

WISE DECISIONS

**SAFE
PARTY KIT**



Wise Decisions – About us

Who Are We?

Wise Decisions is a group of Year 11 students from Mount St Benedict College in Pennant Hills. Our project is aimed at combating dangerous party behaviour of adolescents in Years 9-11, specifically in the areas of alcohol, drugs and social media. We placed second at the National Future Problem Solving (FPS) competition in 2017 and are currently preparing to represent Australia at the International FPS Conference in June this year at the University of Wisconsin La-Crosse.

What is FPS?

FPS is an international competition which encourages students to think futuristically in ways that will create a better world. There are multiple categories within the competition – Wise Decisions competes in the Community Future Problem Solving (Cmps) division. Cmps is a team-based project where groups are to identify problems within their community and create ways to solve it.

What Have We Done to Combat Dangerous Partying?

Wise Decisions have presented our project within the College and the wider community through:

- Attending community events (for example, the Youth Mental Health Forum at Macquarie University and visiting High Street Youth Centre)
- Presenting at assemblies and events held with other schools (ie. Marist Eastwood and Marist North Shore cohorts)
- Implementing our project into the Year 10 assessment task which empowered girls to learn about positive and negative influences in party behaviours and reflect upon their own actions
- Discussing our project with Hornsby Member and Minister for Innovation, Matt Kean
- Speaking on a local radio show which thousands across Sydney tune in to
- Creation of this safe party kit which will be distributed throughout varying institutions, schools and community centres in Sydney

Facebook



Facebook is a social media outlet available on computers and phones, available for users aged 13+ years. Facebook allows users to share personal pictures and videos as well as content. Another feature is Events. It allows users to create an event and invite or share with their friends. Examples of possible events include parties, concerts and group activities.

Party Dangers

There are multiple concerns with the safety of Facebook in regards to young users. Pictures and posts that show unrealistic standards of underage drinking and the use of drugs may promote harmful behaviours. n pressure from social media. Furthermore Facebook events can create an atmosphere of danger at parties. Facebook events can be used to invite guests to a party. Users can select a public mode which means people who are not friends or directly invited to the party may see this event. This spreads a users' location and time of the party. This utility promotes gate – crashing which can ultimately get out of hand and lead to risky situations at a party.

Safe Solutions:

There are many options to overcome this issue. First and foremost monitor the use or misuse of your child's social media habits. Have a talk with your teenager and inform of dangers and unrealistic expectation set by social media. In regards to the Facebook event, there are multiple options. Facebook events can be put on private meaning the host can control who sees the event and who is invited. Another option is to organise invites off the outlet of Facebook but rather hand out paper invites or texts. Remember that understanding the platform is the first step to challenging the issue.

Instagram



Instagram is a social media app that allows people (13 years +) to share images and short clips with others. It is a popular media site particularly within a teenage demographic. There are two privacy options - either private: allowing people to select who can follow them, or public: which allows anyone to access their profile and pictures.

Party Dangers

Instagram allows the sharing of inappropriate pictures such as reference to recreational use of drugs and misuse of alcoholic substances. Teenagers are particularly vulnerable to the influence of social media. Whether it be a social media star or a school friend who posted a party picture. Inappropriate content may show unrealistic social consequences and encourage teenagers to partake in dangerous behaviours at parties that could lead to serious consequences.

Safe Solutions

Encourage your child to partake in social media cautiously. Remind them to only share appropriate pictures with friends they know well and to only follow good role models that encourage good behaviour. Always remind them that social media does not accurately represent real life, as well as legal and social consequences of dangerous activities.

Snapchat



Snapchat is a mobile social media app available to users above the age of 13 years. Snapchat has various functions that allow photo and video sharing. The 'Story' function allows users to post a video or picture that is available to all their 'friends' on snapchat. The individual function allows users to send pictures, videos and messages to other users which disappear after it has been viewed and closed. A new 'Snapmaps' allows users to view the location of their 'friends' on a map which provides details such as an exact street location. This function can be turned off.

Party Dangers:

There are multiple concerns on the app's safety for young users. One of particular concern is the new 'Snapmaps' feature. This feature allows users' friend's to pinpoint the location of the phone. This map is very detailed and can narrow locations down to street names. In regards to parties this function can be dangerous. The function highlights when multiple users are gathered in a particular area. Those who are registered on 'Snapmaps' are thus beaming out the location of party while they are in attendance. This can be extremely dangerous as it can lead to gate crashing of unknown guests.

