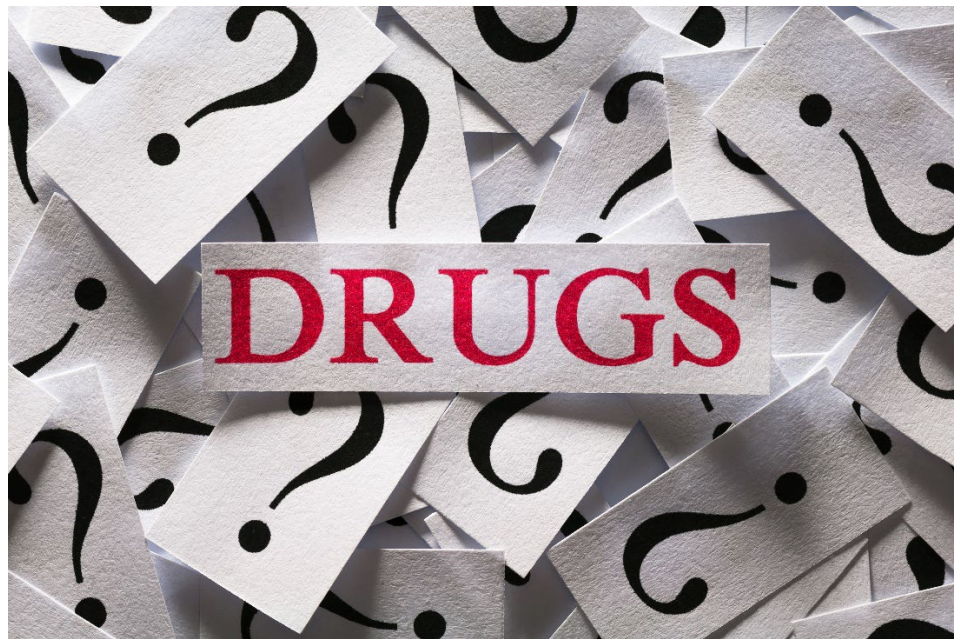


# KNOW YOUR DRUG FACTS



## Tool kit for public libraries

A guide to implementing the Know Your Drug Facts program in your community.



April 2024

# KNOW YOUR DRUG FACTS

## TOOL KIT FOR PUBLIC LIBRARIES

Although the majority of Australians (57%)<sup>1</sup> may have not used illicit drugs, the use and misuse of legal and illicit drugs is widely recognised in Australia as a major health problem, and one that has wider social and economic costs. Drug use has consequences for individuals, families and communities. The health, safety and wellbeing impacts can include addiction and illness, family breakdown, financial insecurity and homelessness, and road accidents, assaults, injuries and fatalities.

Primary prevention, in the context of drug use, aims to prevent drug problems and harms by helping people to avoid drug use, to delay or reduce drug use, or to avoid use that is likely to cause harm.<sup>2</sup> Drug education programs and drug awareness campaigns are one aspect of primary prevention and contribute to the national policy of harm minimisation.

Know Your Drug Facts 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 illicit drugs, their effects and the consequences of their use.

The program:

- provides people with up to date and accessible information about drugs and alcohol
- identifies support networks and agencies within the local community
- provides people with discussion points around drug issues in our community.

The program consists of:

- print and online information resources about drugs and alcohol
- drug information literacy activities
- events and programs.

The information in this toolkit is developed and provided by Drug Info, State Library of NSW and is a guide to implementing the Know Your Drug Facts program in public libraries.

Drug Info provides up-to-date information about alcohol and other drugs via a dedicated website and through local public libraries in New South Wales. Drug Info is a partnership between the NSW Ministry of Health and the State Library of NSW.

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<sup>1</sup> Australian Institute of Health and Welfare. (2019). National Drug Strategy Household Survey detailed report 2019. Canberra: AIHW.

<sup>2</sup> Munro G. and Ramsden R. (2013). Primary Prevention: Preventing Uptake of Drugs, in Ritter A., King T. and Hamilton M. Drug use in Australian society. South Melbourne: Oxford University Press.

