

## Safe Partying – 10 Tips for Parents

### Teens Partying at Your Place

Plan the party together or review their plan with them.

Make your 'illegal drugs' position clear.

Negotiate rules about alcohol and tobacco use.

Work out how to manage any other drug use should this occur at the party.

Provide non-alcoholic and/or low alcohol alternatives.

Plan what should be done if someone gets sick or intoxicated.

Ensure that you have a safe, quiet place for teens to slow down, recover or chill out.

Ensure that you have smoke free areas.

Plan for unwanted or disruptive visitors - gatecrashers.

Arrange safe ways for everyone to get home.

### Safety Zone: If a Party Goer Passes Out or Needs Help

Immediately call '000' for an ambulance. In the ACT the ambulance is not required to notify police in case of an overdose.

Stay with the party-goer.

Lay them on their side.

Cheek their airways are clear, their pulse, and breathing and wait for help.

If they are not breathing start CPR straight away. Don't worry if you don't know how, the ambulance will talk you through the steps when you phone 000.

### Teens Partying at Their Friend's Place, Niteclubs or Other Places

If you are concerned about a party at a friend's place contact the host parents and discuss how the party will be run and if there are safety measures in place to deal with sickness and if intoxication if it occurs.

Encourage your teen to go out with trusted friends and leave the party together.

Ask what venues they intend to visit.

Ensure that they have a quick and safe way to leave the party at anytime. Offer to pick them up.

Discuss ways to avoid threatening and violent situations.

Ask them to let you know of any change to their plans while out.

**If they intend to drink, suggest that they:**

Set a limit to their drinking and stick to it.

Allow only trusted persons to buy drinks for them.

Eat before leaving home, space their drinks with non-alcoholic drinks and food, and avoid shots and top-ups.

Do not leave drinks unattended

**Talking it over**

Remember that:

we live in a drug-taking society;

teenager use is similar to that of adults (mainly tobacco and alcohol);

most teenagers mature out of illegal drug use;

your past and present drug use is an example to your teenager.

**To talk about drugs:**

find out the facts about drug use, not the myths;

remain calm and be supportive;

exchange thoughts and feelings clearly and openly, don't argue;

weigh up the pros and cons of drug use together;

use this information to come to an agreement regarding drugs.

**Don't forget to:**

Talk about how drinking and other drug use make them feel less inhibited about sex. Discuss how to avoid unwanted, unintended or unsafe sex.

**And after the party:**

Remember to talk it over after the party. Discuss what went well and what could be done differently.

Taken from a guide written by the Australian *Lions Drug Awareness Foundation, Queensland*.