



**SAFER**summer  
**ERA**

*Your slay safe toolkit*

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# my drinking less **ERA**

It's okay to **NOT** drink alcohol.

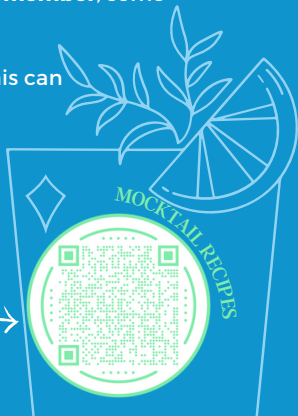
In fact, stats and research show most young people are actually 'drinking less' and not drinking at risky levels. **Cool, huh?**

**If you do decide to drink alcohol, here's our top tips to make it safer:**

- ✓ Drink water or a non-alcoholic drink in-between each alcoholic drink. This helps to avoid feeling unwell
- ✓ Have a good feed before and while consuming alcohol; this helps to slow the absorption of alcohol. **Remember**, some drinks can be much stronger than others
- ✓ Avoid mixing alcohol with other drugs – this can be dangerous and potentially fatal

*Alcohol can damage the developing brain – for those under 18, delaying drinking alcohol is always the safest option.*

Swap your alcoholic drink for a mocktail! →  
Scan the QR code to see our youth volunteers' top picks!



# **POV:** the best nights out

Slay safe this summer with our toolkit for a great night out.

## **Start with a plan**

- How are we getting home?
- Use safe transport options
- Designate a sober driver? Uber it?
- Arrange a trusted person you can call if you get stuck

## **Where to?**

When choosing your night out spot, go for places that are:

- Well lit and have access to safe transport
- Have security on hand in case you need help
- Provide food and non-alcoholic drinks

## **Slay together**

Staying together with your friends and looking out for one another is the key to an epic (and safe!) night out.

# festival SEASON

Headed to a concert? Festival? Or just enjoying some fun in the sun?

- ✓ Pack the **essentials** - water, sunscreen, charged phone, card or cash
- ✓ Dress in style and comfort! Include sunnies, a hat and comfortable shoes
- ✓ Organise and plan your day ahead; pick a meet-up spot, plan your transport, know where security, volunteers and medical help spots are located
- ✓ Make the most of festival 'chill out' spaces
- ✓ Stay hydrated and eat regularly, especially if you are drinking alcohol
- ✓ Pace yourself and have fun

*Try to stay calm, cool and collected. If one of your friends has a bad reaction to drugs, alcohol or too much time in the sun, call for help and notify event medical volunteers ASAP.*



# slay safe: emergency

ALWAYS call for help in an emergency.



MESSAGES

now

## Youth Solutions

If someone passes out & you are unable to wake them or if they become unwell, call Triple Zero (000) for an ambulance, it could save their life.

1

Tell ambulance officers if your friend has had alcohol or drugs – it helps them to provide the right care. You won't get into trouble from the ambos – they are only concerned with keeping everyone safe and to provide life-saving care.

2

You will never be asked to pay on the spot for an ambulance when it is called out. A bill is sent later to the patient (payment support options are available).

*be honest*

*who pays?*

“Surround yourself with people that you know and trust.”

- Madi, Hunt Family Community Foundation



# in my *supportive friend* ERA

## this summer, let's:

Look out for one another and have fun safely.

Great friends make sure everyone gets home safe!

Be cool and support your friends if they choose not to drink alcohol. Living our supportive friend era means not pressuring our mates into drinking alcohol (no guilt-tripping or preaching - just good times with good friends!)



"Stay close with trusted friends always, never go anywhere alone."

- AJ, Youth Advisory Group Volunteer



Real besties post the flattering stuff.  
Get your friend's **okay** before sharing those IG stories, TikToks and snaps (because online is forever)!

# road tripping or holidaying?

It's always safest to NOT drink alcohol if you plan to drive... Add the following to your holiday toolkit:

- ✓ Full petrol tank, if driving
- ✓ Lots of water and food
- ✓ First aid kit
- ✓ Pre-loaded map directions and itinerary
- ✓ Packed and prepped for the forecasted weather
- ✓ Trip planned to minimise night driving
- ✓ Allow time to rest when tired
- ✓ Follow the road rules and always wear your seatbelt
- ✓ Holiday playlist ready to go



**REMEMBER** Alcohol slows your reaction times making it unsafe to drive. Plus, Learner and Provisional drivers are not permitted to have any alcohol in their system when driving, with loss of licence penalties applying.

"Have at least one designated driver available!"

- Zac, Youth Advisory Group Volunteer

*Your slay safe toolkit*



# Connect with us



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