



# Good Sports Program

Kate Townsend

Community Development Officer

# ACKNOWLEDGMENT OF COUNTRY

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The Alcohol and Drug Foundation respectfully acknowledges the Larrakia people as the Traditional Owners of the Darwin region. We pay our respects to the Larrakia elders past and present.



# PRESENTER: KATE TOWNSEND

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B. Sport and Exercise Science

Studying M. Public Health

Darwin Local for 15+ Years



GOOD SPORTS IS...

Australia's  
largest  
and longest  
running health initiative  
in community sport.



# GOOD SPORTS NT

222 Clubs

Programs Available



ALCOHOL



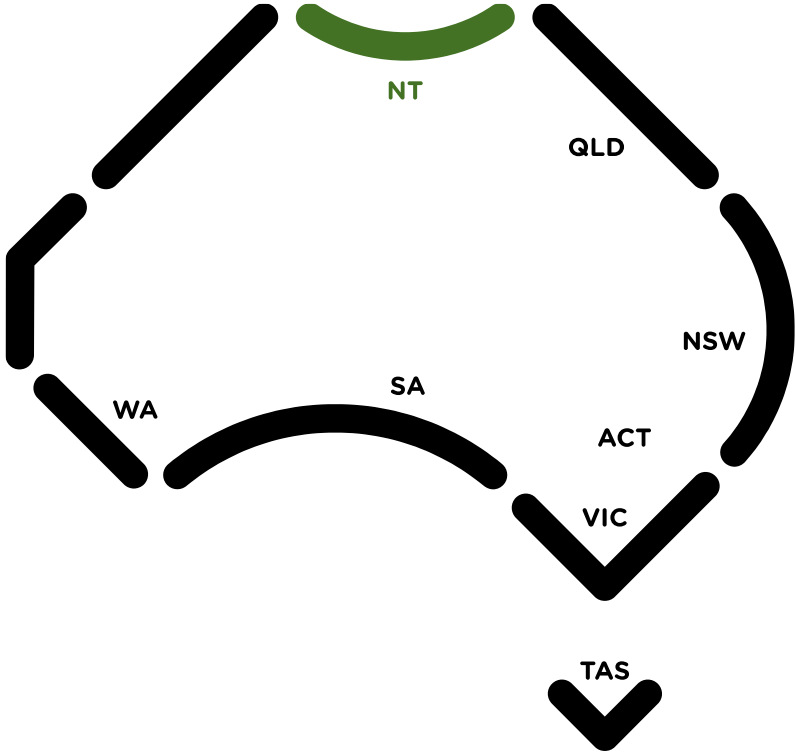
NUTRITION



MENTAL HEALTH



ILLEGAL DRUGS



# WHY OUR WORK MATTERS

## Cost to the community

alcohol-related harm:

**\$15.3 billion**

drug-related harm:

**\$8.2 billion**

**All this is preventable**



Collins, D, Lapsley, H. The costs of tobacco, alcohol and illicit drug abuse to Australian society in 2004-05. National Drug Strategy Monograph Series No 66. Canberra: Australian Government Department of Health and

Every year in Australia:

**5552+**

people die from **alcohol-related injuries, illness and accidents.**

**144,000**

people are **hospitalised** due to alcohol.

**3,195** people died from drug-related deaths.

More people die from **drug overdoses**, including from **pharmaceuticals**, than die on the roads.

The cost to the community from **alcohol-related harm** is estimated to exceed **\$15.3 billion.**

For **illegal drugs** it exceeds **\$8.2 billion.**

# LOCAL ALCOHOL STATS

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In Darwin's Northern Suburbs Alcohol is involved in:

- 64% of Assaults
- 36% of sexual assaults
- 40% of Robbery Offences
- 48% of Road fatalities
- 71% of Domestic Violence



# RISK FACTORS VS PROTECTIVE FACTORS





# HAVING IMPACT

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Good Sports evaluation shows:



**42% decrease**



**Alcohol-related incidents**



**37% decrease**



**Risky drinking**

# Benefits of Good Sports

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*According to our clubs...*

- Makes the club more family-friendly
- Gives the club a better profile when applying for grants
- Gives the club volunteer appeal
- Makes people more aware of their behaviour
- Helps you work through the tricky paperwork.

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# IS YOUR CLUB SOMETHING PEOPLE WANT TO BE A PART OF?



BARBARIANS RUFC

5 d · ⚙️



Hold your heads high Barbarians!

When we learnt that one of our beloved players Cass Te Maro came down with cancer, we pitched in as a team and have successfully fundraised \$4.5k for him to help him out.

Today we are extremely proud of our mens and womens teams, our volunteers, sponsors and supporters that have enabled us to pull together to support one of our mates in a time of need. This is what Barbars is about, we're more than a rugby club, everyone is family to us and when the going gets tough, we dig deep, the battle belongs to everyone.

Well done everyone, we are extremely grateful for all the support and generosity, pure Barbars spirit! My utmost gratitude to those in the club that drove this and saw it through, an amazing effort for Cass!

Hoorah Barbars!

Marc  
(President)



# WHY JOIN US?

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**JOIN THE  
BIG LEAGUE**

**WIN \$1000 CASH  
FOR YOUR CLUB!\***

\*Terms and Conditions Apply



# REGISTER

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Register at

[portal.goodsports.com.au  
/app/auth/sign-up/](https://portal.goodsports.com.au/app/auth/sign-up/).

We will navigate the  
resources together now

# RESOURCES

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NORTHERN TERRITORY:

ALCOHOL AND OTHER  
DRUGS SUPPORT SERVICES

NT:  
CLUB LIQUOR  
LICENSING  
REQUIREMENTS



VOLUNTEER  
TOOLKIT

MENTAL  
HEALTH

SOCIAL MEDIA  
TOOLKIT





# GET YOUR MERCH





# WHAT'S NEXT? YOUR TO DO LIST...

1. Check Club Contacts are up to date/**Register** for the Program.
2. Log in to the **NEW** Good Sports Program
3. Complete self assessment & sign policy
4. Order your Good Sports Merchandise
5. Promote your involvement and stay engaged!

**ADF**

**Alcohol  
and Drug  
Foundation**

