If something goes wrong at a party and you feel upset or worried, talk to a friend, family member or someone you can trust.

Kids Help Line 1800 551 800
Lifeline 13 11 14
Victorian Sexual Assault Crisis Line 1800 806 292
Youth Substance Abuse Service 1800 014 446

Worried about someone?
Young people who are concerned about someone who might be drinking too much or taking drugs can get help at:
Drug and Alcohol Line: 1300 858 584
EATING CERTAIN TYPES OF FOOD WHILE YOU DRINK HELPS TO SOAK UP THE ALCOHOL SO YOU CAN DRINK MORE.

No, it doesn’t. Food in the stomach will slow the rate of absorption but will not prevent intoxication, help you sober up or reduce a hangover.

IT’S NOT ILLEGAL TO SPIKE A DRINK WITH DRUGS OR ALCOHOL.

Yes, it is an offence to add drugs or alcohol to someone’s drink and offenders can face criminal charges in Victoria.

EVERYONE GETS DRUNK AT PARTIES.

No, they don’t. Not everyone drinks alcohol.

An Australian Secondary School Student Survey indicated 56% of 12-17 year olds were non-drinkers, 21% occasional and 18% party drinkers.

CALLING AN AMBULANCE MEANS CALLING THE POLICE.

No, it doesn’t. The police are not notified and will not be called to attend a medical emergency unless the paramedics’ or another person’s safety is at risk.

NO MEANS NO.

Pressuring someone into having sex is sexual assault.

DRINK SPIKING.

For your friends. Thinking and drinking don’t mix, not for you and not for them.

THINK.

If you don’t feel safe you probably aren’t.

DON’T LEAVE YOUR MATE S ON THEIR OWN.

Keep an eye on your drink always.

ASSAULT.

Pressuring someone into having sex is sexual assault.

REASSURE.

Check on your mates’ plans for the night. Are they what you expect?

CHECK.

Have your mates’ mobile numbers?

STICK TOGETHER.

Tell your family where you plan to go. Plan where you will meet.

KNOW HOW TO GET HOME.

Mix it up. Drink water and eat food between alcoholic drinks.

PLAN AHEAD.

Organise transport ahead and a safe place to meet.

DRINK AEDIUM.

In case you lose your friends.

THINK.

If you don’t feel safe you probably aren’t.

TRUST YOUR INSTINCTS.

Don’t leave your mates on their own.

When you plan for a party do you:

1. Look after your mates after they have had too much to drink?

2. Tell your family where it is?

3. Have your mates’ mobile numbers?

4. Stick together?

5. Plan where to meet?

6. Know how to get home?

7. Check on your mates’ plans for the night, are they what you expect?

8. Keep an eye on your drink always?

9. For your friends. Thinking and drinking don’t mix, not for you and not for them.

10. Keep an eye on your drink always?

Remember it doesn’t have to be an emergency to call 000. If you or someone you know is in trouble or danger ring 000 on your mobile or 112 if your mobile is out of range.

THE POLICE.

Calling an ambulance means calling the police.

The policy on the裴命队e means calling the police.

ELIMINATING CERTAIN TYPES OF FOOD WHILE YOU DRINK HELPS TO SOAK UP THE ALCOHOL SO YOU CAN DRINK MORE.

No, it doesn’t. Food in the stomach will slow the rate of absorption but will not prevent intoxication, help you sober up or reduce a hangover.

ADVISING EMERGENCY CONTACTS: If you are concerned your partner has had too much to drink, call 000. If you are under the age of 21, you are considered an adult. If you are over the age of 21, you are considerrated a full time student. If you are under the age of 18, you are considered a full time student.

Householders’ Guide to your Ambulance Membership: If you are under the age of 17, or a full time student up to the age of 25, you are covered if your parents have Family Ambulance membership. It is advisable to have ambulance cover, but in the case of a medical emergency, do not hesitate to call 000 (Ambulance Victoria).