SAFE SOLUTIONS

There are multiple options for parents to ensure the safety of their children while using Snapchat. Observation from the parents over their child's behaviour is the first step to ensure online responsibility of their child. Turning the location services on the app off prevents the 'snapmaps' to utilize the location of the phone. This also prevents the teenager from sending photos or videos that project their location. Another tip to protect the party from gate crashing is registering the party with 'MyNite'. This a police initiative that registers the party with the local authorities who will monitor and keep the party in check.

Checklist to Host a Safe Party

Before the Party

- Register your party with MyNite a minimum of 4 days before hand
- Hand out paper invitations or use a social media platform with settings on private where only host can invite guests – clearly state whether approved +1's are allowed, alcohol prohibition/allowance
- Make neighbours aware of party date, time it will start and finish and supervising parent details. Be open to discuss concerns neighbours may have
- Place emergency contact list in a visible location at party site: **Use attached template**

Social Media

- Turn off location services. Settings > Privacy > Location services (Apple devices)
- Do not advertise the party online for everyone to see
- Be wary of what you post as pictures showing people engaging in illegal activities (ie. Drinking) can damage their online reputation

Security

- Have a **single** entry/exit point which is made known to all invited. To avoid unwanted guests, monitor this point
- Discourage guests from congregating out the front of the venue by inviting them inside quickly or helping them organise a lift home
- Avoid open invitations. If guests are allowed to bring their own friends, ensure they gain your approval as to who they invite

Note: Party packages with DJs and photographers will often include or have an option to select whether you would like security personnel at your event. Discuss the party environment, venue and number of guests attending to determine whether it is best for you to hire security guards.

Substance Use & Food and Drinks:

- Remember it is an offence to supply alcohol to anyone under the legal drinking age of 18
- Wristbands can be used if there are underage teenagers at an 18+ party so they are not served alcohol
- Discourage guests from bringing alcohol to the event and confiscate it if found
- Supply a plentiful amount of food and non-alcoholic drinks, especially if alcohol will be presents
- Do not leave drinks lying around which may be used again later – this creates a risk of drink spiking

Remember: You always have the right to refuse people entry into your house or ask them to leave at any time!

Wise Decisions recognises that some parents will still choose to supply alcohol to underage teenagers, however we do not condone or promote this activity as it can be dangerous and it is also illegal. We do highly recommended that if alcohol is supplied to underage adolescents it is limited and guests are monitored to avoid dangerous situations. Extra safety precautions should be put in place. *If caught, a fine of thousands of dollars will apply.*

Drug use is illegal and parents should not be allowing drug use at parties.

If you choose to supply alcohol:

- Do not allow guests to bring their own alcohol for themselves or to share
- Store alcohol in a place which is visible and supervised by an adult (for example in the kitchen)
- Monitor all guests and if anyone begins to become intoxicated you can refuse them alcohol
- Ensure all guests are safe to get home – supervise pick up and call taxis if lifts are unorganised
- Ensure there is a large amount of non-alcoholic drinks – especially water – and is easily accessible

8 Legal Tips to Remember When Planning a Party:

1. It is an offence to supply alcohol to anyone under 18 in a public place
2. It is an offence for a person under 18 to possess or consume alcohol in a public place
3. It is an offence to supply alcohol to anyone under 18 on private property unless the supplier is the legal responsible adult of the minor – a hefty fine will apply
4. Register your party with MyNite at least 72 hours beforehand
5. Music is prohibited between:
 - **Midnight - 8am** on Friday, Saturday and any day after a public holiday
 - **10pm - 8 am** from Sunday to Thursday
6. It is an offence to possess, use, produce or supply a drug which has been declared as prohibited (including synthetic)
 - The *Drug Misuse and Trafficking Act 1985 (NSW)* outlines a list of prohibited drugs in NSW
7. It is an offence for adults to buy e-cigarette and accessories on behalf of minors
8. Police have the power to seize an e-cigarette that is in the possession of a person under the age of 18

What to do if a Party Becomes Uncontrollable

By following the safe party checklist and using all resources available in this kit, we aim to reduce the risk of your party becoming uncontrollable. However, it is always best to be prepared for the worst case situation. A hired security guard is trained to handle these situations without much hassle to guests or hosts. If security guards are not used at a party, these steps can be followed.

