

no regrets **SAFE PARTY TIPS**

Information for young people and parents
on Sydney's Northern Beaches from
MOSMAN TO PALM BEACH



This is a SHOROC project funded by Manly, Mosman, Pittwater and Warringah Councils
in partnership with CLUBS NSW

PLAYING SAFE...

it's your choice

Celebrations, partying and socialising are a fundamental rite of passage and one of the most important parts of a young person's life.

Young people wanting to have fun and parents wanting them to be safe is a compromise and a challenge...but there are simple things each can do so this remains an enjoyable time for everyone.

Unfortunately many of the opportunities and places that were available for partying in the past are no longer suitable due to stricter licensing law enforcement, increase in public liability costs and heightened fears about potential problems.

With less legitimate outlets for socialising there is more potential for young people to congregate in unsupervised and relatively unsafe locations such as car parks, parks, reserves or beaches.

Young people and parents need to make informed choices about safe partying and we hope the information presented in this booklet provides practical ideas and encouragement.

Going to parties

Most young people will start going to parties at some stage and it's important that they understand their responsibilities for safe partying. Following are some practical things teenagers and parents can do to reduce the risk for young people and relieve the stress for parents.



CHECKLIST FOR TEENAGERS

- Plan your night out. Think about how you're going to get home.
- Check the late night transport timetable on Transport Infoline 131-500.
- Have a meal before you leave, especially if you're going to drink alcohol.
- Get your own drinks and don't leave your drinks unattended.
- If someone offers you alcohol or a drug – legal or illegal – it's your decision whether to take it or not.
- As an alternative to private parties, have you considered the under 18's events frequently organised in your area? Contact your local council for more details. A full youth services directory is available on Council websites.

don't separate from your friends

- Look after your mates and never leave a friend alone if they're sick. Dial 000 for an Ambo immediately if they need help fast.
- Respect each other and the place that you are in.
- Don't walk home alone or get into cars with people you don't know well, or who may be intoxicated.
- Store an ICE (In Case of Emergency) phone number in your mobile.
- Agree that you will ring your parents if you can't get home, or you or a friend needs help. For information on the Out of Harms Way Agreement contact Warringah Council's Safe Community Officer.

CHECKLIST FOR PARENTS

- Try and keep up with your teenager's life and who their friends are, whilst respecting their need for privacy.
- Discuss your concerns and negotiate the conditions about going out. This can be difficult but keep trying. Assure them that while you trust them you're concerned about their safety.
- If you're unsure make contact with the host's parents to check details such as supervision, location, alcohol and transport.
- Let them know that you're available at any time to help them and not to fear calling you even if it is the middle of the night. Make this agreement clear.
- Give them some emergency money or a cab charge voucher so they can get a cab if necessary.
- Agree that if your teenager calls you in the middle of the night for a lift or other assistance, that you'll help out and leave any discussion about the issues until a more suitable time in the following days.

YOU DECIDE...HOSTING a PARTY

Having a party at home is a difficult decision for some. Although it may be easier not to, it can be a rewarding and worthwhile experience. Finding the right balance between having a good time and providing a safe environment for teenagers to have fun requires planning and care involving both parents and young people.

Here are some things to consider if you're planning to host a party.

- Keep a list of invited guests and stick to it on the night.
- Send only hard copy or verbal personal invitations. Invitations should be person specific and not open to 'bring a friend'. Indicate start and finish times. Don't email, post on a blog or personal website, organise via chat, or SMS your invites.
- Make it clear—no invite, no entry. It's easier to refuse admittance than to remove people later.
- Register the party with the local police (check out the police website and phone assist number under useful contacts on the back page).
- Let your neighbours know that you're having a party and when it will finish.
- Walk around the house and limit and secure access points into the party.
- Lock away any valuables particularly wallets, mobile phones, digital cameras and i-pods... and lock alcohol away.
- Don't serve alcohol to young people under the age of 18. It is illegal and the ultimate responsibility may be yours should minors under your care be harmed or commit some offence.
- Have plenty of non-alcoholic drinks, water and food available throughout the night. Take teenagers advice on what they want.
- While it doesn't prevent intoxication, food in the stomach slows down the rate at which alcohol is absorbed. Eating also slows the pace at which you drink and fills you up so you're less likely to drink.
- Enlist the support of several responsible older people to be discreetly on hand for the duration of the party. Make sure they are not drinking or setting a bad example.
- How will people get home? Consider pre-booking cabs for the finish time. Investigate the Northern Beaches late night timetable for available buses.
- Make an agreement to call 000 for the police if things start to get out of control.
- Discuss together the details of the party and agree on plans if someone gets sick and anything goes wrong.
- Use chill-out music as a signal to end the night.

- Towards the end of the party, stop serving alcohol and serve some sweet dessert style snacks, a platter of cheese and fruit, or coffee.
- If you're having more than about 50 guests and are concerned things could get out of hand you may wish to consider hiring security guards. If you do, make sure they're licensed and fully briefed about the party and are familiar with the premises.
- For larger events you might consider hiring a hall as a more suitable and safer venue. It's sometimes hard to reach mutual agreement on some of these issues but keep trying and you will reduce the chances of things going wrong.

