



# IDIOM

*defn: (noun) the language particular to a people or district, community, or class.*



## Bassendean Youth Services

Bassendean Youth Services are situated underneath the McDonald Pavilion at Steel Blue Oval on the corner of West and Guildford Roads near the Skate Park.

The Youth Centre is open for young people to 'drop-in' between 3pm and 6pm Tuesday to Friday, and offers a broadband internet and computer game café, XBOX, band room, and DVD movie projector. Everything happening in the afternoons is free, and the centre is available for young people aged 12 to 25.

The centre also runs LAN parties, band rehearsals and entertaining activities most weeks. Saturday activities are also offered every couple of months. In the past activities have included: Adventure World, Go-Karting, Outdoor Rock Climbing, and Paintballing. Most of these activities only cost a few dollars per person.

During the next school holidays the Youth Service will run a number of activities including a full day of Go-Karting. Come into the Youth Centre to find out what's happening next or check out our website for more information - [www.bys.net.au](http://www.bys.net.au)

## Double or nothing for drivers

Under Western Australia's Double or Nothing law, drivers who lose their licence through a demerit point disqualification may face **DOUBLE** the time off the road.

Double or Nothing is an option that eligible drivers with 12 or more demerit points can elect once they have been served an Excessive Demerit Points Notice. By electing the Double or Nothing option a driver can continue to drive on a 12 month Good Behaviour Period. However, if they accrue more than one demerit point in the 12 month Good Behaviour Period or if they commit an offence which results in a disqualification, they will be disqualified for **DOUBLE** the original disqualification period. Under the laws Extraordinary Licences are no longer available for demerit point disqualifications.

Double or Nothing has been introduced as part of a larger program of change which will see Western Australia's licensing system become more closely aligned with other Australian jurisdictions. Double or Nothing is really about improving driver behaviour in the long term. The option already exists in other States and their statistics show that a high number of disqualified drivers who took the second chance offer did not commit any further offences.



For more information check out <http://www.dpi.wa.gov.au/licensing/yourlicence/15639.asp> where you can download a fact sheet.

# WA - A Snapshot

When rating what they value, **77.4%** of young people in Western Australia rank family relationships as number one compared to **75.3%** Nationally.

A total of 3,307 young people aged 11 to 24 years completed and returned the Mission Australia National Survey of Young Australians. The survey found that young people, when asked to rank what they valued from one to three from a list of 10, chose family relationships at the most important, followed by friendships at 64.4%.

The survey also found that 4.3% of young people were in full time employment compared to 20.8% who work part time and 31.7% who were in casual employment. The survey found that 24.3% of Western Australian responders were unemployed or looking for work and 18.9% were too young to work or chose not to.

The survey showed that a vast majority of respondents from Western Australia were living with family, 92.2%. 3.6% were at boarding school and 1.7% were in share housing. 0.8% listed they were living in a juvenile justice centre or prison, and 0.5% listed they were homeless or had insecure housing.

2,511 young people, or 76.6%, responded they were living in a capital city. Nationally, 59.4% of young people responded they were living in a capital city.

Young people across Australia were asked what their main source of income was. Almost three quarters (72%) of young Australians listed parents/family as their main source. In Western Australia, 69.1% listed parents/family as their main income source with 26.9% listing employment as their main income source.

70.2% of young people in Western Australia reported they were studying full time, with 14.8% studying part time and 14.9% listed they were not studying at all.

Young people in Western Australia were asked to rank issues of concern and 27.4% chose family conflict as the number one issue followed by drugs at 27.3% and body image at 25.1%.

The full results of the survey can be found on the Mission Australia website [www.missionaustralia.com.au](http://www.missionaustralia.com.au)



## Energy Drinks

In Australia, the consumption of energy drinks is increasing rapidly with their growing popularity.

These drinks usually contain:

- Caffeine (ranges from 30mg/250ml to 150mg/250ml, depending on the brand)
- Guarana ( a caffeine extract from the South American plant Paullinia Cupana)
- Sugar (in higher quantities than sports drinks)
- Protein (the amino acid taurine is often added to these drinks)
- Vitamin B.

The high caffeine content of energy drinks relative to other foods and beverages containing caffeine is a concern. Some energy drinks contain more than twice the caffeine content of cola-drinks.

The consumption of energy drinks as if they are soft drinks or water is also a worry. Some studies have found that young people find the labels on energy drinks confusing. The maximum recommended daily dose as given on the containers, is usually between two and five cans. However, some people think that they need to drink this much to obtain the maximum benefit, rather than seeing this as upper limit for use. Consuming greater quantities of these drinks increases the risk of unpleasant health effects.

The typical consumers of energy drinks are young adults. Many young adults (and children) consume energy drinks before or during sporting events, believing that the drink will increase their energy levels. Some people also consume energy drinks for a lift while they are working or when they go out.

Most people will not benefit from consuming caffeine before participating in sport. While there have been some reports claiming that it can enhance sporting performance at a professional level, the high caffeine content of these drinks can produce a variety of unpleasant side-effects. The high sugar levels of energy drinks may also reduce the body's absorption of water. This makes it dangerous to consume these drinks before, during or after physical activity.

\*Information from the Drug and Alcohol Office and the School Drug Education and Road Aware newsletter.

