

## **Breaking News: The Latest Cannabis Research**

The following 8 videos range from 20 minutes up to an hour in length each including detailed explanation of world-shattering population studies on cannabis.

**Cannabis & Autism**



**Cannabis & babies born limbless**



**Cannabis & birth defects**



**Cannabis - effect on genome & epigenome**



**Cannabis & cancers**



**Cannabis & aging**



**Cannabis summary**



**Cannabis & hole in the heart**



## **KERRYIN'S KORNER**

**Advice on substance use and its life-long impact. A true account of 'Lived Experience'**



Kerry Redpath is a board member of Drug Free Australia. In this column she shares her lived experience of drug use in her early life. She hopes this knowledge will help parents, teachers, and young people in their quest for prevention and solution of the pressure to use drugs in our society.

Last month Kerryin provided an overview of the impact on her early life using drugs. In summary, Kerryin shares that she had a normal upbringing with a loving family. She experimented with drugs in her teens, just trying to 'fit in' with her social group, but not knowing how strong and harmful these substances were. **She almost died in her mid-twenties as a result of related drug related health issues.**

**But there's more:**

Kerryin is also keen to share an **added issue** that many face. This month she shares the time in her life when she spent years trying to manage living with a drug using partner.

When Kerryin's life was spared and she returned home from hospital she had to manage staying 'clean' even though her husband continued to battle heroin addiction for many years.

Kerryin explains: "I finally realised I was enabling him and brought our marriage to an end. I have lived and seen the dark side of drug use first-hand and I yet am just one of millions of people who endure this nightmare across our nation and around the world".

We thank Kerryin for sharing such a personal story and hope the experience helps to save more lives.

Kerryn has published two books about her experiences:

- 'Out of the Darkness'
- Chasing After the Wind'

For these books and other resources go to: [Home](#) | [Save Your Brain](#)

What you can do...

If you are concerned about your drug use, or that of a loved one, please reach out to Kerryn.

We hope to share Kerryn's answers some of the common questions she receives from people who are desperate to either stop using drugs, or help a person close to them to stop. Your identity will be kept private.

Email: [admin@drugfree.org.au](mailto:admin@drugfree.org.au) for more information

## Links between substance use and bullying

**There is a great deal of research that indicates direct links between substance abuse and bullying. Here are two examples of links between bullying and drug use in young people:**

### **1. Research by 'Paediatrics' indicates the following:**

Our findings suggest that, compared with their nonbullying peers, bullying children and adolescents have a higher risk of drug, alcohol, and tobacco use later in life. Childhood bullies have more risk of alcohol and tobacco use later in life than adolescent bullies, which may be related to bullying being more functional to achieve higher social status during adolescence versus indicating more dysfunctional social behavior during childhood. Findings for bully-victims were more heterogeneous, with generally smaller effects and lower reliability and were on the basis of fewer effects. For future research, it would be interesting to investigate the possible mechanisms underlying the link from bullying to substance use, for example, by taking popularity into account, and investigate bullying as a so-called causal risk factor because this type of research may provide the basis for preventive interventions'.

Source: [Childhood and Adolescent Bullying Perpetration and Later Substance Use: A Meta-analysis](#) | [Paediatrics](#) | [American Academy of Pediatrics Childhood and Adolescent Bullying Perpetration and Later Substance Use: A Meta-analysis](#)

### **2. Research by 'Frontiers in Psychology' offers the following report:**

*'Substance Use among Adolescents Involved in Bullying: A Cross-Sectional Multilevel Study'*

Abstract:

Being involved in bullying as a victim or perpetrator could have deleterious health consequences. Even though there is some evidence that bullies and victims of bullying have a higher risk for drug use, less is known about bystanders. The aim of this research was to study the association between bullying experience (as victims, bullies, or bystanders) and substance use. We gathered complete information from a nationally representative sample of 36,687 students (51.4% female) attending 756 schools in Chile. We used a self-reported questionnaire which was developed based on similar instruments used elsewhere. This questionnaire was piloted and presented to an expert panel for approval. We used multilevel multivariate logistic regression analyses, controlling for several variables at the individual (e.g., school membership, parental monitoring) and school levels (e.g., school type, school denomination). This study shows that bullies and bully-victims have a high risk for cigarette, alcohol, and cannabis use than bystanders. This is one of the few studies exploring the association between witnessing bullying and substance use. These findings add new insights to the study of the co-occurrence of bullying and substance use. Other factors, such as higher academic performance, stronger school membership, and better parental monitoring reduced the risk of any substance use, while the experience of domestic violence and the perception of social disorganization in the neighborhood, increased the risk. These findings may help the design of preventive interventions.

