

## WATER SAFETY: THE RISKS ARE REAL

- “Play it safe, take your mates”  
– never swim or surf alone.
- Never swim when you have been drinking or taking other drugs.
- Check it’s OK to swim before you get in.
- If you don’t know the depth of the water, don’t dive in.
- **DON’T SWIM AT NIGHT.**

[www.watersafety.vic.gov.au](http://www.watersafety.vic.gov.au)



[www.youthcentral.vic.gov.au](http://www.youthcentral.vic.gov.au)

Celebrate Safely is an initiative of the Department of Education and Early Childhood Development, Victoria:  
[www.education.vic.gov.au/drugeducation](http://www.education.vic.gov.au/drugeducation)

It is delivered in partnership with the Department of Planning and Community Development through youthcentral: [www.youthcentral.vic.gov.au](http://www.youthcentral.vic.gov.au)

## FOR MORE INFO VISIT:

**Australian Drug Foundation (ADF)**  
[www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

**Victoria Police Party Safe Program**  
[www.police.vic.gov.au](http://www.police.vic.gov.au)

**Championship Moves**  
[www.championmoves.com.au](http://www.championmoves.com.au)

**Know your rights**  
[www.lawstuff.org.au](http://www.lawstuff.org.au)

**On the road**  
[www.roadsafe.org.au](http://www.roadsafe.org.au)

## NEED TO TALK?

### Talk it Out

*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:

[www.health.vic.gov.au/drugs/help](http://www.health.vic.gov.au/drugs/help)  
**Drug and Alcohol Line: 1300 858 584**



# CELEBRATE SAFELY

Look after your mates

## MYTH BUSTERS



**“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.

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** or **112** if your mobile is out of range.



It's important you know your ambulance membership status. 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** [triple zero].

# How good a mate are you?

**When you plan for a party do you:**

tell your family where it is?



have your mates' mobile numbers?



stick together?



plan where to meet?



know how to get home?



check on your mates' plans for the night, are they what you expect?



**If your friend has had too much to drink.....**

**stay  
check  
reassure  
comfort  
hydrate**

## CELEBRATE SAFELY

# 10 Tips

### LOOK AFTER YOUR MATES

Don't leave your mates on their own.

### TRUST YOUR INSTINCTS

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

### THINK

Drugs and alcohol can cause you to make poor decisions.

### MIX IT UP

Drink water and eat food between alcoholic drinks.

### PLAN AHEAD

Organise transport ahead and a safe place to meet in case you lose your friends.

### KEYS PLEASE

Drinking and driving don't mix, not for you and not for your friends.

### DRINK SPIKING

Keep an eye on your drink always!

### NO MEANS NO

Pressuring someone into having sex is sexual assault.

### TO POST OR NOT TO POST?

Don't share online what you don't want the world to know.

### RESPECT...

Means looking after yourself, others and the community.