## WHAT ARE DRUGS?<sup>1</sup>

Drugs are substances that change a person's physical or mental state. The vast majority of drugs are used to treat medical conditions, both physical and mental. Some, however, are used outside the medical setting for their effects on the mind. These are referred to as recreational drugs, and many of them are illegal in Australia.

### Psychoactive drugs

Drugs that affect a person's mental state, whether prescribed for a medical condition (for example, antidepressants) or taken for recreational purposes (such as alcohol and heroin), are called psychoactive drugs. Psychoactive drugs affect the way a person thinks and feels—which may also affect the way they behave. The most commonly used legal psychoactive drugs, apart from drugs taken on prescription, are alcohol and tobacco. The most commonly used illegal psychoactive drug is cannabis (marijuana).

### CATEGORIES OF PSYCHOACTIVE DRUGS

Psychoactive drugs are divided into three categories (some drugs fall into more than one category):

**Depressants** slow down the activity of the central nervous system (the brain and spinal cord), which reduces a person's alertness, and also slows down functions such as breathing and heart rate.

*Examples of depressants are alcohol, heroin, cannabis, the prescription drug group of benzodiazepines and other prescription tranquilisers.*

**Stimulants** increase the activity of the central nervous system, making the person more alert and aroused.

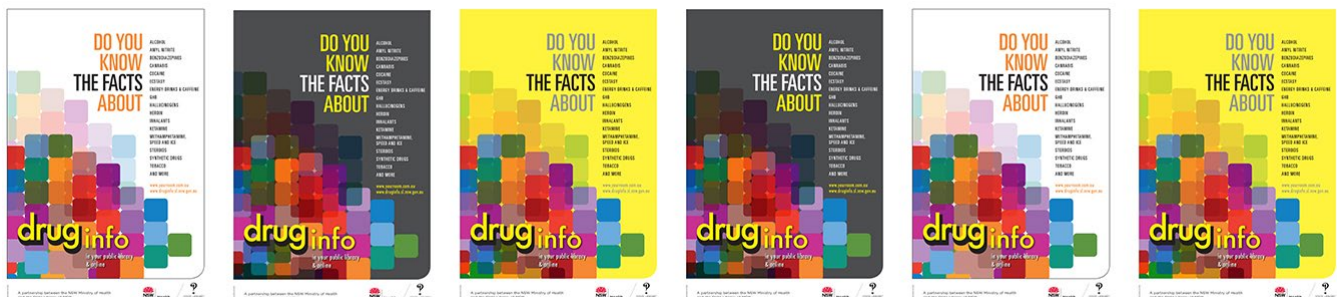
*Examples of stimulants are nicotine, caffeine, cocaine, ecstasy and the methamphetamines, speed and ice.*

**Hallucinogens** make a person see, hear, smell or feel things that aren't there.

*Examples of hallucinogens are LSD, magic mushrooms, ecstasy and cannabis.*

### Why do people use psychoactive drugs?

People use drugs for many reasons—for fun or excitement; to feel good, better or different; to counteract negative feelings; because they are bored or curious; because their friends or family do it; or because they have a dependence on the drug. Often people who use drugs associate with other people who use drugs. It is not always clear which comes first—the friends or the drugs.



<sup>1</sup> A quick guide to drugs and alcohol, 3<sup>rd</sup> edition (2017)

## Know Your Drug Facts in public libraries

Each library service in NSW has been supplied with a Drug Facts Kit for use in reference work, public programs, and displays, as part of the Know Your Drug Facts program.

### DRUG FACTS LIBRARY KIT



The pack contains:

- 15 NSW Health Drug Facts booklets (Alcohol, Amyl Nitrite, Benzodiazepines, Cannabis, Cocaine, Ecstasy, Energy drinks and Caffeine, GHB, Hallucinogens, Heroin, Inhalants, Ketamine, Methamphetamine, Speed & Ice, Steroids and Synthetic drugs)
- A5 fold-out brochure holder
- A quick guide to drugs and alcohol, 2<sup>nd</sup> edition
- Cardboard foldable poster
- Carry bag

The aim of the kit is to:

- increase clients' knowledge of legal and illegal drugs and their effects
- provide clients with engaging and interactive activities to increase sustainable learning regarding legal and illicit drugs

The kit is supported by other print resources held in public libraries such as items in the Drug Info book collection and information on the Drug Info website.

