

S.A.F.E. Follow-up Programme.

Gambling

- What is gambling?
- Types of gambling
- Problems caused by gambling
- Signs of an employee who has a gambling problem
- Effects of gambling on the workplace
- The Care Services available

Health and Safety aspects of drug abuse (syringe disposal, first aid)

- Dangers of drug use/effects at place of work
- Injuries to self and/or others
- Needle stick injuries, proper disposal of sharps
- Managing the intoxicated employee
- Managing the unconscious employee (first aid)

Stress management workshop:

- What is stress
- The 3 sides of stress
- Self-evaluation (by filling questionnaires)
- Signs and symptoms of stress (physiological, mental and emotional symptoms)
- Stress management skills

Bullying at the workplace:

- Definition of bullying
- Forms of bullying
- How bullying affects the employee and the workplace
- How to tackle bullying

Technological Addiction:

- Addictions. Why also Technology? (*Games, internet, mobiles, cyber bullying, social networking*)
- What does the research say? (*How technology effects our everyday life, Information withdrawal syndrome, Technology and physical health*)
- When technological addiction takes over your life
- Technological addiction and relationships

Addictions Workshop:

- Different types of addictions (drugs/alcohol/gambling/technological addiction)
- Tolerance/Dependency concept
- Classification of drugs (stimulants/depressants/hallucinogens)
- Signs and symptoms of main drugs of abuse (including alcohol and new drugs) and dangers attached to them
- Highlights on gambling and technological addictions
- Presentation of a **CASE STUDY** of an employee who has an addiction problem followed by a discussion with participants regarding how they would deal with such a case
- A **questionnaire** about myths and facts regarding substance abuse, a **drug quiz** and/or **dvd** may be utilized as ice breakers

Dealing with Aggressive Behaviour at the Workplace:

- Defining Aggression and Violence
- Types of aggressive behaviour including verbal, passive, physical aggression and non-verbal intimidation
- Signs of Abusive behaviour
- Alcohol and Drugs in relation to aggression
- Workplace frustration and aggression
- Effects of aggression on the workplace
- The effect of media on aggression
- Preventing and approaching aggression at the workplace
- Workshop: Small group discussions to improve skills in dealing with aggression

Skills for the parent-employee:

- Healthy work-life balance
- Effective communication skills
- Managing time wisely and importance of quality time
- Keeping boundaries
- Discovering a line of support
- Workshop: Small group discussions to improve skills as a parent-employee

Substance abuse and driving:

- the physical and psychological effects of drugs and alcohol
- the risks of driving under the influence of alcohol and/or other drugs
- the law
- the care services available