



**PRIMARY PREVENTION EDUCATION
FOR SOUTH AUSTRALIAN SCHOOLS**

**SAMMY D
FOUNDATION**
YOUTH • LIFE • FUTURE 

Sammy D Foundation

Empowers young people to make positive life decisions for a better community.

On Saturday 3 May, 2008, 17 year old Sam Davis played a game of football, had a schnitzel for dinner at the clubrooms, and then went out to a party to celebrate a friend's birthday, just like he had many times before. Only this time, Sam didn't come home.

Sam's life was tragically cut short when he fell victim to a one-punch assault.

The Sammy D Foundation was established in Sam's memory to educate young people about the harm and impact of violence, and the consequences it has on victims, perpetrators, bystanders, families, friends and the broader community.

Over the last thirteen years we have expanded our focus to encompass a suite of programs aimed at:



Preventing bullying and violence in schools, sporting clubs and the community



Educating young people about the harm and impact associated with alcohol and other drug use



Educating young people about how to host a safer party



Educating parents about behavioural impact and positive role modelling for their children



Providing at-risk young people with access to positive role models



Sammy D Foundation History

2008

The Sammy D Foundation is **formed** following the fatal assault of Sam Davis

2009

Violence Prevention Program "Impact" launched

2010

Independent **evaluation** began on all programs

Youth Mentoring Program launched

2011

Violence Prevention workshops launched

Party Safe Education Program launched

Leadership and transitional mentoring program **"DREAM IT"** launched

2014

Youth Mentoring program extended to include **DECD clients**

2013

"Great Night Out" campaign launched in partnership with State Government to reduce alcohol related incidents around entertainment venues

2012

Bullying Prevention Program launched

Positive Role Modeling Program **"Monkey See, Monkey Do"** launched

2016

External evaluation began on all programs

Primary prevention program **"Ending the Cycle"** launched in partnership with Government, with the aim of **reducing violence against women**

2017

Methamphetamine, Alcohol and Other Drug Education Program launched

2018

Intensive 8 week Bullying and Violence Prevention program **"True Colours"** launched

2019

"Monkey See, Monkey Do" Junior Sport Violence Prevention Program launched

2020

Workplace Alcohol and Other Drug Education Program Launched

"What's The Story?" Challenging Gender Stereotypes Program piloted

"Adulting 101" Living Skills Program launched.

2021

The Issue

Violence

1 in 4 teenagers aged between 15-18 reported they had engaged in a violent altercation.

Adolescent's Intentions to Engage in Criminal Activity, Dr Skrzypiec (2016-17)

Violence can have significant long lasting consequences for not only the person who experiences it, but also the person who perpetrates it, and for bystanders who observe it.



The Solution - "Impact"

Violence Prevention Education

"Impact" is a primary prevention program aimed at changing student's attitudes towards violence by educating them about the negative impacts and providing them with strategies to keep themselves and their mates safe.

In the presentation component, students hear the story of Sam Davis and are given examples of the characteristics of violence and the consequences that it has on victims, perpetrators, bystanders, families, friends and the broader community.

Following the presentation students will break into class sized workshop groups and work with our education facilitators to explore the following topics related to violence:

- Harm, impact and consequences
- Impact groups of violence
- Warning signs
- De-escalation strategies



90 minutes



Years 6 - 12



10 - 300 students

For a tailored solution or to discuss a solution for more than 100 students please contact our [bookings team](#).



64% OF PARTICIPANTS HAD PREVIOUSLY USED VIOLENCE

96%

OF PARTICIPANTS WERE MADE MORE AWARE OF THE IMPACT OF ONE PUNCH

98%

OF PARTICIPANTS WERE MADE MORE AWARE OF WAYS TO KEEP THEMSELVES AND THEIR MATES SAFE

"Violent or threatened violent incidents.... have reduced by 550% since working in partnership with the Sammy D Foundation"

Roger Nottage | Principal | John Pirie Secondary School

The Issue

Alcohol and Other Drug Misuse

1 in 5 hospitalisations of Australians aged under 25 are related to alcohol consumption

National Council on Drugs Report (2013)

Alcohol and other drugs affect the way we think, act and feel. Inhibitions may be lowered and paranoia may be heightened, diminishing the brain's ability to process and identify risky behaviours and social cues. This places people who misuse alcohol and other drugs at greater risk of harm.



The Solution - **PARTY WISE** Alcohol and Other Drug Education

“Party Wise” is an engaging and interactive alcohol and other drugs education presentation that takes a harm minimisation approach to exploring the following topics:

- Types and categories of drugs
- Short and long term effects of drugs
- Current trends and drinking culture
- Understanding standard drink measurements
- Driving under the influence

Following the “Party Wise” presentation, participants will break into class sized workshop groups led by education facilitators, to explore three different real life scenarios, of the schools choice:

- | | |
|-----------------------|---------------------|
| • Planning a party | • Gatecrashers |
| • Suspected over-dose | • Schoolies |
| • Intoxicated mates | • Fighting/violence |

-  100 minutes
-  Years 8 - 12
-  10 - 300 students

*For a tailored solution or to discuss a solution for more than 100 students please contact our **bookings team.***

96% 
 OF PARTICIPANTS HAVE A GREATER UNDERSTANDING OF THE RISKS ASSOCIATED WITH ALCOHOL & OTHER DRUG MISUSE

95% 
 OF PARTICIPANTS FELT MORE CONFIDENT IN THEIR ABILITY TO PLAN A SAFER PARTY

94%
 OF PARTICIPANTS FELT MORE CONFIDENT MAKING SAFE CHOICES RELATING TO ALCOHOL & OTHER DRUGS

“This program is pivotal... and has equipped our students with the skills and attitudes that are required to be able to party safe.

