



Illicit Drugs Policy

WOSFC will adopt the AFL Illicit Drugs Policy as set out below

AFL - Illicit Drugs

The AFL does not condone the use of illicit substances, however understands the complexities that exist with people who may have substance abuse issues. The AFL have adopted a medical model in their response to illicit drug use within the AFL Competition, which aims to identify AFL players who have substance abuse issues and place the necessary support around them to protect their health and wellbeing. The AFL has been funded by the Department of Health to develop and deliver messages around the dangers of illicit drug use over the last 4 years. This program has been delivered nationwide and has reached a significant number of clubs in this time. These programs represent the ongoing commitment of the AFL to address social issues within Australian society.

THE ISSUE

Illicit drugs have very serious long and short term health implications which affect your lifestyle, work and education and can lead to crime, addiction and death. About 2 in 5 people have used an illicit drug at some point in their lifetime. Illicit drug users were more likely to be diagnosed or treated for a mental illness and report high or very high levels of psychological distress compared with those who had not used an illicit drug.

STIMULANTS

Amphetamines (e.g. Speed and Meth), Cocaine, Ecstasy Speed up the central nervous system and can make the user feel more awake, alert or confident. Stimulants increase heart rate, body temperature and blood pressure.

Stimulants can "over-stimulate" the user, causing anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

DEPRESSANTS

Cannabis, GHB, Heroin, Alcohol Don't necessarily make a person feel depressed. They slow down the central nervous system and the messages between the brain and the body. They may cause unconsciousness, vomiting and, in some cases, death.

HALLUCINOGENS

Ketamine, LSD (Acid), Magic Mushrooms Hallucinogens distort the users perception of reality. Effects include dilation of pupils, loss of appetite, increased activity, excessive talking or laughing, jaw clenching, sweating, panic, paranoia and nausea.



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EDUCATION RESOURCES

The online AFL Illicit Drugs and Alcohol education module is designed to provide you with information on making informed decisions about drugs and alcohol, how to respond if you were offered drugs, and how to act responsibly in social situations. The course includes videos of current and former AFL players providing a peer presence and discussing their thoughts and opinions on saying no to drugs.

Instructions to access course:

Go to <http://www.afl.com.au/respectandresponsibility/illicit-drugs> to access the online Illicit Drugs and Alcohol education module

SUPPORT SERVICES

National Drugs Campaign

Information about the campaign and support services in each State/Territory
Phone 1800 250 015 (freecall)
Visit www.australia.gov.au/drugs

Australian Drug Foundation

Information on drugs; including latest research, fact sheets and government policy
Visit www.adf.org.au