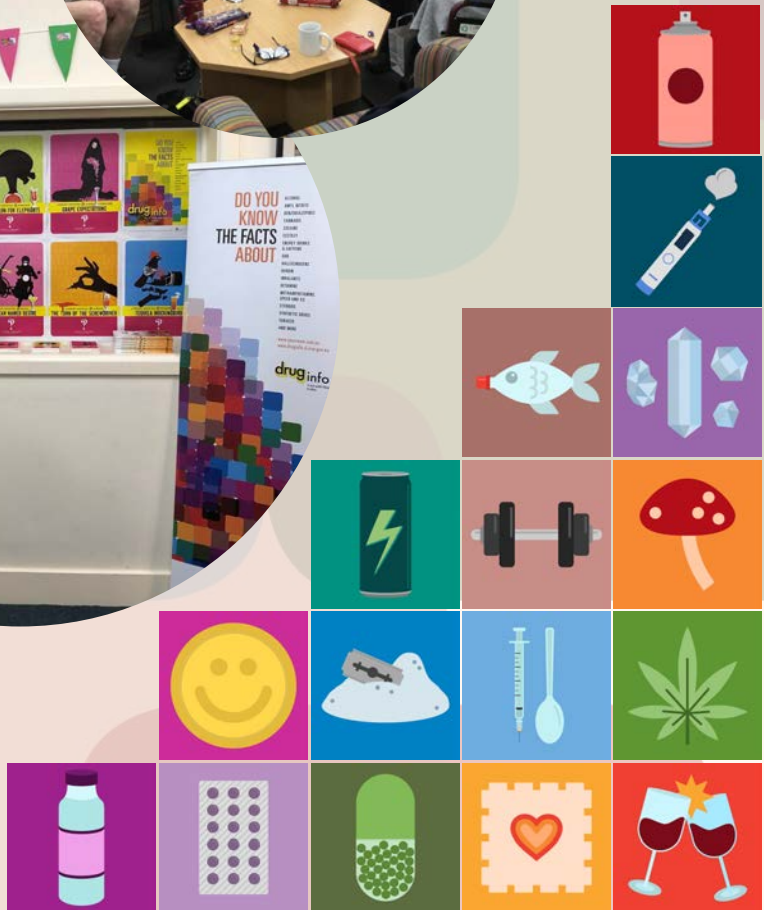




# The **drug** info activity booklet



# The **drug** info activity booklet

Welcome to the Drug Info activity booklet. The Drug Info service is a partnership between the NSW Ministry of Health, the State Library of NSW and NSW public libraries.

Public libraries are safe spaces, accessible and open to all which makes them the perfect place to access quality, up to date information about alcohol and other drugs.

Inside this booklet are a range of ideas for events, displays and other activities to promote your library's Drug Info service.

More information about the Drug Info service, as well as resources and promotional material, can be found at the Public Library Service website:

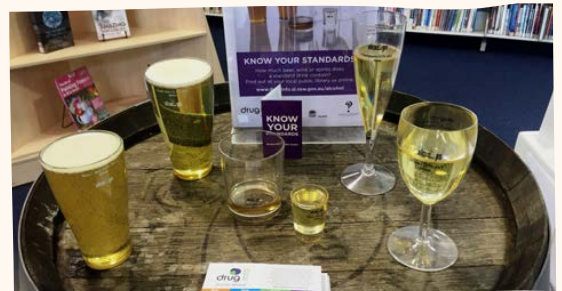
[sl.nsw.gov.au/public-library-services](http://sl.nsw.gov.au/public-library-services)

## Images and case studies

Nobody knows your library community better than you. Many of the activities, events and displays in this booklet have come from public libraries. We have used your events as case studies and shared images to show the range of Drug Info activities you can deliver.

## Contents

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# Drug & Alcohol Info Pop-Up

One of the most effective ways of promoting your library's Drug Info service is to display it prominently, whether inside the library or during community outreach events. The Drug Info team has developed the Drug & Alcohol Info Pop-Up. The pop-up is colourful, lightweight and portable, and is easy to set up, move and dismantle.

The pop-up consists of a pull-up Drug Info banner, an iPad and iPad stand to display the Drug Fact Finder (see right), the standard drinks resin kit and Know Your Limits (beer goggles) kit. These resources can be used to facilitate interactive activities to further promote your drug and alcohol information service.

This booklet has some great ideas to promote your Drug Info service to your community using displays, events and other activities.

See the PLS website for information on ordering the Drug & Alcohol Info Pop-Up.



## The Drug Fact Finder

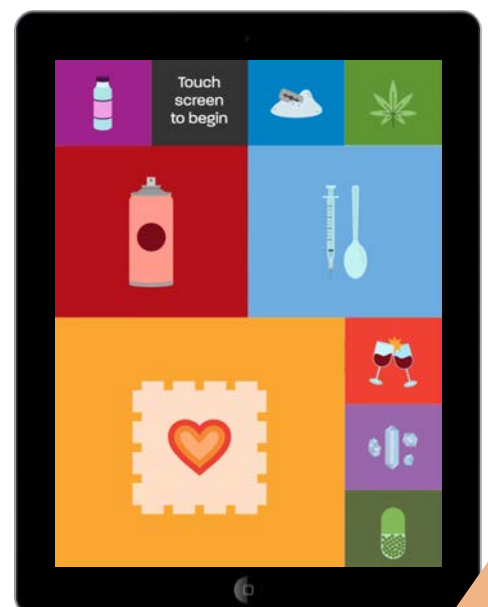
The Drug Fact Finder is a tablet-based interactive display featuring interesting facts about 16 different drugs. Included are colourful images, quiz questions and QR-code links to more detailed information available on the Drug Info website.

The Drug Fact Finder is an engaging way of promoting drug and alcohol information available in libraries and will stand out in any front of library display.

The Drug Fact Finder can be displayed at any time - you do not need to wait until your library hosts the pop-up.

