

# **Look After Your Mates: A Guide Young People**

## **Celebrate safely: 10 tips**

**Be a Good Friend** Don't leave your mates on their own.

**Trust Your Instincts** If you don't feel safe you probably aren't.

**Think** Drugs & alcohol affect your judgement & stop you thinking clearly.

**Mix it Up** Drink water & eat food between alcoholic drinks.

**Think Ahead** Organise a safe place to meet in case you get separated from friends.

**Keys Please** Drinking & driving don't mix, not for you & not for your friends.

**Drink Spiking** If you are unsure about your drink, don't drink it.

**No Means No** Pressuring someone else into having sex is sexual assault.

**Know Your Rights** Check out [www.lawstuff.org.au](http://www.lawstuff.org.au)

**Talk it out** At school you could talk to a counsellor, welfare officer, nurse or teacher.

**Worried about someone?** Young people who are concerned about someone who might be drinking too much or taking drugs, can look here for more help...go to:

[www.health.vic.gov.au/drugs/help](http://www.health.vic.gov.au/drugs/help)

## **Before going out**

Tell your family or friends where you are going

Organise your transport to and from the party

How good a mate are you?

- Going out with trusted mates and looking out for each other is a good way of staying safe.
- Don't leave your mates on their own.
- Carry the mobile phone numbers of your trusted friends.

- Organise a good way to get to and from the party, a lift by someone's parents, a cab or a designated driver.
- Let your friends know when you are leaving the party.
- If you see a friend leaving with someone new, see if they are OK.
- Organise a meeting place on the night.
- Walk in a group; keep to main streets and well-lit areas.
- Stick with your mates - remember that it could be unsafe to go home alone or with someone you have just met.

### **Water safety: the risks are real**

- "Play it safe, take your mates" - never swim or surf alone.
- Never swim when you have been drinking or taking other drugs.
- Don't swim at night.
- Check it is OK to swim before you get in.
- If you don't know the depth of the water, don't dive in.

### **Myth busters**

**Eating certain types of food like plain white bread while you drink helps to soak up the alcohol so you can drink more.** All alcohol consumed will reach the bloodstream, regardless of how much food the person eats or what else he/she drinks.

**It's not illegal to spike a mate's drink with drugs or alcohol.** Yes it is! Offenders who "spike" people's drinks will face up to two years in jail - even if no harm or impairment is caused - under new State Government legislation.

**Calling an ambulance means calling the police.** No it doesn't. Police will hardly ever attend an ambulance call-out. Sometimes people are scared to call an ambulance because they think the police will show up and they will get in trouble. This is how people die.

## Emergency care

Unfortunately, sometimes things can go wrong. What really matters though is how quickly and calmly you react.

***"Someone who is vomiting will often ask to be left alone. It is important someone stays with them in case they choke or pass out."*** In an Emergency call 000 or 112 if your mobile is out of range.

For more information visit:

**Kids Help Line** (1800 55 1800, [www.kidshelp.com.au](http://www.kidshelp.com.au))

**Know your Limits** ([www.alcohol.gov.au](http://www.alcohol.gov.au))

**Youth services and information** ([www.youthcentral.vic.gov.au](http://www.youthcentral.vic.gov.au))

**Department of Education and Early Childhood Development** ([www.education.vic.gov.au/students](http://www.education.vic.gov.au/students))

**Australian Drug Foundation** ([www.druginfo.adf.org.au](http://www.druginfo.adf.org.au))

**Drug info Clearinghouse** (1300 858 584 toll-free line )

**Counselling** (1800 888 236- toll-free line)

**Know Your Rights** ([www.lawstuff.org.au](http://www.lawstuff.org.au))

**Looking after your mates** ([www.roadsafe.org.au](http://www.roadsafe.org.au))

**Play it Safe by the Water** ([www.watersafety.vic.gov.au](http://www.watersafety.vic.gov.au))