

INFORMATION



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#whatabouttomorrow #celebratesafe

What about tomorrow? Celebrate Safe. is supported by Campbelltown Catholic Club, whose staff are committed to keeping their patrons safe.

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NOT YET 18?

- Trust your own judgement. It's ok to say 'no' to alcohol.
- In NSW, it is illegal to sell or supply alcohol to young people under the age of 18 in a licensed venue.
- Not drinking is the safest option.
- It is against the law to use a fake ID to buy alcohol, or to get into a club or pub. If you get caught, you can be fined \$220 on the spot and if charged, could pay up to \$1,100.

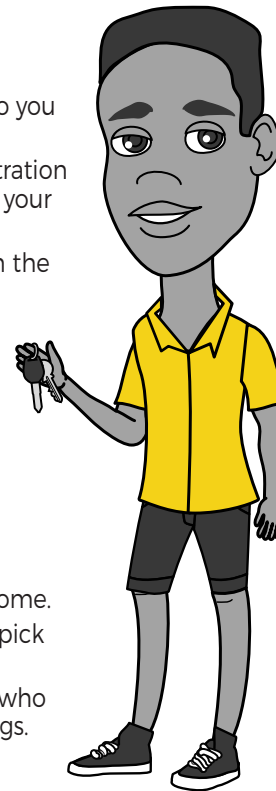
ALCOHOL AFFECTS EVERYONE DIFFERENTLY - HOW YOU REACT MAY BE COMPLETELY DIFFERENT TO YOUR FRIENDS.

PLAN AHEAD

- Plan a safe way home and have a plan B so you and your friends can celebrate stress free.
- Having a zero (0.00) blood alcohol concentration (BAC) is the safest for driving regardless of your license type.
- Remember - it is illegal to drink alcohol on the street or in a public place.

HELP YOUR FRIENDS TO GET HOME SAFE AS WELL

- Tell someone where you are going.
- Decide to stay together in a group.
- Organise safe transport to get there and home.
- If you get stuck, call someone you trust to pick you up.
- Only accept lifts from someone you know who hasn't been drinking alcohol or taking drugs.



Safer Celebrations Guide

**WHAT ABOUT TOMORROW?
CELEBRATE SAFE**

DRINKING ALCOHOL?

- Always keep your drinks with you and don't accept drinks from strangers.
- Avoid drinking games.
- Mixing alcohol with other drugs can be very dangerous and potentially fatal.



**REMEMBER
YOU CAN HAVE A
GREAT TIME WITHOUT
DRINKING TOO MUCH
ALCOHOL**

Starting to feel the effects of alcohol?

- Make the call to sit out a round.
- Drink water and non-alcoholic drinks.
- Eat some food - a full stomach slows the absorption of alcohol.

DRINK AT YOUR OWN PACE

- Celebrate safely by keeping track of how much alcohol you've had and knowing your limit.
- Everybody processes alcohol differently, so be aware of how much you can handle.
- Drinks come in different strengths and sizes - be mindful that some are much stronger than others.
- Support your friends and respect their limits.

**NO MORE,
THANK YOU!**



LOOK OUT FOR YOUR MATES

- Look out for your mates and stick together when you are out.
- If you think you or a friend has had too much to drink, stay with them and consider leaving early.
- Walk away from violence or situations that make you uncomfortable.
- Think before posting on social media and get your friends' okay before tagging them in photos or videos.
- Don't keep quiet and allow unsafe behaviour. If you are frightened or worried about a friend, speak up.



EMERGENCY?

- If you're worried or a friend gets sick or passes out, call Triple Zero (000) for an ambulance.
- Tell ambulance officers if your friend has had alcohol or drugs - it helps them to provide the right care.
- Remember - paramedics will only get the police involved if someone feels threatened or if there has been a death.

**CALLING TRIPLE
ZERO (000) FOR AN
AMBULANCE COULD
SAVE YOUR
FRIEND'S LIFE.**

Need more information on drugs, alcohol or services that can help?
Call Youth Solutions on 02 4628 2319
or visit www.youthsolutions.com.au.

