ABSA
TRAINING
ACADEMY
Boarding Professional Development

80
PD POINTS

CERTIFICATE
COURSE

Teenage Addiction: Taming Vaping, Drugs, Alcohol, Gaming and Gambling

INDUSTRY RECOGNISED TRAINING

WHEN:

4 x 1 hour sessions
(1:00PM - 2:00PM AEST)
Tues 5th, 12th, 19th
and 26th August

WHERE:

Zoom and
ABSA Online Learning Platform

WHO:

All Boarding Staff

COST:

$250 inc GST per person -
not part of webinar bundle

HOW:

Register Online:
www.boarding.org.au/training-academy/certificate-courses/registration

In conjunction with clinical psychologist Dr Anastasia Hronis, we have designed a four week Certificate Course which certifies staff in the knowledge of how to better understand, deal with and prevent addiction amongst Boarding Students.

Young people are becoming more and more vulnerable to the possibility of developing unhealthy habits and addictions. With the rise of technology, both addictive substances and behaviours are more easily accessible. It is important to understand the trajectory which a young person may follow, in order to help identify and prevent the development of addictions and the harms caused by addictive substances and behaviours.

This Certificate Course will discuss addictions and harm relating to alcohol, drugs, vaping, gaming and gambling. Over the four week period, boarding staff will become knowledgeable in understanding the ways in which substances and behaviours can cause harms, signs of when and how addiction might occur, and solutions to assist boarding students.

TRAINING ACADEMY
Boarding Professional Development

Australian Institute for Human Wellness

Finish By Date:
This course is to be completed Friday 28 November 2025. After this date the course materials will no longer be accessible, and a certificate cannot be awarded.

Cancellation Policy
Cancellations received one week prior to commencement date will not be charged. Cancellations after this date will be given no refund, however registrations may be transferred.

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Course Details

Certificate Courses

As part of the professional learning opportunities offered by ABSA there is a range of Certificate Courses specifically aimed at professionals working in boarding schools. These certificates concentrate on one key aspect of learning and provide those undertaking the courses with in-depth knowledge of the topic. These also allow participants to obtain continuing Professional Development points, ensuring the requirement of the Boarding Standard for Australian Schools and Residences to take part in continuous boarding specific learning.

Course Structure

- **Module 1 -** This first part will provide insight into how addictions develop, and the reasons why some teenagers may be more vulnerable to developing addictions. We will examine the alterations in cognitive processing and developmental changes that occur during adolescence and how they can impact risk-taking and decision-making skills. The neuroscience of addiction and the warning signs of problematic behaviours will also be explored.
- **Module 2 -** This module will cover internet use, gaming and gambling. We will explore the prevalence and accessibility of gaming and gambling, as well as the ways in which gambling has now been integrated into video games and "social casinos". We will also address strategies for staff and students on how to manage these behaviours.
- **Module 3 -** This module will address the current challenges related to drugs, alcohol, and vaping. We will cover the different stages of substance use and factors that may contribute to addiction, as well as warning signs to be aware of. Additionally, we will discuss the emerging issue of vaping and its potential consequences for young people.
- **Module 4 -** The final module will focus primarily on strategies and supports, the ways in which boarding staff can be aware and assist students, and the types of professional supports which are available.

The course is designed for live attendance. As a matter of courtesy if you are unable to attend, please notify ABSA beforehand.

Objectives

- Understand the root causes of addiction in teenagers
- Identify early signs and symptoms of various addictions
- Learn effective intervention and support strategies
- Build resilience and promoting healthy habits
- Legal and ethical considerations in handling addiction cases

Elements

- Webinars
- Readings
- Quizzes
- Tools and Resources

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AUSTRALIAN BOARDING SCHOOLS ASSOCIATION
Making Boarders' Lives Better

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