PARTYING AND THE LAW

Alcohol is the most common drug of choice amongst both adults and teenagers. It is culturally the most acceptable but also can be the most damaging.

SUPPLY OF ALCOHOL

There is some confusion in the community about alcohol and its supply to minors (young people under the age of 18). Here are some facts.

It's illegal to sell or supply alcohol to minors. The only legal exception to this is if the minor's parent or legal guardian supplied the alcohol to that minor only, except if the supply takes place on licensed premises.

Penalties can range from a \$550 on the spot fine from the police. If the matter is serious enough the Court can fine a person from \$5,500 up to \$11,000 for each minor supplied.

Minors who drink on licensed premises can be fined up to \$1,100.

If a minor is caught drinking or in possession of alcohol in a public place and not under the direct supervision of a responsible adult they can be fined \$20. The police will confiscate the alcohol and call the young person's parents.

Alcohol Free Zones apply in most town centres and many parks and reserves have signs that prohibit consumption of alcohol indicating significant fines for both minors and over 18 year olds.

PROOF OF AGE

Young people may need to prove their age when buying alcohol or cigarettes. In NSW a current driver's license, Proof of Age card or passport are acceptable documents. Using a false proof of age can carry a maximum penalty of \$1,100 and could mean a criminal record.



GET IT STRAIGHT... Legal or illegal?

The Northern Beaches has one of the highest rates of drink driving in the State. Your chances of being caught and convicted are high.

The legal blood alcohol limit for Learner Drivers and P1 or P2 provisional drivers is ZERO. This means if you are driving you can't drink any alcohol.

If you've been drinking you will need to be extremely careful if you drive the next day. Every standard drink takes one hour to be processed out of your body. This is difficult to calculate, for example pre-mix cans or bottles can equate to anywhere from a half to almost two standard drinks.

This is why many people get booked the day after the night out!

Both legal drugs (medication, prescription drugs, pain killers etc.) and illegal drugs may effect your ability to make good decisions or to drive safely, especially when mixed with alcohol or other drugs.

Arrive Alive. Don't drink and drive. Don't get into a vehicle with an intoxicated driver. Driving under the influence of any drug is very dangerous and could cost you or your friends their lives.

If walking home late at night be very wary around traffic. Many young people are killed or injured each year when crossing roads or falling into oncoming traffic. If signalling a taxi – remain on the footpath. When crossing roads be wary that distance and speed can be deceptive at night and you may not be clearly visible to oncoming vehicles.

DRUGS

Drugs are substances that can change how your mind or body works.

Nightclubs, dance parties, raves and other events have become popular venues for people to share their interest in particular types of music or dancing, to have fun and meet new people, or just to hang out with friends. For some people, this also means taking 'club drugs' – a range of substances such as ecstasy, speed, LSD, GHB and ketamine.

There are a lot of myths out there so get informed...check out www.druginfo.com.au.

If you sell, use or carry illegal drugs you can be fined or jailed. A criminal record can seriously affect your future including getting a job and travelling to other countries.

Remember, it's your right not to be pressured into doing something you don't want to. Other people have rights too – so respect another person's decision not to smoke, drink or use other drugs.

The best way to avoid problems with drugs is not to use them. However, don't be afraid to seek help if you need it.

USEFUL CONTACTS

Emergency DIAL 000 (Police, Fire, Ambulance)

Alcohol & Drugs

Alcohol and Drug Information Service
(ADIS) 9361 8000

Manly Drug Education
& Counselling Centre 9977 0711

Phoenix House Youth Services 9437 0077

Australian Drug Foundation (ADF)
www.druginfo.com.au

Poisons Information Centre 131 126

Youthsource www.youthsource.org

Youth (late night) support services
9913 3888 weekday
0418 637 731 weekends

Taxis

Manly Warringah 131 668

ABC 132 522 Combined 131 924

Obtaining a Cabcharge 9332 9222

Transport

Transport Infoline 131 500
or www.131500.info/

Sydney Buses www.sydneybuses.info/

Sydney Ferries www.sydneyferries.info

Forest Coach Lines 9450 2277
www.forestcoachlines.com.au

Education & Training

www.schools.nsw.edu.au Click on leaving
school, end of year celebration kit.

Police

www.police.nsw.gov.au
— click on Safe Party Strategy

Local Area Police

Manly Police 9977 9499
Mosman Police 9969 1933
Dee Why Police 9971 3399

Crimestoppers 1800 333 000

Legal Aid

Hotline for young people 1800 101 810

Sexual Health

NSW Rape Crisis 1800 424 017

Whistler Street Sexual Health Clinic
9977 3288

Road Safety

Arrive Alive: www.arrivealive.com.au

RTA: www.rta.nsw.gov.au

Youthsafe: www.youthsafe.org/

Local Councils

Manly Council: 9976 1500
www.manly.nsw.gov.au

Mosman Council: 9978 4000
www.mosman.nsw.gov.au

Pittwater Council: 9970 1111
www.pittwater.nsw.gov.au

Warringah Council: 9942 2111
www.warringah.nsw.gov.au

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SHOROC

Shore Regional Organisation of Councils
Incorporating Manly, Mosman,
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