The kit can be used in in-house library displays, reference work, outreach activities such as pop-up libraries and expos, or to deliver an educational drug information activity workshop session. After attending a session clients will:

- understand about alcohol and a wide range of drugs, how they can affect people, their side effects and withdrawal
- understand about laws on drugs, including driving under the influence of alcohol or other drugs
- know where to access support services for themselves or for anyone else who needs it.

### Drug Fact Finder

The Drug Fact Finder is a tablet-based display featuring colourful images, trivia questions and information about 16 different drugs. It also links through to more detailed information on the Drug Info website via QR codes.

The Drug Fact Finder is the centrepiece of the Drug & Alcohol Info Pop-Up, Drug Info's travelling information display. The Drug Fact Finder provides an engaging, interactive element to the display.

Libraries do not need to wait until hosting the Drug & Alcohol Info Pop-Up to incorporate the Drug Fact Finder into library displays and programming. The Drug Fact Finder can be accessed at any time via the following URL:

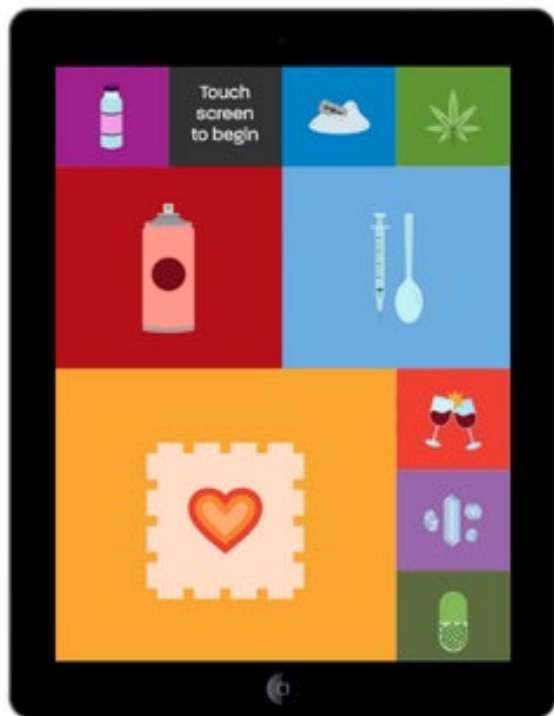
[druginfo.sl.nsw.gov.au/drugfactfinder/](http://druginfo.sl.nsw.gov.au/drugfactfinder/)

#### What is included

The Drug Fact Finder includes information about the 15 drugs represented in the Drug Facts pamphlets produced by NSW Health (see page 7), with an additional section on vaping. The information provided for each drug includes the following:

- Category of psychoactive drug
- Physical form of drug
- Short and long term effects
- A "quick fact"

There is also a trivia question included for each drug, and an additional 15-question trivia game.



#### Drug Fact Finder ideas

- Set up the Drug Fact Finder as a permanent or temporary display in the Drug Info section of your library
- Display at the library entrance or another prominent location in the library along with the Drug Info collection and promotional material
- Set up the Drug Fact Finder on a tablet at the library desk along with Drug Info promotional material
- Include the Drug Fact Finder as an activity in any Drug Info programming (eg. standard drink demonstrations, mocktail tasting)
- Take a tablet along to library outreach events and display the Drug Fact Finder. Some suitable options include:
  - Mobile Library/Library bus events
  - Pop-up libraries at shopping centres and market stalls
  - A library stall at the local community fair or festival
  - School visits

## Print support material

These items are available to support events and activities and can also be used in library displays.

More information is available from the Drug Info section of the Public Library Services website:

[pls.sl.nsw.gov.au/statewide-services/promotional-material](https://pls.sl.nsw.gov.au/statewide-services/promotional-material)



### The Facts postcard

This postcard features a list of drug names on the front of the card and a list of sample questions that can be answered by resources in the collection and the website on the reverse of the card.