Simply set up an iPad stand, provide some Drug Info promotional resources and enter the following URL:

<https://druginfo.sl.nsw.gov.au/drugfactfinder>



# Know your Standards program



The Know Your Standards program was designed by Drug Info to increase awareness about standard drinks through a range of fun activities and promotional resources. Each NSW library service has been supplied a standard drink pouring and display kit. The kits can be used in a range of educational activities and displays designed to increase awareness about standard drinks.



STANDARD DRINK DISPLAY KIT

- 7 plastic glasses demonstrating a standard drink of different alcoholic beverages
- 7 x 425ml plastic glasses
- 1 AlcoCup
- Interactive activity outline
- Carry bag
- Standard Drinks Guide Card

## Why standard drinks?

When discussing alcohol consumption, safe drinking levels are measured in terms of standard drinks. A standard drink is a unit of measurement relating to the amount of alcohol contained within a drink. This measurement does not equate to how much alcohol is served in a bottle or what you will receive in a glass at restaurants or pubs. Understanding that difference is important for health reasons as well as legally, with advice on safe BAC levels when driving measured in terms of standard drinks.

| Beer          |               | Wine         |              | Spirits      |             | Cider       |             |
|---------------|---------------|--------------|--------------|--------------|-------------|-------------|-------------|
| Light         | Full Strength | Red / White  | Champagne    | Shot         | Pre-Mix     | Middy       | Bottle      |
|               |               |              |              |              |             |             |             |
| 2.7% Alc./Vol | 4.6% Alc./Vol | 12% Alc./Vol | 12% Alc./Vol | 40% Alc./Vol | 5% Alc./Vol | 5% Alc./Vol | 5% Alc./Vol |
| 285ml         | 285ml         | 100ml        | 100ml        | 30ml         | 375ml       | 285ml       | 375ml       |
| <b>0.6</b>    | <b>1.0</b>    | <b>1.0</b>   | <b>1.0</b>   | <b>1.0</b>   | <b>1.5</b>  | <b>1.1</b>  | <b>1.5</b>  |

# Know your Standards program

## Standard drink activities

### Standard group activity

Ask for 6 volunteers to come and participate in the Standard Drinks Activity. Provide each volunteer with an empty cup from your kit, labelled with an alcoholic beverage. Advise volunteers to pour what they believe a standard drink is in relation to the alcoholic beverage outlined on their empty cup. Go around the group one by one, pouring the water they have poured into the Alcocup. Compare the standard drink measurement of the Alcocup with the amount poured by the volunteer.

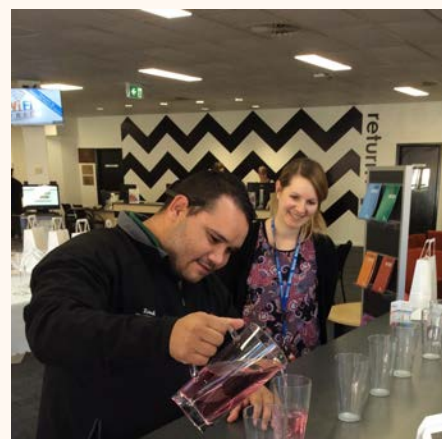


### Your favourite drink

Ask a volunteer to pour a typical glass of their favourite drink into a cup. You may choose to use the labelled cups provided in the resin kit, or in wine glasses and other cups you may have in your library. When they have poured their drink, pour back into an Alcocup and compare.

### Guessing game

Run a guessing game quiz. Ask people to guess the number of standard drinks contained in a range of alcoholic beverages e.g. a bottle of whisky, a shot of tequila, a cask of wine. Use empty bottles/containers or print out a page of pictures. People could note down their name and the number of standard drinks they think are on the table or sheet, with a prize going to the winner.



### Mix and match

Collect a range of empty bottles of alcohol e.g. beer, wine, champagne and spirits. Write down the number of standard drinks each bottle contains on a separate sticky note and put to one side. Cover the labels with sticky notes to hide the standard drink labels from view. Display the bottles in a row. Ask people to match the labelled sticky notes to the bottles according to the number of standard drinks they believe each one contains. Once all bottles have been matched reveal the standard drink labels to the participants to compare answers.

### Standard drink display

Set up the seven display glasses in a prominent position in your library. Print off a Standard Drinks poster to display with the glasses and make available resources such as the Know Your Standards postcards and pocket cards. If your library has a tablet display stand, set it up with the display and play the Drug Info Alcohol: Get the Facts video.



# Know Your Limits kit

## Beer goggles

One of the most popular elements of the Know Your Standards program is the Fatal Vision Alcohol Impairment Goggles (beer goggles), available to public libraries as part of the Know Your Limits kit. The kit contains 2 pairs of Fatal Vision goggles, each with a different BAC level. These levels simulate the impairment associated with a level of Blood Alcohol Concentration (BAC). The goggles provide the chance to experience how alcohol impairs a person's balance, vision, reaction time and judgement.

Beer goggles can be used in a variety of programs and activities that deliver an effective message regarding standard drinks and the short-term effects of alcohol using a fun, game-based method.

The aims of the Know Your Limits kit include:

- Increase clients' knowledge of how motor skills, hand eye co-ordination and judgement are impaired by alcohol
- Provide clients with engaging and interactive activities to increase sustainable learning regarding alcohol.

Beer goggles are available to loan to public libraries through the Know Your Limits kit. The loan period is four weeks. Loans can be requested via our [online form](https://pplnsw.wufoo.com/forms/drug-info-loan-request/)<sup>1</sup>.



THE KNOW YOUR LIMITS KIT

- White Label Fatal Vision goggles: low impairment (estimated BAC < .06)
- Red Label Fatal Vision goggles: moderate-high impairment (estimated BAC .12 to .15+)
- Ball
- Alcocup
- Marker cones
- Sanitizing wipes
- Carry bag

## Warning

- Don't allow participants to wear the goggles for an extended period (more than 10 minutes) as they will begin to compensate for the effects of the goggles.
- Watch participants closely when they attempt to do any activity while wearing the Fatal Vision goggles. The goggles distort vision and participants wearing the goggles could inadvertently injure themselves.



