



Photo courtesy of Fraser Coast Chronicle.



The team

The SEAT program has more than a dozen trained presenters located around Queensland who volunteer their time to help prevent spinal cord injuries.

Each presenter has a spinal cord injury and uses a wheelchair. With engaging honesty, sincerity and humour, they provide compelling information and insight about life with a spinal cord injury. They are the power behind our program.

In addition to strong safety messages, their presentations encourage greater understanding and awareness of people with a disability.



The value of the program

SEAT has more than 20 years of experience in sharing injury prevention messages with school children. Our goal is to reduce the incidence of spinal cord injuries in Queensland.

On average, one person sustains a spinal cord injury every four days in Queensland – around 90 people each year.

The highest risk age group is between 15 and 30 years of age. Road trauma continues to be the number one cause of spinal cord injuries, followed by falls/crashes and water-based accidents.

Coinciding with the success of the SEAT program, the number of spinal cord injuries in Queensland has been reducing. Prevention is the only cure for a spinal cord injury.

Making a booking

The best way to make a booking is using our online form. Simply visit www.spinal.com.au and follow the prompts to the SEAT at schools page and click the 'BOOK NOW' button.

Alternatively, to discuss availability or for more information, please contact us:

**Spinal Injuries Association,
PO Box 5651, West End, QLD, 4101**

Phone: (07) 3391 2044
Email: seat@spinal.com.au
or call 1800 810 513 (outside Brisbane only)

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For more information, contact:
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Spinal Education Awareness Team

sharing important injury prevention messages with more than 1.4 million students



Oct10



It was very inspiring and it was good to hear from someone who has been through it and who still has such a good attitude about life.

Year 12 student

The presenters were very upfront about their injuries, giving detail in a way so as not to frighten the children but make them aware of possible dangers and their consequences.

Primary school teacher

"Paraplegia and quadriplegia are major life changes, and I have learnt not to take stupid risks."

Year 8 student

I liked her truth and honesty about her life.

Year 11 student

It was good that the presenter had a spinal problem, because he actually knows what it's like.

Year 6

This session had a significant impact on the young people who attended - extremely worthwhile.

High school teacher

I learned about our vertebrae and how people get spinal injuries and how hard life would be in a wheelchair. I also learned how to help people who are in an accident.

Year 7 student



Photo courtesy of The Queensland Times



Photo courtesy of Tweed Daily News.



The presentation

The Spinal Education Awareness Team (SEAT) has shared insight and information about how to keep safe on the roads, in the water, on the sports field, at home and in the classroom with more than 1.4 million students at primary and secondary schools throughout Queensland since 1987.

Each presentation is targeted to suit specific age groups.

For primary schools, there are two versions of an interactive and fun multi-media program aimed at Preps to Year 3 (entitled 'Play by the rules') and Years 4 and 5 (entitled 'Do the right thing').

The program for older grades combines safety messages with some disability awareness components. Years 6 and 7 students see short videos featuring 'what if' scenarios, demonstrating what can go wrong when safety is disregarded by kids their own age. Students are also shown videos of SEAT presenters carrying out everyday activities such as driving, getting out of bed and swimming, so they gain a better understanding of what it's like to have a disability.

Four teaching modules are available for teachers that link the learning outcomes of the Year 1 to 7 Health and Physical Education syllabus to the messages of the SEAT program.

For secondary schools, our presenters tell their own story as well as showing one of two DVDs featuring teenagers and young adults who have sustained a spinal cord injury and how it has changed their lives, and the lives of their families and friends.

Risk management and personal empowerment messages are highlighted through the DVDs, achieving a balance of suggested behaviours to minimise the risk of spinal cord injury.

The secondary school program is suitable for:

- human relationship education
- personal development
- life skills programs
- health and physical education classes
- school and sporting camps
- end of term and end of year activities
- secondary school house and year assemblies
- social justice studies
- pastoral care programs
- Pre-Schoolies week activities
- Spinal Injuries Awareness Week (held every November).

The secondary school program encourages students to ask any questions they wish and thereby gain a better understanding of people who have a spinal cord injury.

If a 40 minute session doesn't suit, SEAT presenters are also available to speak at assemblies anywhere from five to 30 minutes.

Since mid-2009 the Spinal Injuries Association has been able to offer SEAT at no cost to students or schools! Special thanks to major sponsor **BHP Billiton Cannington Mine**, in addition to our other valued sponsors the Queensland Government, the Motor Accident Insurance Commission (MAIC) and the RBSM Foundation.

Our presenters have their own audio visual equipment and only require a screen for projection and a wheelchair accessible venue at the school.

A typical session is 40 minutes long but can be tailored to suit a school's requirements. A maximum of 100 students at each session is recommended to encourage interaction between the presenter and the students. Up to six sessions can be held on the same day.

SEAT is accredited by Education Queensland.