

Safe Partying

What young people need to consider

If you're planning a party...

- Involve your parents in the planning – it is their house after all.
- Make sure you send out invitations and include an RSVP so that you are aware of how many guests there will be. Ensure invites are printed and not sent via email or SMS which might be forwarded without your permission or knowledge. This could lead to more people attending your party than originally intended, or gatecrashing. This does happen!!
- Tell guests that entry is by invitation only and a guest list will be at the entry.
- Don't post your party details on myspace.
- Organise a finish time and start winding the party up about an hour before. Turn up the lights and turn down the music.
- Tell your friends to book a taxi, arrange a lift with someone who is not going to drink and be prepared for over night guests.
- Provide food for your friends during the party – “party food” is ok.
- Supply different types of drinks such as non-alcoholic cocktails and also have plenty of other non-alcoholic drinks and water available.
- Have a responsible person pouring drinks and supervising eskies who is not partying.
- Have plenty of adults around the party and available to assist.
- Make sure people are aware of how much they are drinking. Don't top up your friends' glasses.
- Plan with your parents on how to deal with guests who have had too much to drink...are they ok, where are their friends and how are they going to get home safely.
- Have a plan of action in case something goes wrong, keep important numbers (police, ambulance, fire) handy to the phone.
- Don't drink too much yourself. You can stay on top of potential problems better when you can think clearly and act quickly.
- Have a responsible adult or relative act as security in case of gatecrashers. For larger parties, hire professional security.
- Provide a quiet, chill-out area that is safe and supervised by someone trustworthy.
- Stop serving alcohol well before the party is over. Bring out more alcohol-free drinks and food and gradually turn the music down to wind down the party.
- Aim to slowly disperse guests, always ensuring they have a way to get home safely!

If you're attending a party...

- Don't bring a whole bunch of your friends to an invitation only party – it is not fair.
- Be prepared – plan ahead, know how you are getting home and remember to keep enough cash for your return journey if you need a taxi.
- If you are not using public transport, pre-book a taxi with a group of friends so you know how you are getting home together safely!
- Remember safety in numbers – always have a buddy for the evening and plan how to keep each other safe.
- Be aware and avoid isolated areas. Don't take short cuts through dark alleys or parks and keep to well lit busy areas.
- Remember that you don't have to drink alcohol at a party. There are plenty of reasons to give it a miss – up early, working the next day, sport/recreation activity, driving, or you just don't want to.
- Set a drinking limit for yourself before you go to the party – don't take more than you plan to drink.
- Stay in control of your drinking and pace yourself. Have non-alcoholic refreshers between alcoholic drinks and remember you are more vulnerable when drinking – never accept a drink from someone you don't entirely trust or know!
- Eat before, during and after the party and keep hydrated by drinking lots of water.
- Say no when you know you've had enough.
- Watch your drinks and always get your own. Don't leave your drink and if you are out with friends, appoint a 'drinks watcher' (perhaps someone who is not drinking alcohol) who can ensure that the drinks of everyone in your group are looked after.
- Try not to be bullied or pressured into situations you don't want. Think about using your mobile phone or other strategies to get out of the situation.
- Don't leave a party with a stranger and without telling your friends.
- Be aware of the legal issues associated with your alcohol use – for example, it is illegal to drink or carry alcohol in a public place if you are under 18 unless you are with your parent, guardian or spouse.

Community Solutions Inc. – Information obtained from various resources – see References Page