1. Ensure that the gate crashers are actually uninvited guests – Ask around just to check that no invited guests have brought along their friends and not informed anyone
2. Monitor their behaviour – Are they troublemaking or keeping to themselves?

Troublemaking

Keeping to themselves

You should immediately approach them and ask them to leave before they become a nuisance to guests or become dangerous. Guide them to the door and ensure they leave the property.

If gate crashers refuse to leave or become violent, do not hesitate to call the police. Do not engage or provoke violence and remain calm until police arrive.

Registering your party with MyNite will help police to deal with gate crashers more efficiently

You may choose to keep gate crashers in the party if they are harmless. At an adolescent's party it may be more appropriate to ask them to leave in a calm and friendly manner – especially if they are intoxicated or over 18. You never know who else they may attract.

Alcohol

The Legal drinking age in Australia is **18** years old. This is due to studies conducted which clearly reveal alcohol consumption at a young age often has harmful effects on the brain. Recent studies have now shown that contrary to prior studies, the prefrontal cortex and Hippocampus inside the brain are only fully developed around the age of 21-25. These parts of the brain are involved in learning, retaining memory and decision making. During an individual's adolescent years, the brain is still forming the neuro pathways and their myelin (a fatty layer protecting the neurons allowing them to communicate information effectively.) Studies have shown that regular adolescent drinkers have the risk of reducing their Hippocampus size by up to 10 per cent, causing permanent reduction in learning capacity and memory.

Although the legal drinking age is 18, many adolescents choose to consume alcohol. 1 in 4 teenagers regularly place themselves at risk due to consumption of alcohol. Before an adolescent attends a party it may be useful for them to understand the risks of associated with alcohol such as, alcohol poisoning and consequences involving affected decision making abilities. Binge drinking (consuming more than 4 standard drinks in a short period of time) is very prevalent within the Australian culture, with 1 in 4 hospitalisations of 15-25 year olds is due to overconsumption of Alcohol. A further 4 Australians under 25 die each week due to alcohol related violence. Therefore it is vital for young Australians to understand how to safely drink and assist their peers when attending parties.

Some tips to safely manage alcohol consumption at a party include:

- Not consuming alcohol on an empty stomach
- Drink water between each alcoholic beverage
- Have one friend who is staying sober
- Know how many standard drinks you have consumed.
- Avoid drinking more than four standard drinks
- Tell a friend if you feel unwell.
- Know the emergency numbers (000 in Australia)
- Leave the party

How to assist drunk friends:

- If they are unconscious ring an ambulance- 000
- If they are not breathing commence CPR- emergency services can give over the phone instructions until ambulance arrives.
- Make sure they are not lying down if vomiting- If they are unconscious and vomiting turn them into the recovery position
- Stay with them at all times until the effects where off.

Common Party Drinks - Standard Drinks

Type of Alcohol	One Standard Drink
Spirits: Commonly used spirits include Vodka, Whisky, Gin	30 ml
Wine	100ml
Full Strength Beer	285ml
Champagne	100ml

The legal drinking age in Australia is 18 and it is recommended that adolescents delay their first drinks for as long as possible. However if an adolescent chooses to drink it is essential they understand the amount they are consuming, in order to avoid alcohol poisoning.

