



SMASHED ONLINE TEACHERS GUIDE

OUR MANIFESTO

Our manifesto embodies our beliefs on how we tackle underage drinking and the sense of empowerment we want to create in young people.

SMASHED IS A LIFE-CHANGING EDUCATION

TACKLING UNDERAGE DRINKING WITH POSITIVE THINKING

TO CREATE A GENERATION PREPARED FOR PEER PRESSURE AND ARMED AGAINST NEGATIVE INFLUENCE

KNOWLEDGE IS POWER

WHEN YOU'RE STRUGGLING WITH DOUBT AND INDECISION BE PRIMED WITH INFORMATION AND UNDERSTANDING

AND WHEN THE WORLD INEVITABLY THROWS OUT CHOICES BE READY TO MAKE AN INFORMED ONE

SMASHED. ALCOHOL EDUCATION TO EMPOWER A GENERATION

THIS GUIDE INCLUDES

SMASHED ONLINE

**TEACHER
TESTIMONIALS**

**PROGRAM
OVERVIEW**

**HOW
TO USE
SMASHED
ONLINE**

**IMPORTANT
TIPS & ADVICE**

**EMBEDDING
THE LEARNING**

ABOUT SMASHED

Young people have a right to an alcohol education that is honest, empowering, and inspiring. We want to be a voice of positive change for over 750,000 Australian students by 2030.

The interactive and engaging digital resource is available free of charge to schools. It offers flexibility with two delivery modes, and has been used by teachers in every state and territory across the country.

The concept behind 'Smashed' originated in the UK. It is now active with country-specific and culturally relevant programs in over thirty-eight countries around the world.

WHAT IS SMASHED ONLINE?

Fresh, fun and engaging, Smashed Online is a digital resource that combines engaging drama with interactive learning and discussion. It tells a powerful and realistic story of young people and alcohol.

Learners are encouraged to ask themselves, 'What if that was me?'. The program is intended to enhance teaching and learning programs offered by schools.

ALCOHOL

MENTAL HEALTH
& WELLBEING

RELATIONSHIPS

SAFETY

TEACHER TESTIMONIALS

"GREAT PROGRAM THAT ADDS TO EXISTING CURRICULUM. STUDENTS WERE ENGAGED AND CONTENT SPARKED GOOD CLASSROOM DISCUSSION."

"THERE ISN'T ANYTHING LIKE THIS!"

"THE INTERACTIVE VIDEOS WERE AN ENGAGING WAY OF PRESENTING THE CONTENT TO THE STUDENTS AND MANAGED TO KEEP THEM CAPTIVATED FOR THE DURATION OF THE PERIOD."

"...PDHPE RESOURCES ARE OFTEN QUITE DRY AND OUTDATED, SO THIS IS PROGRAM IS A WELCOME CHANGE."

"PDHPE IS FILLED WITH GOOFY EMBARRASSING VIDEOS. THIS IS EXACTLY WHAT WE (TEACHERS) NEED!"

PROGRAM OVERVIEW

Student year level	Years 8 - 10
Targeted drugs	Alcohol
Activity	Smashed Online has two delivery modes – a session for individual students and a whole class session led by the teacher. This allows you to adjust the delivery based on your knowledge of students’ needs, abilities and the ways they learn.
COURSE STRUCTURE	The online program comprises four chapters, engaging students through: <ul style="list-style-type: none"> • Pre/post survey questions • Video Content • Interactive activities • Opportunities for class discussion (or individual reflection) and critical thinking
TIME ALLOCATED	The whole class program is 45 - 60 minutes and the individual program is 60 – 90 minutes. The program tracks progress so if you need to stop and start; or spread over different periods, you can do that.
LINKS TO CURRICULUM	Smashed has been designed to align with the Australian and State based Health Curricula and Australian laws around underage drinking (current and V9.0). Focus Areas: Alcohol, Mental Health & Wellbeing, Relationships, Safety. For detailed information on how the program aligns with the curriculum, please click here .
LEARNING OBJECTIVES	Students observe, explore and reflect on vital underage drinking themes: <ul style="list-style-type: none"> • The social and emotional causes and effects • Online behaviour • Peer pressure and decision-making • Australian laws around underage drinking • Where and how to help yourself and others • Consent
STRAND	Personal, Social and Community Health Sub-strands: <ul style="list-style-type: none"> • Identities and change • Interacting with others • Making healthy and safe choices
GENERAL CAPABILITIES	<ul style="list-style-type: none"> • Critical and creative thinking • Personal and social capability • Ethical understanding
COST	Free of charge
AVAILABLE	Students and teachers may register for the program via: https://online.smashedproject.org/australia/

