

Tips - Safe Partying

Here are some tips for dealing with some of the key issues you may face while you party:

ALCOHOL

1. Remember you don't have to drink alcohol to have fun.
2. Know the liquor laws in the state where you're partying.
3. If you're over 18 years old, organise a driver's licence, passport or proof of age card.
4. Don't mix alcohol and other drugs.
5. Make sure you eat before and while you drink.
6. Finish each drink before getting another one. Avoid top-ups.
7. Avoid drinking in rounds and know your limits.
8. Have a non-alcoholic drink (preferably water) between every alcoholic one.
9. If you're drinking, stay with people you know and trust.
10. Don't drink and drive.
11. Don't drink and go swimming, or do anything reckless.
12. Think about the 'cringe factor' - will you be embarrassed in the morning?

DRINK SPIKING

1. If you think your drink has been spiked, tell a friend, bar or security staff, or the police.
2. If you think you've been sexually assaulted, tell a friend or family member, and go to a doctor or hospital.
3. Don't accept drinks from strangers.
4. Don't leave your drink unattended.
5. If someone offers you a drink, go to the bar with them.
6. Always watch your drinks - buy your own and know what you are drinking.
7. Don't drink something you did not open, or see opened or poured.
8. If you're unsure about your drink, leave it.
9. If you feel dizzy or sick after a drink, ask someone you trust to take you to a safe place.
10. Keep an eye on your friends. If someone collapses and is unconscious call an ambulance immediately, but don't leave them alone.

HANDLING VIOLENT SITUATIONS

1. Organise a 'safe place' where you and your friends can meet up if you feel threatened.
2. If a fight breaks out then move out of the area as quick as you can.
3. If someone's threatening you or has assaulted you in any way, call the police on 000 immediately.
4. Travel in groups and always look out for each other. Don't go out alone and stick to well-lit streets.
5. Don't take the bait - if someone is trying to incite violence just ignore them and walk away.
6. Report any assault, no matter how minor, to the police.

HANDLING SEXUAL ASSAULT

1. Plan to hang out in a group when you go out - don't go out alone.
2. Always walk on well-lit streets. There may be less lighting in country areas so take a torch with you.
3. Have a designated meeting area where you can meet up if you get lost or separated from your friends.
4. Only go out with people you trust.
5. Pre-organise transport so you get there and back home again safely.
6. Let someone know where you're going, and when you'll be back. If your plans change, let them know.
7. If you're on a date with someone you don't know, arrange for a friend to call you during the evening and/or pick you up.
8. Alcohol and sex can be a dangerous mix. You may not be able to make good judgements if you're impaired by alcohol or other drugs.
9. When you know that the other person is so drunk they're incapable of giving you their consent to have sex, you should stop straight away or you may be committing sexual assault.
10. Look out for yourself and don't put yourself in a position where you're alone with someone you don't know very well.
11. If you feel uncomfortable at any time, listen to your gut instinct and get to a safe place as quickly as possible.

KNOWING YOUR LEGAL RIGHTS AND RESPONSIBILITIES

1. Always carry the right kind of ID with you and don't use false identification.
2. Watch out for friends who have become too drunk - take them home and don't let them become a public nuisance.
3. Wherever you are partying, know what time you have to turn the music down.
4. Know where you can legally drink alcohol and don't drink in public places.
5. Taking illegal drugs is not only stupid; you risk a jail sentence if caught.
6. Always be courteous to venue staff and police.
7. Give police your correct name and address when asked, it is an offence not to.

GENERAL TIPS

1. If you are having sex, always use a condom.
2. Make sure your friends and/or family know where you are at all times.
3. Carry extra money in a separate pocket in case you lose your wallet.
4. Don't let strangers or people you've just met into your home, hotel room, hostel or other accommodation.