<sup>1</sup> [pplnsw.wufoo.com/forms/drug-info-loan-request/](https://pplnsw.wufoo.com/forms/drug-info-loan-request/)

# Know Your Limits kit

## Using the Know Your Limits kit

Beer goggles can be used in any of the activities on the following page - or use your imagination to come up with a safe game of your own! However you use the goggles follow these basic instructions to deliver an effective session:

- Gather equipment required and practice your demonstration.
- Ask participants to perform task once without goggles.
- Show the progression of impairment using the White and Red Label beer goggles.
- Have the participant complete an activity with the White Label goggles and then repeat using the Red Label goggles. This is a good way to show that cognitive impairment begins with the first drink and can limit a person's ability to recognise how impaired they may be.
- Ask participants not wearing the Fatal Vision goggles to observe the actions and behaviour of the individuals who are wearing goggles.
- After the participant has completed the activity wearing the goggles, refer to the BAC chart and relate changes in behaviour to the goggles impairment level.

### When and Where

A beer goggle demonstration can be delivered as a standalone information session or as part of other events and programs. Here are some ideas for using the Know Your Limits kit in your library:

- Hold a Know Your Limits session for library/council staff
- Combine a Know Your Limits beer goggles demonstration with youth-related events such as HSC lock-ins
- Offer to deliver a Know Your Limits session as part of local driving workshops
- Combine a Know Your Limits demonstration with a legal talk on cars and driving during Law Week
- Hold a stall at a local health and wellbeing expo and combine a Know Your Standards standard drink demonstration with Know Your Limits activities
- Partner with local agencies such as the Roads and Maritime Services, CDATs and/or non-government agencies to provide demonstrations and information about drink-driving to your local community
- Present a beer goggles session to library reading groups, parent's groups, youth groups or other client groups
- Offer a beer goggles session to local high schools
- Host a presentation by local police on alcohol and young people/partying and run a Know Your Limits session



# Know Your Limits kit



## Beer goggle activities



### WALKING

Have a participant sit in a chair, put on the Fatal Vision goggles, then stand up, and walk to another chair and sit down.



### BALL TOSS

Have two participants stand a couple of metres apart and toss a stress ball back and forth.



### PICK UP

Place coins or another other small object on the floor, have the participant wearing Fatal Vision goggles attempt to pick up the object.



### POUR AND CARRY

Have participants pour water into a plastic cup, carry it across the room, and hand it to someone.



### STANDARD DRINK POUR

Using the Know Your Standards resin kit ask participants wearing Fatal Vision goggles to pour a designated standard drink (e.g. scotch). Use an AlcoCup Standard Drinks Measure Cup to measure the number of standard drinks contained in their poured serving.



### DRUNK TEXT

Ask participants to attempt to write a text message such as "I'm on my way home from the pub" on a mobile device while wearing the Fatal Vision goggles. To extend this activity ask participants to walk a straight line while texting.



### OBSTACLE COURSE

Use marker cones to designate a mini obstacle course. Ask participants to weave their way through the course wearing Fatal Vision goggles without stepping on any cones.



### BEER GOGGLE SOCCER

If trying to score a goal whilst wearing the Fatal Vision goggles participants will be required to kick the ball into the designated goal mouth. If trying to save a goal whilst wearing the Fatal Vision Beer Goggles the participant wearing the goggles will attempt to save the ball which has been kicked by another person, who is not wearing Fatal Vision goggles.



### NAPPY CHANGE

Ask participants wearing the Fatal Vision goggles to dress a doll in a nappy and light clothing. After dressing the doll the participant should attempt to "feed" the doll using an empty baby's bottle.



### BEER GOGGLE GAMES

Setup a table-top game such as pool, air-hockey or table tennis. Ask a group of 4 participants to play a mini game. Two of the group should wear Fatal Vision goggles and play against two participants who are not wearing goggles. After no more than five minutes ask the participants to swap and repeat the task.



### BEER GOGGLE ARCADE

Use a gaming device such as a Wii, Xbox or Playstation to play a driving/racing game (e.g. Mario Kart). Ask participants to complete a specified number of laps without wearing goggles to gauge their ability at the game. Ask participants to repeat the activity wearing the Fatal Vision goggles and compare.



# Literary Mocktails



Mocktails are a great alternative to alcoholic drinks for designated drivers, pregnant women, people wanting to reduce their alcohol intake, young people or anyone who wants to avoid alcohol. Drug Info has created a set of mocktails – these book-themed drinks are accompanied with colourful recipe cards perfect for library displays and social media posts.

Recipe cards are available to order through Drug Info's [promotions form](#)<sup>1</sup>. Drug Info has also created a suite of mocktail resources to use on your library's social media channels. For more information, see the [mocktails page](#) on the PLS website.



## THE TURN OF THE SCREWDRIVER

MAITLAND CITY LIBRARY  
@maitlandlibrary

### RECIPE

**Blood orange juice**  
**Juice of half a lime**  
**Soda water**  
**6 mint leaves**  
**Ice**

**Muddle the mint leaves in a glass. Add ice and lime juice. Half fill the glass with blood orange juice. Top up with soda water to taste.**

### HORROR

*THE TURN OF THE SCREW*  
BY HENRY JAMES WAS  
ORIGINALLY PUBLISHED IN 1898.

Drug Info is a partnership between  
the NSW Ministry of Health and  
the State Library of NSW

**Current Australian Guidelines recommend no more than two standard drinks per day for women and men, in addition to one or two alcohol free days per week.**

### How can you reduce your intake?

- Enjoy a mocktail!
- Drink water instead of alcohol and use it to quench your thirst.
- Sip alcoholic drinks slowly.
- Alternate alcoholic drinks with water.