HOW TO USE SMASHED ONLINE

INDIVIDUAL STUDENTS

- Students can be sent a link to the course, sign-up anonymously and complete it in their own time.
- For individual users the course is 60 – 90 minutes in length, including more film and interactive elements than the whole class session.
- Students complete a simple anonymous survey at the beginning and end of the course.
- Useful links to additional support, advice and information are provided at the end.
- Students can download their own certificate to show they've completed the program.
- Each student will be assigned a randomly generated username and will be required to create a password.
- Students should write down the username and password so they can resume the course if they do not complete it in one session.

WHOLE CLASS SESSIONS

- You can deliver the course in the classroom using the 'For Teachers' button on the homepage.
- This will take 45 – 60 minutes using an interactive whiteboard, or laptop and projector.
- The course includes engaging filmed episodes, timed discussions, and character interactions.
- You can have multiple sessions active and resume incomplete sessions where you left off.
- Polling activities will show class progress, with a personalised class certificate at the end to download.

THE PROGRAM CAN BE COMPLETED INDIVIDUALLY BY STUDENTS OR TOGETHER AS A WHOLE CLASS LED BY THE TEACHER.





IF YOU'RE LEADING A WHOLE CLASS SESSION, GET THE BEST OUT OF THE EXPERIENCE BY FOLLOWING THE ADVICE BELOW

BEFORE THE LESSON

- Register and set up your teacher account on Smashed Online [here](#).
- Run through the course to familiarise yourself with the content and functionality beforehand. To do this, please ensure you create a class name that includes the word 'TEST' and enter '0' as the class size.
- Make sure you think Smashed Online is appropriate for your target age group, noting it has been designed with an audience of ages 12 – 16 in mind.

WHAT YOU WILL NEED

- An internet-connected computer and appropriate audio-visual setup
- An interactive whiteboard, or laptop and projector
- Access to a keyboard and mouse/ touchpad for inputting class polling results, class name, and navigating the course

IMPORTANT TIPS AND ADVICE

REGISTERING YOUR CLASS(ES)

- Once signed-in to your account, you can register your class.
- If you are running the session with multiple classes, please register each class separately.
- You will need to select a name for the class and enter the class size.
- You will also be asked to input the number of adults present to supervise the session

PROGRESSING THROUGH THE SESSION

- Pause Smashed at any time for class discussion or to re-watch any sequence.
- Click on the 'menu' icon in the top right of the screen to see progress through the session and revisit any parts already completed.
- If you want to deliver the program across more than one lesson, simply logout when you want to take a break. When you log back in you will be able to continue from where you left off.

PRE AND POST SURVEYS

- The session starts and ends with a short survey to help evaluate the effectiveness of the program. There are three questions in the pre-survey and four questions in the post-survey.
- To get responses to each question, use our Heads Down Hands Up activity below so student answers are anonymous.
- To progress through the questions, ensure that every response field has a value, even if that value is '0' (i.e. zero student responses for that survey response).
- Upon completion of the post survey, you can download the results to see how much your students have learned.