Most Common Illicit Drugs

<i>Name + Common Names</i>	<i>What is it?</i>	<i>Common Side effects</i>
<p>Marijuana → <i>Depressant</i></p> <p><i>Weed; pot; dope; cannabis</i></p>	<p>Marijuana is made from the cannabis plant which is used for both recreational and medical purposes. It is commonly used through smoking/inhalation.</p>	<p>Effects of smoking/inhalation will generally kick in after 15 minutes and should subside within 3 hours.</p> <ul style="list-style-type: none"> - Loss of inhibition - Relaxation - Sleepiness - Reduced coordination - Confusion
<p>Cocaine → <i>Stimulant</i></p> <p><i>Coke; snow</i></p> <p>Crack Cocaine is a form of the substance which is smoked. It affects the brain faster it is even more likely to develop an addiction.</p>	<p>Cocaine is a very addictive and highly potent. It is often found in a powder form combined with other substances (ie. Corn starch, sugar) to be snorted. It is also common for cocaine to be injected.</p>	<p>Effects can begin within seconds and will generally subside within half an hour.</p> <ul style="list-style-type: none"> - Tremors and muscle twitches - Depressed mood - Bizarre, erratic behaviour - Cardiovascular effects → irregular heart rate, heart attack
<p>Ecstasy → <i>Hallucinogen</i></p> <p><i>MDMA; molly; pills</i></p>	<p>Ecstasy</p>	<p>Effects generally begin between 20 minutes and an hour and will last for up to 60 minutes.</p> <ul style="list-style-type: none"> - Jaw clenching/teeth grinding - Excessive sweating - Seizures - High body temperatures - Hallucinations

Recognising Signs of an Overdose/Alcohol Poisoning

Recognising an Overdose:

There are three types of drugs: Hallucinogens, depressants and stimulants.

Hallucinogens alter one's perceptions of the world and their feeling and thoughts. *For example, Magic Mushrooms*

Depressants slow down the body system and cause a lack of coordination *For example, Cannabis*

Stimulants increase the body's alertness and energy. *For example, MDMA*

Someone who has taken drugs may appear to be overly excited or very drowsy. It is important to notice when someone has taken an overdose as this can become a time-critical lethal situation.

Common signs of an overdose include:

- Dilated pupils
- Gurgling sounds – blocked airway
- Nausea or vomiting
- Irregular heartbeat
- High body temperature
- Violent or aggressive behaviour
- Seizures/convulsions
- Unconsciousness
- Hallucinations
- Blue fingers or lips
- Stroke

Consuming drugs and alcohol together (polysubstance) is highly dangerous and can create a higher risk of overdose.

What to do When Someone Overdoses:

In the event of an overdose, it is vital that they get emergency medical attention as fast as possible. **The first step is to call 000.** Afterwards, check the person's breathing, heart rate and state of consciousness/unconsciousness. If the person has a blockage in their airway, lay them in the recovery position (on their side) and work to remove it. If the person is not breathing, perform CPR.

Psychologist Recommended Resources

Local Contact List

Emergency Services	000
Police Assistant Line	131 444
For the reporting of non-urgent crimes	
Hospital Emergency Departments	9477 9530
Hornsby	9858 7852
Ryde	9926 7111
Royal North Shore	9487 9169
Sydney Adventist	
<i>Lifeline</i>	131114
For anyone about any issue	
<i>Kids Helpline</i>	1800 55 1800
National telephone counselling service for young people aged 5-18. It is free, anonymous and confidential	
<i>Headspace</i>	1800 650 890
<i>Hornsby Council Youth Services</i>	9477 9190
Hornsby Child and Family Mental Health	
<i>Drug and Alcohol Service Hornsby</i>	9477 9567
<i>Hornsby Hospital Drug, Alcohol and Gambling Service</i>	9477 9123
<i>FPA Health (FPA Healthline)</i>	1300 368 186
Helps with all sexual and reproductive needs	
<i>Centrelink</i>	132 490
<i>Medicare</i>	132011

Helpful Websites

Kids Helpline

<http://www.kidshelp.com.au/>

Headspace

<http://www.headspace.org.au/>

FPA Health

Helps with all sexual and reproductive health needs

<http://www.shfpa.org.au/>

Youth NSW

www.youth.nsw.edu.au

Youth, Australian Government Information

Information for young people on drugs, alcohol, mental health, sport and more

www.youth.gov.au

Australian Drug Foundation

Provides information on specific drugs and organising parties

www.adf.org.au

Australian Drug Information Network

Statistics and information on drugs and alcohol, including relevant services

www.darta.net.au

NSW Health Fact Sheets

www.health.nsw.gov.au

National Children's and Youth Law Centre

www.lawstuff.org.au

Somazone

Program of Australian Drug Foundation

<http://www.somazone.com.au>

Youthsafe

Works to prevent serious injury in young people

www.youthsafe.org

CAAH

NSW Centre for Advancement of Adolescent Health

www.caah.chw.edu.au

Binge Drinking

www.whatareyoudoingtoyourself.com/