**For more information visit Drug Info**  
[www.druginfo.sl.nsw.gov.au](http://www.druginfo.sl.nsw.gov.au)



P&O 4880-3/2017

<sup>1</sup> [ppls.nsw.wufoo.com/forms/drug-info-promotional-material-order-form/](https://ppls.nsw.wufoo.com/forms/drug-info-promotional-material-order-form/)  
<sup>2</sup> [sl.nsw.gov.au/public-library-services/services/drug-info-public-libraries/mocktails](http://sl.nsw.gov.au/public-library-services/services/drug-info-public-libraries/mocktails)

# Literary Mocktails



## Mocktail activities

Mocktail activities are very popular in public libraries. Here are some ideas of how you can incorporate mocktails into your library's activities:

### Mocktail display

Set up a display table with pre-made mocktails decorated with garnishes and cocktail umbrellas. Print off literary mocktail posters and distribute mocktail recipe cards.

### Mocktail tasting

Set up a display table in a prominent position in your library and provide library users with a refreshing mocktail. You may choose to make a large batch of one literary mocktail recipe in a punchbowl, or make them all and offer a choice. Place mocktail recipe cards on the table for distribution.

### Mocktail making

Run a mocktail making event in your library, providing participants with all the ingredients they will need to make Drug Info's literary mocktail recipes, or get creative and offer the opportunity to create a new recipe. Bring along a judging panel and offer prizes to the most delicious concoction.

### Mocktail naming

Create your own mocktail recipe and hold a competition in your library to give it a name. You may choose to retain the literary theme of Drug Info's recipes, or choose a name specific to your community.

### Mocktails at library events

Set up a mocktail stall at author talks, film screenings and other library events. Come up with a mocktail named in honour of the author or event theme.

### Mocktails at fairs and festivals

Running a library stall at your local community fair? Give attendees some refreshment with a mocktail, accompanied by Drug Info's recipe cards. Print off A3 mocktail posters for an eye-catching display.



# Know Your Drug Facts program

Know Your Drug Facts<sup>1</sup> is a drug education program and awareness campaign delivered in public libraries in NSW. The aim of the program is to provide community members with information and resources to improve their knowledge and awareness of legal and illegal drugs, their effects and the consequences of their use.

The program includes both in-library displays and promotion through social media. Also included are a range of activities which can be presented individually or as part of regular library programming.

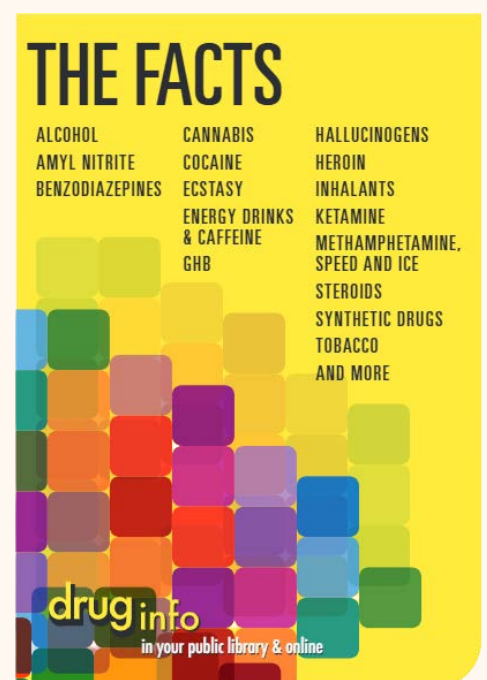
The Know Your Drug Facts program can also be consulted when displaying the Drug Fact Finder.



## Resources and downloads

A range of resources to support the Know Your Drug Facts program can be ordered or downloaded on the Know Your Drug Facts resources page. These include:

- *The Facts* booklets from NSW Health (ordered via the Your Room website<sup>2</sup>)
- Do you know the facts posters (A4 or A3) in white, yellow or grey
- Know your drug facts content planner
- Know Your Drug Fact activity resources, including trivia questions, a Drug Facts activity sheet and instructions for running a drug fact scavenger hunt.
- The Test Your Knowledge online drug and alcohol trivia game and Pure Rush - online drug education game.



<sup>1</sup> [sl.nsw.gov.au/public-library-services/services/drug-info-public-libraries/know-your-drug-facts-program](http://sl.nsw.gov.au/public-library-services/services/drug-info-public-libraries/know-your-drug-facts-program)

<sup>2</sup> [yourroom.health.nsw.gov.au/resources/pages/resources.aspx](http://yourroom.health.nsw.gov.au/resources/pages/resources.aspx)

# Know Your Drug Facts program

## Know Your Drug Facts activities

### Drug Fact Finder display

Make the Drug Fact Finder accessible to the public by displaying it in an iPad stand in a prominent position in your library. Set up a display table with NSW Health Drug Fact booklets, Drug Info posters, signage and promotional material.

### Find the Facts workshop

The Know Your Drug Facts program includes detailed instructions for hosting an educational workshop. Participants will learn more about where to find quality information about alcohol and other drugs.

### Social media campaign

Using the pre-approved copy for social media posts in the Know Your Drug Facts content planner or the [social media page of the PLS website](#), schedule posts about drug facts through your library's social media channels. Use the "did you know" format to highlight facts about different drugs, with links back to the Drug Info website and using the images on Drug Info's social media page.

### Find the Facts scavenger hunt

Place the Drug Fact booklets at different locations around the library, with 15 drug facts to discover. The activity can be completed individually or in groups. Detailed instructions are included as part of the Know Your Drug Facts program.

### Drug Fact trivia

Host a Drug Fact trivia event, or include a Drug Info round in a general library trivia event. Use the prepared questions included in the Know Your Drug Facts program, or use the Drug Info website or Drug Fact booklets to create your own.