Postcards can be ordered free of charge by using the online order form on this page:

[pls.sl.nsw.gov.au/statewide-services/drug-info/know-your-drug-facts-program](https://pls.sl.nsw.gov.au/statewide-services/drug-info/know-your-drug-facts-program)

## Resources and downloads

A range of resources are available on the Drug Info section of the Public Library Services website:

[pls.sl.nsw.gov.au/statewide-services/drug-info/know-your-drug-facts-program](https://pls.sl.nsw.gov.au/statewide-services/drug-info/know-your-drug-facts-program)

- Drug Info social media resources
- Drug facts trivia questions
- Drug facts scavenger hunt
- Drug Fact Finder QR code quiz
- Drug Fact bingo
- Drug Info activity booklet
- The Facts activity sheet – this can be as used in workshop or training activity together with your Drug Facts booklet collection
- The Test Your Knowledge online drug and alcohol trivia game and Pure Rush - online drug education game (CRE).
- Big Night Out board game (available for loan)

## Promotion and Information Packages

## KNOW YOUR DRUG FACTS

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These packages can be used for in-library and outreach programs, workshops and activities. Labelled show bags are available upon request. Insert packs are also available.

Libraries are encouraged to add extra items such as brochures, postcards, pamphlets from local service providers and/or your own council to these bags.

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 show bag!
- 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 for healthy suggestions - [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)

### Youth pack

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

Contents:

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

\*subject to availability

Order show bags and insert packs using the online order form on this page:

[pls.sl.nsw.gov.au/statewide-services/drug-info/know-your-drug-facts-program](http://pls.sl.nsw.gov.au/statewide-services/drug-info/know-your-drug-facts-program)

## Library Displays

### Books

Use these books from your Drug Info collections in library displays:

[pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/delivering-drug-info-your-library](https://pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/delivering-drug-info-your-library)

- Alcohol, other drugs and pregnancy 5<sup>th</sup> edition
- A guide to coping: support for families faced with problematic drug use
- Healthy spirit healthy community – a guide to drugs and alcohol in our community
- Teenagers, Alcohol and Drugs: what your kids really want and need to know about alcohol and drugs
- A quick guide to drugs & alcohol 3<sup>rd</sup> edition

### Pamphlets

A list of pamphlets relating to drugs is available on the Drug Info section of the PLS website:

[pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/delivering-drug-info-your-library](https://pls.sl.nsw.gov.au/statewide-services/drug-info-public-libraries/delivering-drug-info-your-library)

Drug Facts – NSW Health



Order from [yourroom.health.nsw.gov.au](https://yourroom.health.nsw.gov.au)



### When and how you can use your Know Your Drug Facts Kit

Here are some ideas for using your Know Your Drugs Facts kit in your library:

- Hold a library display during Youth Week or Library Week to showcase your collection and service in your local community
- Set up your Know Your Drug Facts display in your Youth Area
- Hand out promotional packages and show bags
- Set up a poster display in your library foyer or throughout your library space
- Take your kit along to any pop-up library events
- Hold your own mini drug and alcohol expo using your display kit. You can also incorporate your Know Your Standards resin kit
- Run a stall at a local health and wellbeing expo
- Use the Know Your Drug Facts activity sheets to run a group activity
- Offer to deliver a Find the Facts session at your local high school or parent group
- Host a presentation by local police on drugs and the law and run a Find the Facts session or Drug Facts trivia game at the end
- 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 kit to provide drug fact information
- On-train community workers or youth workers in running a Find the Facts session

### Other times of the year to promote Know Your Drug Facts

- **Seniors' Week** – drugs of concern amongst older people (people aged 55 and over) include misuse of prescription drugs and illicit drug use, in particular cannabis:
  - misuse of prescription drugs among older adults can range from sharing medications and using medications at higher dosages or for longer periods of time than prescribed, to persistent abuse and dependency issues. The two main classes of medications that present a concern for abuse are the benzodiazepine sedative-hypnotics (eg Valium) and the opioid analgesics (eg codeine and oxycodone)
  - there are emerging trends regarding cannabis use increasing amongst older people (Older People's Drug and Alcohol Project – NSW Health [health.nsw.gov.au/aod/professionals/Pages/older-people.aspx](http://health.nsw.gov.au/aod/professionals/Pages/older-people.aspx))
- **Law Week** – drug driving is a state-wide issue. In NSW 334 people died in 303 drug driving fatal crashes in the six-year period from 2010 to 2015. These crashes involved a driver or motorcycle rider with at least one of three illicit drugs (cannabis, speed or ecstasy) in their system. (Centre for Road Safety – NSW Government [roadsafety.transport.nsw.gov.au/downloads/trauma-trends-drug-driving.pdf](http://roadsafety.transport.nsw.gov.au/downloads/trauma-trends-drug-driving.pdf))
- **Schoolies** - hold displays or put together promotional packages prior to Schoolies – offer to deliver in schools or at an HSC 'Lock-In' event

