

SAFE PARTYING

Look after yourself & look after your mates.

A few things to think about so you can enjoy the party — whatever's on the menu.



Whether your party has alcohol (and other drugs) or not, good planning makes partying safer — leaving more time and energy to enjoy yourself.

START HERE

IT COMES DOWN TO TWO EASY THINGS

People love to party. Whether you're hosting, attending, or having a night out, getting together with friends, family and even strangers can be incredibly fun. It all comes down to two easy things:

Look after yourself & look after your mates

Plan ahead

A little planning leaves more time and energy to actually enjoy yourself.

Look after you

Know your limits, pace yourself, and have a way home sorted.

Look after mates

Keep an eye on each other — arrive together, leave together.

Know your options

Have a plan for if things go sideways, for you or a friend.

TICK OFF THESE AREAS

Whether you're hosting or heading out, here's what's worth sorting in advance.

Party at my house

- Plan the party with your family
- Use personalised written invitations with a clear start and end time, and ask for RSVPs
- Get guests' parent/guardian permission to drink alcohol
- Recruit some adults to help run the party, and give them the RSVP'd guest list
- Let your neighbours know about the party
- Buy plenty of snacks and non-alcoholic drinks (try some mocktails!)
- Set up a food and drink area — don't forget rubbish bins
- Prepare a music list and fun activities
- Make signs for toilets, smoking areas and off-limits areas (secure valuables away)
- Prepare a sleeping area, in case someone can't get home
- Recruit a first-aid person, and keep the first-aid kit handy
- Remind guests they'll need a safe way to get home

Party out and about

- Let someone you trust know where you're going and when you'll be back
- Phone checklist: battery, numbers, credit
- Arrive and leave with a friend
- Have a 'quick exit' plan
- Work out how you're getting home
- Make sure condoms/dental dams are in-date and undamaged
- Eat before you go out, and snack while you're there
- Plan how much you want to drink
- Make your own drink and keep an eye on it — get a new one if you leave it alone
- Have a non-alcoholic drink between drinks
- If you experiment with drugs, be with a friend you trust and start with a tiny amount
- Avoid mixing drugs, including with alcohol or caffeine
- Pace yourself — the night is long

CHECK IN

IF YOUR MATE GETS SLOSHED...

Act early

If a friend is starting to get intoxicated, try to take action before they get drunk. Get them to slow down by offering non-alcoholic drinks.

If they're already drunk, get them to sit down so they don't hurt themselves or others. Try to stop them drinking more, keep watch on them, and get them safely home. Call their parents if necessary.

KNOW THE FACTS

THE LAW

Alcohol and drug laws differ between Australian states and territories.

The law, in brief

Buying alcohol

Legal age to buy alcohol is 18.

Other drugs

Laws vary by state and territory, but most are illegal to buy, sell or possess at any age.

Supervised drinking

In some states, under-18s may drink under adult supervision on private property with a parent or guardian's permission.

Driving

Learners and P Platers must have a BAC of 0.00. Fully licensed drivers must stay under 0.05.

Laws differ between states and territories and can change — check your local jurisdiction for current detail.

MAKE IT YOURS

MOCKTAIL CORNER

There are so many great mocktail recipes — try this one.

Pina Mockolada

A classic pineapple, zero-booze version of the well-known alcoholic drink.

Ingredients

Pineapple juice	$\frac{3}{4}$ cup
Cream of coconut	3 tbsp
Ice	1 cup

Method

Pour all the ingredients into a blender and mix thoroughly. Serve immediately.

HELP AND INFO

If you'd like to speak to someone, local treatment services can support you and your family, and answer questions about alcohol, withdrawal, and recovery.

- Medicines Line — **1300 MEDICINE**
- Get the effects by txt — text the name of the drug to **0439 TELL ME**
- Your Local Alcohol and Other Drug Service
- GPs and pharmacists
- Parents, Elders, and trusted friends
- **tuneinnotout.com** — youth wellbeing website
- Youth Law Australia
- Fire, Ambulance, Police — **000**
- Lifeline Australia — **13 11 14**
- Kids Helpline — **1800 55 1800**
- Poisons Information Centre — **13 11 26**
- Family Drug Support (24/7) — **fds.org.au** or **1300 368 186**
- CODE — Community Online Drug Education

If a night out feels like more than you can handle

Support is available. **Visit alwf.org.au/support for options, or call Lifeline: 13 11 14.**



alwf.org.au

A resource from the Australian Lions Wellbeing Foundation, adapted from the Tune In Not Out safe partying series.