### CASE STUDY: Kincumber CDAT gets Trivial

As part of its annual 'Trivialities' event, Kincumber CDAT invited teams to compete against each other in an evening of alcohol and drug free fun. The popular annual quiz night requires each team to include at least two young people, removing barriers between different age groups while providing information about alcohol and other drug use in the community.

Several dozen people from the local area attended and answered questions that demanded the combined knowledge of different generations. One round focused on trivia specific to alcohol and other drugs, raising awareness about alcohol and other drug use and busting a few myths – and surprising some recently retired police officers who attended the event!



# Showbags



Showbags are an easy way to promote awareness about the Drug Info service. Labelled with the colourful Drug Info logo, the bags stand out and can be filled with different promotional items from Drug Info.

These packages can be used for in-library and outreach programs, workshops and activities. Showbags are available on request. Libraries are encouraged to add extra items such as brochures, postcards, pamphlets from local service providers and/or your own council. Feel free to add a personal touch to your show bags!

- decorate them - add glitter, stickers, paint - and don't forget to send us a photo!
- hold a competition for the "best dressed show bag" – ask clients to decorate their own showbag!
- add extra items such as brochures, postcards, pamphlets from local service providers and/or your own council
- if you would like to add food items to the bags then check out the [Healthy Kids website](#) <sup>1</sup> for healthy suggestions.

## Filling your showbag

### Youth pack

*Suggested use: Youth Week, Schoolies packs, youth programs etc*

Contents:

- Promotional collateral – e.g. Drug Info pens\*
- The Facts postcard
- Know Your Standards pocket card
- Drug Smart wallet card (order from Your Room website)

### Seniors pack

*Suggested use: Seniors Week, Home Library Service, book groups, genealogy groups, health & wellbeing expos*

Contents:

- Promotional collateral – e.g. Drug Info pens\*
- The Facts postcard
- Know Your Standards pocket card

### General adult

*Suggested use: Health and Wellbeing Expos, pop-up library, Council events*

Contents:

- Promotional collateral – e.g. Drug Info pens\*
- The Facts postcard
- Know Your Standards pocket card
- Drug Smart wallet card (order from Your Room website)

*\*subject to availability*



# Drug Info Displays

Displays in your library can be a great way of highlighting the drug and alcohol information available in your library, as well as removing the stigma around starting a conversation about alcohol and other drugs. There are many ways of making an impact via library display, whether creating an eye-catching front-of-library display, or by simply revamping the drug and alcohol information area in your library.



## Permanent display

### Drug Info collection

Set up your Drug Info collection along with posters, Drug Fact Finder banner and promotional material.

### Young Adult area

Set up your Know Your Drug Facts display in your Youth Area.

### Information screens

Use the Know Your Drug Facts content planner to create PowerPoint presentations for your digital signage.

### Desk display

Select a different item from the Drug Info collection to display at the front desk or counter each month, along with a selection of giveaway postcards/bookmarks/other promotional material.

### Key resources

- Drug Info collection
- Drug Info promotional material

## Temporary display

### Did You Know?

Create a “Did you know?” Drug Facts display. Use coloured balloons, posters or other display items that match the covers to create an eye-catching display to draw attention.

### Christmas mocktail Display

Distribute Bah Humbug and Fraise in the Sun mocktail cards with your Christmas displays.

# Games

The use of games in education has been demonstrated to increase engagement and motivation in both school-aged and adult learners. Drug Info's suite of resources and activities provides an opportunity to deliver important health messages around alcohol and other drugs in fun, inclusive ways.

In this section you will learn how to access resources from Drug Info and other sources, and find ideas on how to gamify your Drug Info service. Resources included in this section can be found on the [resources page](#)<sup>1</sup> of the Drug Info for Public Library Services website.

## Drug Info resources

### Big Night Out board game

An educational board game that can be played by up to six people. Big Night Out simulates the experience of going to a party via a series of scenarios that encourage players to think about the consequences of their choices. Public libraries can borrow a copy of Big Night Out from Drug Info.

### QR Code trivia

An A4 poster that can be printed and distributed throughout your library. Drug and alcohol trivia questions are accessible via QR code.

### Know Your Drug Facts trivia questions

A list of drug-related trivia questions with answers that can be included in your library's trivia nights.

### Scavenger Hunt

The Find the Facts Scavenger Hunt is a pre-packaged module that has two aims: to allow clients to discover drug and alcohol related resources in the library collections and use them to answer simple research questions, and to become familiar with the library/council building layout.

## External resources

### Pure Rush: Drug education game

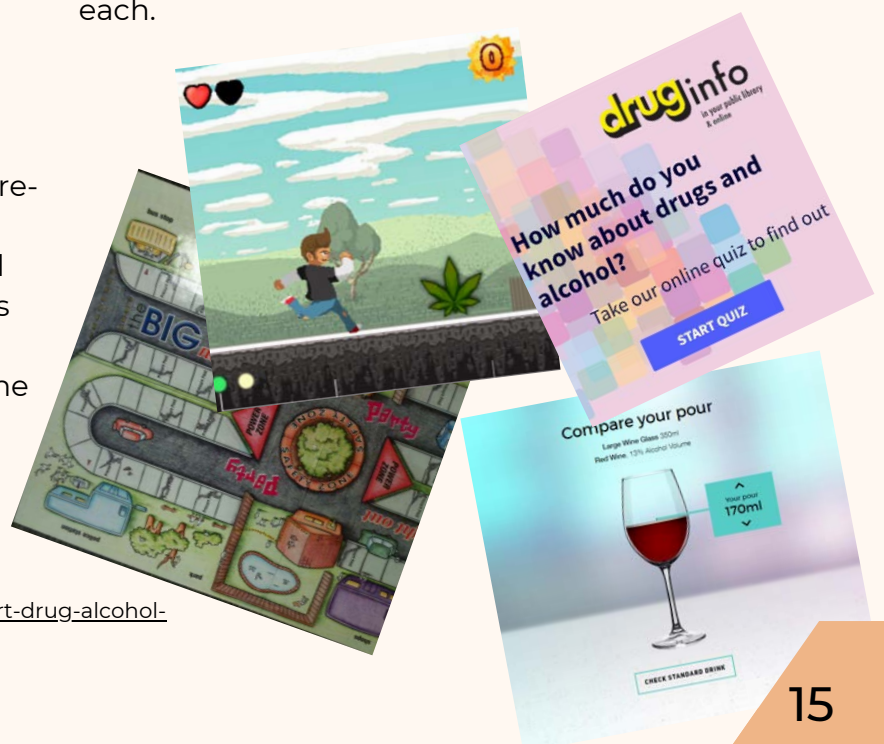
Available as both online and as an app, Pure Rush is an interactive game providing a fun and engaging way to learn about the negative effects of drugs. Players must avoid drugs to race for the best time. Learn more at the [Pure Rush website](#)<sup>2</sup> or download from the app store.

