

# TIP SHEET 6

## CHECKLIST FOR THE PARTYGOER

1

If you are going to a party, check that you've got these things covered:

**Have you got an invitation? If not, don't assume that because you are a 'friend of a friend' that you will be welcome.**

**Have you talked to friends and made plans for the party? The following tips may be useful:**

- Stick together.
- Look out for each other; remember to watch for spiking of drinks.
- If you are drinking alcohol, work out how much you are going to drink.
- Work out how you can help each other drink less and 'stay out of trouble'.
- Plan how you'll get there and back.
- Plan how long you'll stay.
- Agree that if you don't feel safe at a party, you will tell each other and leave.
- Agree that no one gets into a car with a driver who has been drinking, or walks home alone.

**Do you have a back-up plan e.g. phone number of someone to pick you up, emergency contacts for your friends if they get hurt or sick, money for a taxi?**

**Do you know ways of drinking less?**

**Here are some suggestions:**

- eat before you go out and during the night
- drink water, soft drinks or low-alcohol beverages
- drink from a glass not a bottle, and hold on to your glass to make sure no one adds anything.
- serve your own drinks to ensure you get what you want; avoiding shouts
- keep an eye on how much you're drinking, know your limits, and pace yourself
- enjoy the music, dancing and doing things other than just drinking
- know how to have a good time without drinking.



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2

### Do you know what to do if a friend gets drunk?

- Beforehand, get them to slow down drinking and offer them non-alcoholic drinks.
- If they are drunk, get them to sit down so they don't hurt themselves. Prevent them from drinking any more. Keep an eye on them and get them home safely. Call their parents, if needed.
- If a person is drunk, vomiting or affected by drugs don't leave them alone.
- **If a person is drunk and looks as if they may pass out, contact a doctor or call an ambulance immediately. While waiting for the ambulance, lie the person down on their side and stay with them.**

### Have you talked to your parents about the party? Do they know where you will be and how you will be getting home?

#### Other Safe Partying tip sheets include:

- Making decisions about teenage parties
- Tips for hosts on how to influence the amount of alcohol consumed
- Tips for partygoers on drinking less
- How to avoid gatecrashers
- Checklist for hosting a safe party