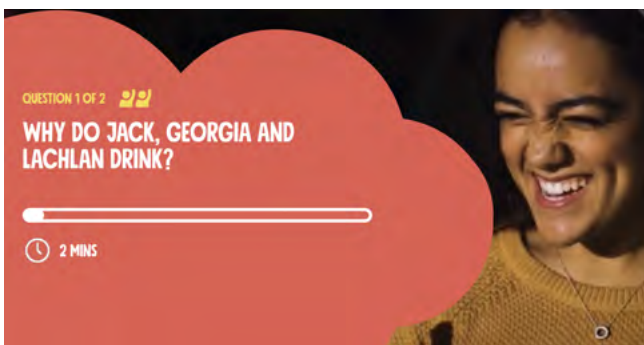
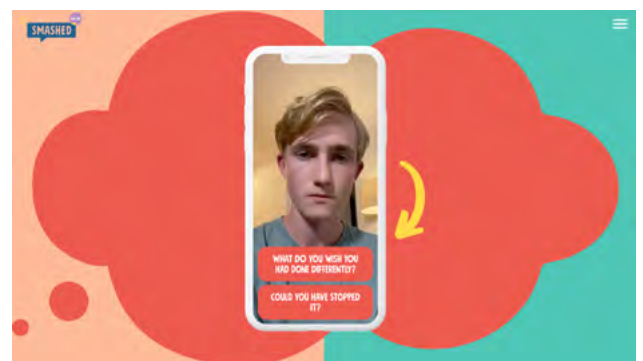
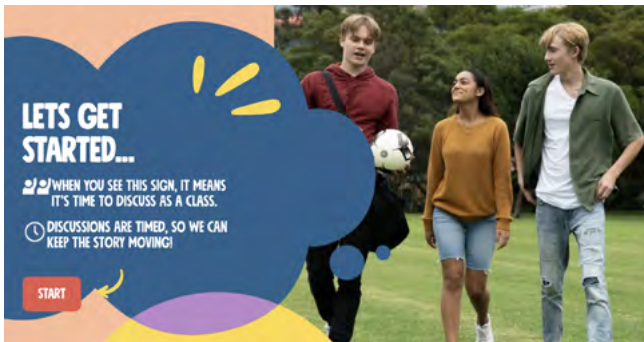


TIMED DISCUSSIONS

- The program is split into four chapters, each of which starts with a short film:
 - Chapter 1: The Incident (6min)
 - Chapter 2: Rough Day (5min)
 - Chapter 3: The Argument (1min 14sec)
 - Chapter 4: Four Weeks Later (5 min 22 sec)
- Following Chapters 1 and 2, two discussion questions will be presented.
- Each discussion question is timed to help keep the program move forward, however, you may take more or less time for the discussion.
- Help the discussion activities be as interactive as possible, with students discussing ideas in pairs or groups, before providing class feedback

INTERACTIVE PHONE CONVERSATIONS WITH THE CHARACTERS

- Following Chapter 3, a phone conversation will be initiated with the character of Jack.
- Following Chapter 4, a phone conversation will be initiated with each of the three characters in turn. This will be followed by two final discussion questions.
- During these phone conversations, the class will need to choose from a series of two statements/responses. You may wish to either select a student volunteer who will lead the selection for each character, or have the class vote for the most popular choice.





HEADS DOWN HANDS UP!

For the pre- and post-surveys, each question has a multiple-choice answers such as 'Yes', 'No' and 'Not Sure'. Here are the steps to follow so the student answers are anonymous and not influenced by each other.

- Read the question to the class along with the multiple-choice answers.
- Then ask the class to put their heads down.
- Ask the students to raise their hand when they hear the answer that they agree with.
- As you read each answer, count the number of hands up and type it into the box corresponding to the response.

EMBEDDING THE LEARNING

The experience will engage students on the issue of underage drinking. Why not continue the learning? Some simple ideas you can deliver in class are shared below. You can access detailed lesson plans [here](#), by downloading the Teacher Resource for your state or territory.

QUIZ

Create a quiz for students on alcohol and its dangers. Include questions about what happened in the Smashed story including the consequences of drinking alcohol for each character.

GRAPHIC DESIGN / ART

Students can champion the dangers of underage drinking by creating posters or online adverts. Encourage them to use the challenges and dilemmas the characters faced in the story.

DRAMA

Use the storyline as inspiration for students to create their own scenes, adverts, and plays around underage drinking. Help them to explore peer pressure and create alternative endings to Smashed.

CREATIVE WRITING

Students imagine they are a friend or relative of a character at a point in the film. What might they advise them in an email or letter? Or they can write a newspaper article about the incident at the end of the story.

COMPETITION

Young people often have the best ideas. Run a competition where they compete to create campaigns on the dangers of underage drinking, showcasing their work to others.

MEDIA

Students can re-create scenes from Smashed on film or make a documentary about the dangers of underage drinking.

KEEP IN TOUCH

Thank you for participating in Smashed and helping young people learn about underage drinking. We also hope Smashed has provided a unique, creative learning experience that enriches the curriculum. Please share your experience of Smashed with us and other educators too!

GIBBER EDUCATIONAL

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SMASHED

Website: <https://smashedproject.com.au/>

In Australia, Smashed has been developed and is managed by Gibber Educational. The Smashed program was originated in the UK by Collingwood Learning and country-specific programs are delivered in 38 countries around the world. Thanks to sponsorship from Diageo Australia, Smashed is available free of charge to schools.