

# Deadly Choices<sup>®</sup>

In 2023, Deadly Choices program officers will be delivering health education programs at your school/group. All programs and associated activities are free of charge.

Deadly Choices programs include:

- **Deadly Choices Junior Healthy Lifestyle Program** - a health education program aimed at giving participants the knowledge to make healthy lifestyle choices, whilst supporting participants to be positive role models and mentors for their families, peer group and community by leading a healthy lifestyle.
- **Deadly Choices Junior Tobacco Education Program** - through an animated series, the program aims to educate young people about cultural history, harmful effects of tobacco smoke, and how they can support those around them with their quit journey.
- **Deadly Choices Junior Good Quick Tukka Program** - an interactive, activity based program to educate and upskill participants in the importance of good nutrition, how to make healthy food choices and support others to do the same.
- **Deadly Choices Traditional Indigenous Games Program** - aims to build on cultural knowledge and create change through positive messages that focus on how we as individuals and communities can make healthy lifestyle choices.
- **Deadly Choices Junior DC FIT Program** - a group based exercise program aimed to increase participants physical activity levels and healthy lifestyle knowledge in a culturally safe and supportive environment.

Participants are rewarded with program incentives upon completion of each program, subject to **full attendance**, **good behaviour** and **school attendance**. Programs within schools will be run during school hours and across any given term.

All participants are encouraged and supported to complete a routine health check. If you have any queries regarding the program, please contact your local Deadly Choices team or email [deadly.choices@juih.org.au](mailto:deadly.choices@juih.org.au). Additionally, if you would like to know more about the program go to our website [www.deadlychoices.com.au](http://www.deadlychoices.com.au).

In order for your child to participate in these programs, we ask for your consent by signing the form and returning to your school/ group before the programs begin.

I give permission for \_\_\_\_\_ (Full name of participant).

## Permission to participate in the Deadly Choices programs

**Permission for photo** (*Group shots may be taken in program setting and these images maybe used for social media including Facebook and Instagram, as well as program resources and reporting*)

## Permission to conduct a health check with

(*parent/guardian must attend health check*)

Medicare Number: \_\_\_\_\_

Medicare Reference Number: \_\_\_\_\_

**Please do not tick the box/s if you do not wish for you or your child to be involved in any of the above activities.**

Participant's date of birth: \_\_\_/\_\_\_/\_\_\_ Participant's shirt size (kids 6-12/adults S-5XL): \_\_\_\_\_

Participant's allergies and/or intolerances: \_\_\_\_\_

Authorised personnel name if participant is under 18 (parent/guardian/school): \_\_\_\_\_

Parent/Guardian or participant contact number: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_