



Celebrate Safely is an initiative of the Department of Education and Early Childhood Development, Victoria:

www.education.vic.gov.au/drugeducation

In partnership with:



www.youthcentral.vic.gov.au

Emergency Care

Unfortunately, sometimes things can go wrong. It is a good idea to ensure your teenager has a plan for emergencies.

In an Emergency call 000
or 112 if your mobile is out of range.



For more information visit:

Department of Education and Early Childhood Development

Alcohol Fact Sheets for Parents:

www.education.vic.gov.au/drugeducation

Victoria Police Party Safe Program

www.police.vic.gov.au

Know your Limits

www.alcohol.gov.au

Australian Drug Foundation

www.druginfo.adf.org.au

Drug info Clearinghouse

1300 858 584-toll-free line

Parents Victoria

www.parentsvictoria.asn.au

Department of Human Services

www.health.vic.gov.au/drugs

Keys Please Parent Learner Driver

www.arrivealive.vic.gov.au

Victorian Sexual Assault Crisis Line

Freecall throughout Victoria: 1800 806 292

Play it Safe by the Water

www.watersafety.vic.gov.au



CELEBRATE SAFELY
Look after your mates

HOW GOOD A MATE ARE YOU? HOW GOOD A MATE ARE YOU? HOW GOOD A MATE ARE YOU?
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Myth Busters

No!

It's not illegal to spike someone's drink with drugs or alcohol.

Yes it is! Offenders who "spike" people's drinks will face up to two years in jail — even if no harm or impairment is caused — under new State Government legislation.

No!

Calling an ambulance means calling the police.

No it doesn't. Police will hardly ever attend an ambulance call-out. Sometimes people are scared to call an ambulance because they think the police will show up and they will get in trouble. This is how people die.

No!

'You're the only parent who won't let me drink.' 'I'm the only teenager who isn't allowed to have a drink.' 'Everyone drinks!'

Not all teenagers drink alcohol. In 2005, a survey of Australian secondary school students found that 52% of all students aged 12–17 were non-drinkers, while 23% were occasional drinkers and 19% said they were party drinkers.

Recent focus groups with young people found that:

Teenagers aged 11-15 years tend to follow their parents' behaviour when deciding whether to smoke, drink or use marijuana.

Young people prefer their parents to be their main source of information about alcohol and other drugs.

Most young people are concerned about:

Too much alcohol at parties which leads to passing out, throwing up, being out of control and doing embarrassing things.

The possibility of gatecrashers turning up, fights or violence.

Outcomes from unwanted sex-related activities.

Drink spiking.



YOU are their best Role Model

Think about how much you drink, smoke or take other drugs. As a parent you are the most influential role model for your teenager.

"Be consistent. Kids can pick up on inconsistencies and contradictions."

Although it's important to be firm, confident, clear and consistent, keep in mind that it can be challenging for your teenager to stick to your rules when faced with a different set of rules in their other friends' homes.

Give your teenager good reasons not to drink. Explain the dangerous situations they can get into if they drink, such as accidental injuries, violent behaviours and risky sexual activity.

COMMUNICATION is the key

Try to engage your teenager in an open and honest conversation.

Support and encourage positive behaviour. Try to avoid focussing on the negatives and try to keep the lines of communication open and this also involves listening.

Discuss limits and boundaries. Asking your teenager "What do you think is acceptable?" or "What would you like to do?" can give a starting point for negotiation.

Help your teenager deal with peer pressure. Help your teenager feel comfortable with the idea that it is ok not to drink, smoke or take other drugs or to say no.

BEFORE they go to a party

- Where/when is the party being held?
- Will alcohol be available/ is alcohol allowed?
- Will the party be supervised? By who?
- What time does the party start and finish?
- Is there an invitation?
- The RSVP also provides an opportunity to speak with parents who are hosting the party.



Are you hosting a teenage party?

As the parent of a teenager having a party, you are legally considered the host of the party.

You need to be well informed of the legal and insurance implications.

Plan well. Make sure you discuss the party with your teenager and include them in some of the decisions being made.

Talk to your guests' parents. You are responsible for providing information to parents of other teenagers attending your party, particularly if alcohol is involved.

Use the invitation to provide information. A written invitation can be helpful for other parents.

Allowing teenage guests to bring their own alcohol to your party means you may have less control over what they do with it.

As the host you have a duty of care to all of your guests.

You are legally liable if a problem arises during or even after a party.

Having extra adults at the party can be useful for preventing gatecrashers.

For more information visit the Victoria Police Party Safe Program at: www.police.vic.gov.au