### The Quiz Room

The Quiz Room is an online trivia game on NSW Health's Your Room website<sup>3</sup>. The game features questions about a number of different drugs with three difficulty settings.

### Standard drinks calculator

Your Room's standard drinks calculator allows user to pour measures of alcohol in 10 different types of glasses and compare with the standard drink pour for each.



<sup>1</sup> [sl.nsw.gov.au/public-library-services/resources-support-drug-alcohol-info-pop](http://sl.nsw.gov.au/public-library-services/resources-support-drug-alcohol-info-pop)

<sup>2</sup> [positivechoices.org.au/students/pure-rush](http://positivechoices.org.au/students/pure-rush)

<sup>3</sup> [yourroom.health.nsw.gov.au/games-and-tools](http://yourroom.health.nsw.gov.au/games-and-tools)



# Games

## Gaming activities

### Know Your Standards quiz

Hold the Know Your Standards Quiz in your library. Offer a small incentive prize to each person who participates such as a Drug Info pen or use the Know Your Standards pocket guides

### Standard Drinks guessing game

Run a guessing game quiz. Ask people to guess the number of standard drinks contained in a range of alcoholic beverages e.g. a bottle of whisky, a shot of tequila, a cask of wine. Use empty bottles/containers or print out a page of pictures. People could note down their name and the number of standard drinks they think are on the table or sheet, with a prize going to the winner.

### Scavenger hunt

Run a Find the Facts Scavenger Hunt in your library. Whoever gets to the finish line first wins a prize! The Find the Facts Scavenger Hunt is a pre-packaged module that has two aims: to allow clients to discover drug and alcohol related resources in the library collections and use them to answer simple research questions, and to become familiar with the library/council building layout.

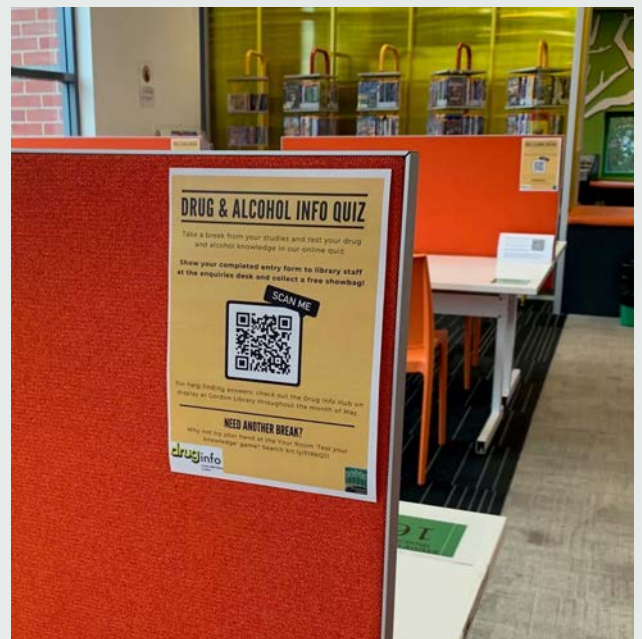
### Games afternoon/evening

Host a games afternoon or night. Use PCs or mobile devices to play the Test Your Knowledge trivia game (online), or Pure Rush (online and app). Or borrow a copy of the board game The Big Night Out from Drug Info. Use the Drug Street Names Quiz and offer a small incentive prize to each participant.



### CASE STUDY: Gordon Library QR code quiz

Ku-ring-gai Library ran a Drug Info Trivia Quiz while their Gordon branch was hosting the Drug and Alcohol Info Hub. Posters were distributed at study desks throughout the library, as well as at Ku-ring-gai Council youth spaces across the LGA. Attendees were invited to access the online quiz via a QR code on the poster. Participants could show their completed quizzes at the desk to receive a Drug Info showbag. Over the course of the month a total of 50 responses were received with over 40 showbags distributed.





# Drug Info Out & About

Promoting healthy messages around alcohol and other drugs does not have to stop at your library doors. With more and more libraries taking their services out to their communities, Drug Info's promotional and educational resources are a great opportunity to build and strengthen relationships with schools, local organisations and the general community. Below are just a few suggestions for taking Drug Info on the road.

## ACTIVITIES

### Fairs and Festivals

Is your library hosting a stall at your community fair or festival? Is there an upcoming health and wellness expo or health fair in your area? Speak to organisers about running a Drug Info stall. Take along a Drug Info pop-up banner to stand out in the crowd. Run a standard drinks activity, a beer goggles activity or set up a mocktail bar. Hand out Drug Info showbags and offer Drug Info promotional resources at the stall. Take iPads to display the Drug Fact Finder.

### Pop Up Library events

Take Drug Info material along to a pop-up library event at your local shopping centre, outdoor market or similar.

### At Schools

Deliver an information session at your local high school. Run a beer goggle demonstration, distribute showbags and promotional material such as PDHPE bookmarks. Promote useful resources such as the youth pages of the Drug Info website and the PDHPE research guide.