Daniel Krieg | Teacher | Tatachilla Lutheran College

1 in 4 students aged between 8 and 14 reported being bullied every few weeks or more

Australian Covert Bullying Prevalence Study (2009)

Students who are the target of frequent bullying can experience significant negative impacts on their health and wellbeing. These may include loss of self-esteem or self-belief, increased anxiety, depression and withdrawal from social activities.



The Solution - “True Colours” Bullying Prevention Education

“True Colours” is an eight week, student-led, critical inquiry module, aimed at preventing bullying and violence. The key message behind the program is at the critical moment a decision is made whether to engage in, or react to a situation, what are your True Colours?

“True Colours” commences with a student forum where students are introduced to the topics and supported to identify a local community issue relating to bullying and/or violence. Then over the eight weeks they follow a critical inquiry process by defining their line of inquiry, collecting and analysing data about the issue, and finally proposing and presenting their solution.

As part of the program students also participate in our “Impact” presentation and a values walk, allowing them to think about their beliefs and how they would respond when faced with potentially antisocial situations.

True Colours aligns to the Years 5-10 of the Australian Health and PE Curriculum and Keeping Safe Child Protection Curriculum.



8 week program



Years 5-10



10 - 300 students

Under Development

*To enquire about this program please get in touch with our **bookings team**.*

POST PROGRAM STUDENTS ARE MORE LIKELY TO REPORT BULLYING TO A TEACHER

POST PROGRAM STUDENTS ATTITUDES AGAINST BULLYING INCREASED

POST PROGRAM THE NUMBER OF STUDENTS THAT AGREED WITH ANTI-VIOLENT STATEMENT INCREASED SIGNIFICANTLY

Wadam,B, Hamilton,A, Carson,K, Seymour,K, Roberts,A, Bell,P (2020) Evaluation of the True Colours Program, Flinders University

“It wasn’t just adults telling kids not to bully. The messages coming from the students themselves was really powerful, as they may have recently experienced bullying.”

“You had some freedom to choose what topic you wanted to research. It made the research more interesting.”

- Students following participation in “True Colours”

The Issue

Negative Gendered Expectations

1 in 3 Australian women have experienced physical and/or sexual violence perpetrated by a man since the age of 15.

Australian Bureau of Statistics (ABS) 2017. Personal Safety Survey, Australia, 2016

The focus on masculinity, and concerns about (so-called) 'toxic masculinity', has intensified, both nationally and globally, in recent times. In this context, questions about what it means to 'be a man' in Australia are especially compelling.



The Solution - "What's the Story?"



Challenging Societies Conceptions of Manhood and Masculinity

'What's the Story?' aims to engage young men (or those that identify as boys/men) in conversations about what it means to be a man by exposing them to different conceptions of manhood and masculinity, and how it may relate to them, their life and their future ambitions and desires.

The program is participatory, interactive and discussion based. Storytelling is a key feature of this program as it supports students to reflect upon their world in a meaningful and relevant manner.

Over the course of 8 weeks, students will discuss ideas, understandings, and conceptions of fairness, justice, power, equality and equity, violence, gender and relationships. Students are encouraged to journal their learnings, thoughts and feelings as well as work in small groups to complete a critical enquiry project.

'What's the Story?' was developed in partnership with the Sammy D Foundation and Flinders University.

-  8 week program
-  Years 8 - 12
-  10-30 participants

Investment

Funded pilot stages with no investment.

Limited opportunities.

To enquire please contact our bookings team.

Some examples of the messages that these young men want to communicate to their peers:

Violence isn't the answer. You need to consider the consequences and impacts of your actions. Not just to the victim but to everyone else involved.

What young men can do individually and collectively to reach equality for the girls and women in their life.

Masculinity is a "prison". The pressure and social expectations of masculinity trap young men in being someone they are not.

There is a pressure to wear "masks" in front of certain people (e.g. tough guy, sensitive guy). You should only ever be "one" person - your true self.

"Their professionalism, dedication to improvement, and ability to build rapport with young people has allowed them to make a significant impact in the lives of these young people. We are starting to see some significant positive changes in their behaviour and outlook."

Playford International College

Education Program Packages

The packaging of Education Programs and workshops increases the opportunity for meaningful change, and also allows for individual school needs to be met.

POPULAR PACKAGE - DUAL PROGRAM



"IMPACT"
 40 minute presentation



"PARTY WISE"
 50 minute presentation



90 minutes



Years 8-12



10 - 300 students

Intent to drink and drinking patterns

External evaluation of this dual program completed by Flinders University in 2018 showed:

- Participants reported a significantly higher **intent to drink less**
- Participants reported **significantly less drinking** post program

Hutton.A, Prichard.I, Hutton.G and Gray.K (2018), Investigating the effects of an alcohol harm minimisation public health education intervention with adolescents, University of Newcastle & Flinders University

Workshop Add Ons

How to identify and deescalate violent incidents

Students develop their skills and confidence to identify violent situations and learn strategies to deescalate in order to remain safe from harm.

How to identify and respond to incidents of bullying

Students will increase their understanding of bullying, learn how to identify, respond, and reduce incidents of bullying.

How to plan a safe party and party safely

"Knowledge is power". Students will develop strategies to minimise the harm and impact of alcohol and other drugs

To enquire about a tailored harm-minimisation solution for your school please contact our bookings team: bookings@sammyd.org.au | (08) 8374 1678