

# SCHOOLIES PLAN AHEAD CHECKLIST

- Emergency + app** – download the FREE Emergency Plus app in case you need to quickly identify your location
- Organise stuff to do** – footy, backyard cricket, games, go for a walk, op-shopping, picnic etc.
- Sober Bob/ designated driver** – have a designated driver in the group who will not be drinking alcohol or call in a favour from a parent or sibling to get everyone home safe!
- Be aware of secondary supply laws** – If there are under 18's in the group and alcohol is involved, parental consent and responsible (sober) adult supervision are essential.
- Know who to call** - Save phone numbers for your parents, siblings, the support services below and anyone else you may want to call in a time of need
- Complete the Survey** - complete the Schoolies Celebration Survey [here!](#)

## TRAVELLING OR CAMPING? THERE'S A FEW EXTRAS!

- Phone coverage** – check if your phone service provider has coverage in the area you're staying
- First Aid Kit** – take a basic first aid kit for your group – and don't forget the sunscreen!
- Phone charger/power banks** – don't forget to pack your phone charger, or take a power bank to keep your devices running
- 'Call Your Mum' time** – schedule in time to check in with your parents over the weekend so they don't worry about you
- Food** – plan ahead for meals and snacks, are there shops or take out options nearby? Or, will you need to bring everything with you for the whole weekend?
- Water** – make sure you have plenty of drinking water available, bottled or boxed water is the best option for camping

## KEY CONTACTS FOR THE WEEKEND

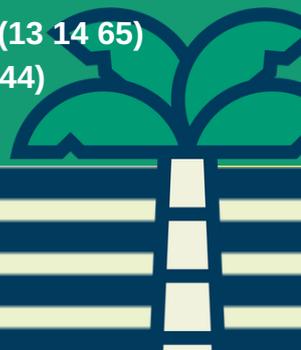
- Green Team (1800 GREEN 0)
- headspace (1800 063 267)
- Kids Helpline (1800 55 1800)
- Mental Health Triage Service (13 14 65)
- Police Assistance Line (131 444)
- Triple Zero (000)



@EncounterYouthAU

20

20



# LOOKING AFTER YOURSELF & YOUR MATES

Not everybody involves alcohol in their celebrations. In fact, 37% of seventeen year olds are choosing **not to drink**. Most young people make positive choices about how they celebrate and they get home safely but sometimes things don't go according to plan.

Below are some tips to identify if a mate is too drunk and needs some further support.

## HOW TO IDENTIFY INTOXICATION & HOW TO HELP!

Start here

Can they walk, talk and move around normally?

YES

### LOWER RISK

Observe & respond if needed

If they deteriorate, reassess

NO

Put them in a chair & try to get their attention.

YES

### FIRST AID

Keep an eye on them

Prevent further drinking

Give them a bucket if they need to be sick

Refer to tips on next page

If they deteriorate, reassess

Can they hold their head up for an extended amount of time?

NO

### MEDICAL EMERGENCY

Call 000 immediately

Put them in the recovery position and follow all instructions from the 000 operator

If you or another person is unsafe, don't hesitate - call 000 immediately!

# LOOKING AFTER YOURSELF & YOUR MATES

## HELPFUL HINTS...



### Sobering up

The only thing that actually works to sober a person up is **TIME!** Bread? Nope. Cold shower? Terrible idea. Forcing them to drink water? Nup. Giving a drunk friend something to eat or drink is a good idea as it gives a person energy and keeps them hydrated but it **will not sober them up.**



### Sleeping it off?

Speaking of time, a person's blood alcohol concentration continues to rise for around an hour after they stop drinking. If you or your mates have chosen to drink, laying off the alcohol for 1 hour before bed can make sure nobody passes out and is sick in their sleep, which can make them choke!



### Plan to get home safely

if you're celebrating at a mates home or travelling, have a plan to get home safely. A person can still be over the driving limit for most of the day after a big night drinking. Waiting 24 hours after their last alcoholic drink before driving can help to make sure you and your mates get home safely. Or call in a favour from a family member or a friend who hasn't been drinking to drive everyone home safe!



### What about other drugs?

Mixing alcohol with other drugs significantly increases a person's risk of harm.

If you or a friend are looking for safety information about other drugs, check out the Alcohol & Drug foundation's DrugFacts site [here](https://adf.org.au/drug-facts/): <https://adf.org.au/drug-facts/>

If you or another person is unsafe, don't hesitate - call 000 immediately!