



QRL SOUTH EAST REGION

WELLBEING PROGRAMS SUMMARY

Below is a list of available programs that are currently being offered by the QRL South East Region Wellbeing & Education team. For more information on the below available programs please [click here](#).

➤ **Concussion**

Provides the basics for all members of the rugby league community to help understand concussion definition, identification and return to school and sport protocols.

➤ **NRL CareerWise for Under 16 to Under 18 Players**

Designed to help athletes be better in every aspect of life. Football careers don't last forever - players should plan for the future. This program helps players develop a career off the football field.

➤ **Anti-doping**

As a professional sportsman, players are subject to the World Anti-Doping Authority procedures – the same as would apply to any other athlete in Australia and many worldwide including Olympians. This program helps players understand their rights and responsibilities when it comes to complying with NRL anti-doping rules.

➤ **Gratitude and Ownership (Resilience)**

Research has shown athletes who express gratitude benefit from higher levels of life satisfaction and self-esteem. They sleep better and are more resilient in the face of setbacks. We believe, at QRL, helping players flourish off the field is just as - if not more - important than on-field success.

➤ **Respectful Relationships**

The QRL works hard to educate young people about their ethical and legal responsibilities, and potential consequences of their actions, which may change their lives forever; as noted by Senior NRL wellbeing and education manager Paul Heptonstall.

➤ **Drug and Alcohol Education Programs**

The NRL's alcohol management strategy was developed with the help of the Australian Drug Foundation. It ensures a whole of game approach to responsible drinking, from the grassroots clubs through to the QRL.

➤ **Social Responsibility**

This program, which encompasses the NRL Better Choices program, covers a range of social challenges and societal issues including cyber safety, bullying and anti-social behaviour, alcohol, decision-making, caring for self and others. It also covers the legal ramifications of all of these areas.