



Foundation for Social Welfare Services  
Here for you

# COMMUNITY INTERVENTIONS

## Overview of Topics



### Gambling

- Conceptualising gambling
- Effects of gambling
- Strategies for managing gambling
- Support services and resources



### Peer Pressure

- Recognise the impact of peer pressure on decision-making
- Strategies to resist peer pressure
- Build positive interrelations
- Support services and resources



### Bullying

- Different forms of bullying
- The impact of bullying
- Strategies to prevent and tackle bullying
- Support services and resources



### Decision Making

- Critical thinking and problem-solving skills
- Consequences of different decisions
- Tools and frameworks for informed decisions
- Support services and resources



### Stress Management & Coping Skills

- Signs and symptoms of stress
- Stress management techniques
- Promote healthy lifestyle choices
- Healthy coping strategies for different situations
- Enhance resilience and mental flexibility
- Support services and resources



### Substance Use & Addiction

- Signs and symptoms of drug use/abuse
- Legal implications of drug and alcohol use
- Physical and psychological effects of drug and alcohol use
- Develop strategies to support people with addictions
- Support services and resources



### Effective Communication

- Foster clear and concise communication
- Resolve conflicts through effective strategies
- Build stronger interpersonal relationships
- Support services and resources



### Wise Use of Technology (*Offered by BeSmartOnline*)

- S.M.A.R.T. use of technology and how technology affects our everyday life
- Technology and its effects on physical, mental, and social well-being
- Cyberbullying and problematic content on the internet
- Support services and resources