Source: [Substance Use among Adolescents Involved in Bullying: A Cross-Sectional Multilevel Study](#) - PMC


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# THE MAJOR BRIAN WATTERS YOUTH PREVENTION INFLUENCERS' AWARD



COULD YOU BE THE NEXT **YOUTH INFLUENCER SCHOLARSHIP** RECIPIENT?

Drug Free Australia (DFA) is an NGO that is working in close cooperation with the Rotary Action Group for Addiction Prevention. In partnership, DFA announced an award to be offered in honour of the work of Major Brian Watters AO, to young people between the ages of 17 and 25 who are interested in training to be Youth Prevention Influencers.

## WHAT'S ON OFFER

- 1) Financial assistance for YPI training, up to \$500 as follows:
  - the first \$100 being awarded at commencement of training as a YPI;
  - \$100 awarded upon successful completion of the training; \$300 awarded upon completion of practical policies and practice to help prevent addiction to nominated community groups/ individuals.
- 2) Training – either a 4 hour online or a 1 day face to face session in the nature of addiction and current strategies being used to prevent and/or help people deal with their addiction.
- 3) Mentoring to encourage the development the YPI's own strategies for drug prevention in their communities.
- 4) Assistance with travel to Vienna to be part of the Commission on Narcotic Drugs (CND) at the United Nations headquarters – held in mid-March each year, to join other like-minded young people in their endeavours to influence world governments in drug prevention.

## APPLICATION PROCESS

Individuals between the ages of 16-29 can be nominated by Rotary Clubs, Senior Secondary Schools and Tertiary Institutions OR they can nominate themselves and seek the backing of their local Rotary club or other body.

Submit a registration of interest, giving reasons for applying. This should include:

- (a) Resume with at least 2 referees including those involved in a Rotary Club or other community body.
- (b) A minimum 500-word statement/essay/video entitled – 'Why and How we could stay Drug Free'

## KEY DATES

Registration of interest due: Round 2 - **30 May, 2025**

Scholarship recipients notified by: **Friday May 30, 2025**

Training commences: **Thursday June 26, 2025** (commemorating the United Nations' International Day Against Drug Abuse and Illicit Trafficking.

FOR FURTHER INFORMATION AND TO APPLY CONTACT: **Jo Baxter** International Board Member

Rotary Action Group For Addiciton Prevention - [admin@drugfree.org.au](mailto:admin@drugfree.org.au)




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## ABOUT Major Brian Watters AO

Major Watters devoted his life to working tirelessly to help people of all ages, gender and ethnic backgrounds to return to health when drugs and alcohol had destroyed their lives. In addition, he spent many years as Vice President of the *United Nations International Narcotics Control Board*.

Major Watters was well qualified in this important field, with:

- an Arts Degree from Newcastle (NSW) University, majoring in Medical Sociology.
- Qualified Psychiatric Chaplain and trained at Newcastle University in Addictions Counselling.
- In 1998-2010 he was appointed as Chairman of the Australian National Council on Drugs, the peak Drugs Policy Advisory Body to the Australian Federal Government.
- A member of the National Board of Drug Arm, Australia;
- Member of the Leadership Council of International Substance Abuse and Addiction Coalition.
- Past President of the N.S.W. Network of Alcohol and Drug Agencies (NADA) with a Membership of more than 100 Agencies.
- Served on the N.S.W. Health Minister's Drug Advisory Council.
- In 2005 he was elected to the International Narcotics Control Board (INCB) of the United Nations – based in Vienna.
- In 2007 appointed Vice President of the International Narcotics Control Board and
- was the Chair of the Prime Ministers Drug Advisory Council (ANCD) for over 10 years.
- President and Board Member of Drug Free Australia from 2002-2024.



FOR MORE VISIT: [RAG-AP.ORG](https://rag-ap.org)

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The hidden  
dangers of  
Energy Drinks...

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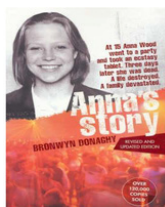
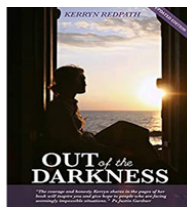
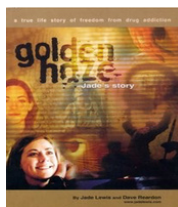


## RESOURCES

Click on the images below to access the online resources



### Books and more...



For WCTU Primary & Secondary programs contact Dawn Stark:  
[drug-free@bigpond.com](mailto:drug-free@bigpond.com)



For more information on any of the above, contact:  
[admin@drugfree.org.au](mailto:admin@drugfree.org.au)

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