## Ideas for activities

*A great way to engage people with the contents of the Know Your Drug Facts kit is to run events or activities in your library or out in your community*



Download the following documents from the Drug Info section of the Public Library services website:

[pls.sl.nsw.gov.au/statewide-services/drug-info/know-your-drug-facts-program](https://pls.sl.nsw.gov.au/statewide-services/drug-info/know-your-drug-facts-program)

- Drug Info content planner
- Drug facts sample questions
- Drug facts trivia questions
- Find the facts scavenger hunt
- Find the facts session outline and notes – PowerPoint presentation is also available
- Know Your Drug Facts activity sheet

### **Circulate your collection**

For one week choose one item per day from the Know Your Drug Facts collection and display it on your circulation desk.

### **Dress up your display**

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

### **Powerful Presentations**

Use the Know Your Drug Facts Content Planner to create PowerPoint presentations for your in-house library screens.

## KNOW YOUR DRUG FACTS

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### 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.

### Social Media Campaign

Use the Know Your Drug Facts Content Planner to run your own social media campaign.

### 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.

#### Find the Facts

The Find the Facts session provides people with an overview of drugs and their effects, discusses how drugs are classified according to their effects and the law.

Through a combination of face-to-face presentation and workshop activities clients are introduced to the contents of the Drug Facts kit, including the booklets and A Quick Guide to Drugs and Alcohol, and are provided with a brief overview of the Drug Info website. The session also provides people with reference points to help and support agencies.

### Lunch and Learn

Learn while you eat! Run a lunchtime Find the Facts session for staff, local service providers and interested community members. You could also run this session as an afternoon tea or supper session for youth.

### Engage a speaker

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.

### Gaming

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.

### 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.

## Trivia

Run a drug and alcohol-free Trivia Night in your library – incorporate the Drug Facts Trivia Questions as one round. Other categories could include: popular culture and books and movies about drugs or true crime.

### 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. It thereby aims to dissolve 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 this year 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 federal police officers who attended the event!

From CDAT Action – June 2016

## Graffiti Art & Facts

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.

### Case study: Graffiti art wall for Youth Week 2016 @ Goulburn Mulwaree Library

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.

## Promotion and reporting

### Reporting

IMPORTANT! Don't forget to report your event or activity to Drug Info using our Know Your Drug Facts activity reporting form. Please use the online form to report every Know Your Drug Facts event or activity you undertake at your library:

[plsnsw.wufoo.com/forms/event-and-activity-report-drug-info-and-fla/](https://plsnsw.wufoo.com/forms/event-and-activity-report-drug-info-and-fla/)

### Social Media

Twitter, Facebook and other forms of social media are effective methods of communication. You could use these channels to provide links to useful online resources in order to reinforce the messages and to support people to make informed decisions and choices about drug use.

The Know Your Drug Facts Content Planner, available from the Drug Info website, contains sample content that you can use on blogs, Facebook, Twitter, Tumblr and other platforms.

Use the following hashtags on Twitter and Instagram:

#drugfacts <sup>1</sup>

#nswpubliclibraries

#druginfolibsns

#### SAMPLE TWEETS:

*Did you know ... as the effects of inhalants begin to wear off, a person may experience effects such as headaches, nausea & dizziness? These effects can last for a number of days. #drugfacts*

*Did you know ... that those who use cannabis regularly can take up to three months to have negative urine drug tests? #drugfacts*

*Did you know ... that amyl nitrite is a clear, yellow, highly volatile and flammable liquid? The liquid smells sweet and fruity when fresh but like 'sweaty socks' when stale. #drugfacts*

### IMAGES

Post your Know Your Drug Facts images to the [Drug Info Facebook page](#) or email images to [drug.info@sl.nsw.gov.au](mailto:drug.info@sl.nsw.gov.au) for inclusion on Facebook and Pinterest.