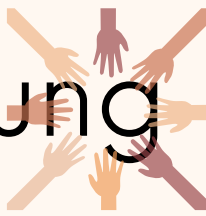
### CASE STUDY: Burwood Bar and Beats

As part of Youth Week activities in 2018, Burwood Library set up a "Burwood Bar and Beats" pop-up mocktail bar event at Burwood Park. Over 600 mocktails were served. The bar was supplemented with a Drug Info display, the distribution of over 200 showbags, along with standard drink and beer goggle activities.

Burwood Library staff then built on this successful promotion by running a mocktail bar and Drug Info display outside the library as part of Burwood Council's Youth Week careers expo in 2021.



# For Young People



Awareness of the risks and potential health effects of alcohol and other drugs is particularly important for young people. Adolescence and emerging adulthood are periods of significant brain growth and development. This growth period is an important time for building essential thinking skills like reasoning and planning, but it also makes young people more vulnerable to the effects of alcohol and other drugs.

## Activities

### Youth Week display

Hold a library display during Youth Week or Library Week to showcase your collection and service in your local community.

### Youth Week event

Provide mocktails at your library's Youth Week events or run a beer goggle activity. Distribute Drug Info showbags and promotional resources.

### Graffiti wall

Make a graffiti art wall on poster paper with facts about drugs, slogans, myth-busters and information about where to get help in your local community. Ask clients to contribute their own art work, doodles or information on sticky notes. Provide take-home show bags or pamphlets nearby.

### Schoolies Week

Hold sessions prior to Schoolies – offer to deliver in schools or at an HSC 'Lock-In' event. Distribute Drug Info showbags, place QR-code quiz posters in study spaces throughout the library, or host standard drink and beer goggle sessions.



### CASE STUDY: Canada Bay drop-in

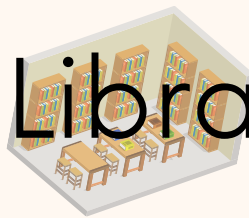
City of Canada Bay Libraries held a Drop-In style event for teens aged 12-18. The library borrowed a set of beer goggles from Drug Info and made mocktails. They also displayed YouTube videos shown on large screen with effects of alcohol and drugs and made take away goodie bags. The event was a wonderful chance for library staff to start a conversation with young people & parents.

### CASE STUDY: Goulburn graffiti wall

To celebrate Youth Week 2016 Goulburn Mulwaree Library organised free give-away bags full of information on library resources and events for youth along with related information from other council departments. Along with the give-away bags, the library set up a post-it note art display activity that young people could sit and draw and add to the wall of post-its.



# General Library Events



In addition to promoting your Drug Info service through library displays, standalone events and activities, the resources and promotional material provided by Drug Info can make the perfect accompaniment to general library events. Hosting an author talk? Why not serve mocktails? You could even create your own recipe and name it after a book by the author appearing at your event! A beer goggle demonstration makes for a fun addition to any library activity while also conveying an important message. Even just distributing showbags at the conclusion of a library event can have a big impact.

Drug and alcohol information does not have to be a sombre affair - the Drug Info programs have been designed to provide a range of fun options that can complement most library activities.

## Suggested activities

### Author talks and other library events

Set up a mocktail table at the entrance of your event and offer attendees a refreshing drink as they enter. Make recipe cards and other promotional material available and display Drug Info signage. Get creative and name your mocktail in honour of the author/guest speaker or the subject matter of the event.

### Book clubs and other groups

Give a standard drinks session to library reading groups, youth groups or other client groups. Serve mocktails and distribute recipe cards and Drug Info showbags.

### Mother's Groups and Storytime sessions

Offer a Know Your Standards session at the end of the event, or distribute mocktail recipe cards and other promotional resources.

### National Backyard Cricket Day

February 6 is National Backyard Cricket Day, a campaign from the LBW Trust to fund educational initiatives in Australia and in cricketing nations worldwide. Funding is provided to NSW libraries for educational projects and technological upgrades. With its cricketing theme, Fraise in the Sun is the perfect mocktail to serve at National Backyard Cricket Day event at your library.

### CASE STUDY: 'Shaken, Stirred, Mixed & Drunk' at Sutherland

Sutherland Shire Libraries presented 'Shaken, stirred, mixed and drunk', a talk on alcohol and literature accompanied by literary mocktail recipes. Participants enjoyed a choice of three literary mocktails as they listened to speaker David Lewis, who gave a history of some famous writers with a liking for hard liquor. Sutherland's Facebook page featured a 20-second film clip to highlight one of the mocktails they would be creating at the event, and one of their talented staff created literary mocktail-themed 3D-printed swizzle sticks to give away in a goodie bag.



### CASE STUDY: Goulburn Ladies' Night In

Goulburn Mulwaree Library's Ladies Night In event was a celebration at the library to commemorate International Women's Day in 2021. Approximately 50 women were treated to high tea and crafting activities. The night also included free mocktails and Know Your Standards activities.



# Communication

There are many ways to promote your Drug Info service, and one of the most effective is to start a conversation, whether in person at the library or through the various online channels your library uses to communicate with the community. The Drug Info team has a range of resources available to help you get your library talking about alcohol and other drugs.

