

YOU GOT THIS

An initiative of **DrinkWise.**

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NEW ADVICE FOR YEAR 12S AS THEY AWAIT RELEASE OF ATARS THIS WEEK

Australia's youngest self-made billionaire and leading experts in mental health, finance and vocational learning have come together to offer new advice for Year 12s as they get set to receive their ATARS this week and make decisions about their future.

Launched today, the short videos of practical advice are the latest phase of *You Got This*, an initiative launched by not-for-profit DrinkWise aimed to support Year 12s through the disruption of 2020.

Featured in the series are:

- **Nick Molnar** – Founder and CEO Afterpay – “What to do when you have a great idea”.
- **Ashley de Silva** – CEO ReachOut – “How to handle the fear of the unknown”.
- **Saxon Phipps** – CEO Year 13 – “Creating a plan when things don't go to plan”.
- **Glen James** – Financial Expert – “Money tips & tricks for Year 12s”.
- **Alice Bleathman** - Dietician and Entrepreneur – “Finding and pursuing your passion”.
- **Bella Safari** – University Student – “What Uni is like and why it helps to be flexible”.

“2020 has been a year like no other, especially for year 12s,” said DrinkWise CEO Simon Strahan.

“Not only has their study been disrupted, but they're moving into the next stage of their lives in an incredibly uncertain time.”

“We know from the research we undertook for *You Got This* that school leavers are doing it really tough.”

“Before the final exams, half of all Year 12 students didn't feel good about what was happening in their lives and four in ten were worried about their own mental health.”

“We're launching this series of advice for Year 12s to offer practical support, advice and inspiration as they plan for 2021.”

“It's critical that both students and their families who are feeling stressed or anxious know that help and support is available.”

“Trying to relieve stress or anxiety with drugs or alcohol is not the answer.”

Australia's youngest self-made billionaire and founder of Afterpay Nick Molnar tells Year 12s:

"I didn't really know what I wanted to do. There are a lot of moving forces when you finish school. Most people don't know what they want to do. There's so much life experience that comes in the 3-5 years post finishing school that helps clarify that."

CEO of ReachOut Ashley de Silva said:

"Be proud of yourselves and be confident that you've already shown yourself to be people who can work through difficult times and probably you've learnt some great lessons.

"It has been the most accessed year that ReachOut has ever had. We saw it immediately as soon as there was the first initial 5-week lockdown. From that first week, our demand increased by 48%. All these months later it's still sitting at about a 35% on what we've had in prior years. Definitely never seen anything like it."

Yougotthis.org.au has the support of Headspace, Beyond Blue, ReachOut, Kids Helpline and My Mirror support services and will include direct links to these services.

40 prominent Australians - including Prime Minister Scott Morrison, Actor Cate Blanchett, Australian Test Cricket Captain Tim Paine, 7.30 Host Leigh Sales, NRL Players James Tedesco and Damien Cook and comedian Tom Gleeson – have offered messages of support for Year 12s through *You Got This*.

To access the videos and to see messages of support from prominent Australians, visit yougotthis.org.au

DrinkWise is an independent not-for-profit with a focus on creating a healthier and safer drinking culture in Australia.