Please note that any images received will be attributed to your library and include a caption of the event. We understand most libraries now have consent to release photos for use in print and social media. When you send your photos you are agreeing to them being used in print and social media (online). If you do not want photos to be used online please do not send them. We look forward to receiving and sharing your photos.

## Further drug information

### Drug facts

- [sl.nsw.gov.au/drug-info](https://sl.nsw.gov.au/drug-info)

**Drug statistics and reports**

- [guides.sl.nsw.gov.au/drug-and-alcohol-information-pdhpe/statistics-reports](https://guides.sl.nsw.gov.au/drug-and-alcohol-information-pdhpe/statistics-reports)

**Community Drug Action Teams (CDATs)**

- [sl.nsw.gov.au/drug-info/community/community-action](https://sl.nsw.gov.au/drug-info/community/community-action)

ALCOHOL	BENZODIAZEPINES	CANNABIS	CAFFEINE	COCAINE
Over <b>85%</b> of Australians aged 14 years and over have drunk alcohol one or more times in their life <sup>1</sup>	<b>8.3%</b> of Australians aged 14 years and over have used pharmaceuticals (including benzodiazepines) for non-medical purposes one or more times in their life <sup>2</sup>	<b>40.6%</b> of Australians aged 14 years and over have used cannabis one or more times in their life <sup>1</sup>  <b>2.6%</b> of Australians aged 14 years and over have used synthetic cannabis at some stage in their life <sup>1</sup>	<b>1 billion cups</b> of coffee per year were consumed at cafés, restaurants & other outlets in Australia in 2006 <sup>3</sup>  Sales of energy drinks in Australia and New Zealand increased from 34.5 million litres in 2001 to 155.6 litres in 2010 <sup>4</sup>	<b>13.5%</b> of Australians aged 14 years and over have used cocaine one or more times in their life <sup>1</sup>
ECSTASY	GHB	HALLUCINOGENS	HEROIN	INHALANTS
<b>13.6%</b> of Australians aged 14 years and over have used ecstasy one or more times in their life <sup>1</sup>	<b>1.2%</b> of Australians aged 14 years and over have used GHB one or more times in their life <sup>1</sup>	<b>12.2%</b> of Australians aged 14 years and over have used hallucinogens one or more times in their life <sup>1</sup>	<b>1.2%</b> of Australians aged 14 years and older have used heroin one or more times in their life <sup>1</sup>	<b>5.6%</b> of Australians aged 14 years and over have used inhalants one or more times in their life <sup>1</sup>
KETAMINE	ICE, SPEED & METH	SYNTHETIC DRUGS	STEROIDS	TOBACCO
<b>4.3%</b> of Australians aged 14 years and over have used ketamine one or more times in their life <sup>1</sup>	<b>8.6%</b> of Australians aged 14 years and over have used meth/amphetamines one or more times in their life <sup>1</sup>	<b>0.8%</b> of Australians aged 14 years and over have used new psychoactive substances (synthetic drugs) at some stage in their lives <sup>1</sup>	<b>0.8%</b> of Australians aged 14 years and older have used steroids for non-medical purposes one or more times in their life <sup>2</sup>	Over <b>34%</b> of Australians aged 14 years and over have used tobacco one or more times in their life <sup>1</sup>

<sup>1</sup> Australian Institute of Health and Welfare. (2024). National Drug Strategy Household Survey web report 2022-23. Canberra: AIHW.

<sup>2</sup> Australian Institute of Health and Welfare. (2019). National Drug Strategy Household Survey detailed report 2019. Canberra: AIHW.

<sup>3</sup> Australian Coffee Traders Association website (2006) Australian coffee stats. Retrieved August 2011

<sup>4</sup> Canadean. (2011). Canadean Soft Drink Service – Australia and New Zealand energy drink consumption volumes 1999–2016. July 2011