## Social media

### Drug Info content planner

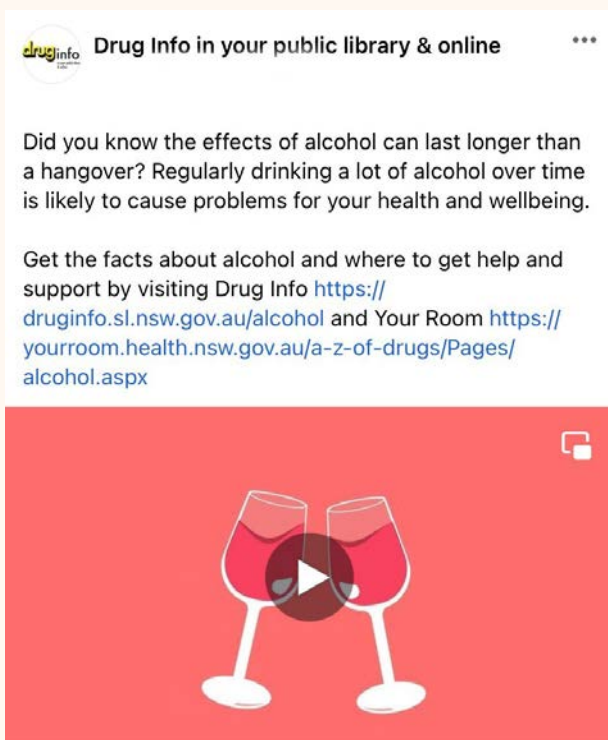
Use Drug Info's [social media page](#)<sup>1</sup> to run your own social media campaign. Find suggested text for posts on Facebook, Twitter and Instagram, and downloadable images to use for your posts. Also included on the page are important dates to promote Drug Info.

### Event promotion

Be sure to promote your Drug Info events through your social media channels and post photos of the events afterwards.

### Drug Info news items

The Drug Info team regularly publish news items on the Drug Info website. These can be shared through your social media channels.



<sup>1</sup> [sl.nsw.gov.au/public-library-services/services/drug-info-public-libraries/drug-info-social-media](https://sl.nsw.gov.au/public-library-services/services/drug-info-public-libraries/drug-info-social-media)

## Library communication

### Drug Info articles

Create short articles about Drug Info to share in your library newsletter. These can be copied from Drug Info news items or created using the informative material on the Drug Info website.

### List it!

Create a Drug Facts listicle (a short article presented in the form of a numbered or bullet pointed list) using the A-Z of drugs or Did You Know? content from the Know Your Drug Facts content planner and publish it in your library newsletter, blog or local newspaper.



### *The facts about vaping: a new resource from NSW Health*

Use of e-cigarettes, or "vaping", is on the rise among Australian youth. The 2019 [National Drug Strategy Household Survey](#) reported lifetime use of e-cigarettes among Australians aged 18-24 rose from 31% in 2016 to 39% in 2019. Understanding the risks is important for young people as well as their parents and carers, and the general community.

"Get the facts – vaping" is a new resource from NSW Health. The toolkit provides information for young people, parents and carers, teachers and schools, and health professionals. The toolkit includes fact sheets, links to relevant support services and a collection of social media assets and suggested text to promote awareness of the risks to your community.

Discover more at [The facts about vaping](#).

For a list of downloadable images and suggested copy to share through your library's social media channels, see the [social media page](#).

# Partnerships

Community groups, police, schools and youth groups are a few examples of organisations who may be interested in partnering on events, displays and in the distribution of Drug Info promotional material.

One of the aims of Drug Info is to help public libraries work in partnership with organisations such as Community Drug Action Teams (CDATs) who operate throughout NSW.

## What is a CDAT?

Community Drug Action Teams (CDATs) are informal groups of community members, Local Health Districts and representatives from other government and non-government agencies who volunteer to work together on alcohol and other drugs (AOD) issues affecting their local community. There are more than 70 CDATs across NSW. CDATs are involved in a range of community initiatives aimed at reducing the impact of alcohol and other drugs at a local level. This may include the distribution of information in a range of formats and hosting community events and activities.

## How do CDATs work with libraries?

CDATs are a natural partner for your library's Drug Info service. You may choose to work together by holding meetings and CDAT events at your library, promoting CDAT initiatives through the library and distributing brochures and other informational material.

Find your local CDAT and discover ways to get involved at the [CDAT website](http://nswcdat.org.au) . <sup>1</sup>



## CASE STUDY: CDAT *Breaking the Ice* Forum

In 2016 the Australian Drug Foundation launched the *Breaking the Ice* initiative, a series of ten community forums on crystalline methamphetamine (ice) and created online resources funded by NSW Health.

Drug Info worked with the Project and Events Coordinator, Australian Drug Foundation, to develop a pilot project of targeted travelling library displays to support the ADF/CDAT forums which were held at libraries and other community spaces across the state.



<sup>1</sup> [nswcdat.org.au/get-involved](http://nswcdat.org.au/get-involved)

# Partnerships



## OTHER PARTNERSHIPS

In your community you will find a range of organisations and community groups with an interest in drug and alcohol education. The following are just a few possible partnerships you may wish to develop:

- Police
- Schools
- Youth workers
- Community service organisations

## Activities

### CDATs

Team up with your local CDAT or other community organisation to host a drug and alcohol free event in your library or local area and use the Know Your Standards kit to provide drug fact information.

### Become a Drug Facts Finder

Encourage library clients to 'Become a Drug Fact Finder': Partner with your local CDAT, council youth worker or community service provider to run a Find the Facts session for your community.

### Engage guest speakers

Partner with your local CDAT or Police Liaison Officer to engage a guest speaker and hold a talk on a topic such as drugs and the law, drug testing or drugs and the community. Provide information packs to attendees.

### Police

Host a presentation by local police on alcohol and young people/partying and run a Know Your Standards session. Host a presentation by local police on drugs and the law and run a Find the Facts session or Drug Facts Trivia Game.

### Host school groups

Is your library hosting the Drug & Alcohol Info Pop-Up? Why not host a visit from a local school to take part in the interactive display, and take home a Drug Info showbag. Promote Drug Info's PDHPE research guide, aligned with the year 7-10 syllabus. Include PDHPE bookmarks and vaping postcards in the showbags, or distribute them individually.

### Driving workshops

Offer to deliver a Know Your Standards session as part of local driving workshops.

### On-training

Build off the training received in Drug Info's workshops to on-train community workers or youth groups in running a Know Your Standards session. On-train community workers or youth workers in running a Find the Facts session.







# drug info

in your public library  
& online