



## Party Safe

Schoolies is about having fun - and you can do that without alcohol and drugs. If you do choose to drink alcohol remember to do it safely:

- Don't drink too much - it's not cool for you or your mates who'll have to look after you
- Pace yourself - have water and other non-alcoholic drinks as well
- Eat before you drink
- Drink spiking may happen and it is a crime
- Using drugs can be dangerous – particularly mixing drugs
- Limit energy drinks, they can be harmful if not consumed according to the guidelines
- Be aware of where to get help. Make sure you have an info sheet and know who the Red Frogs and Youth Workers are
- Check your phone coverage, it's not always good on the Surf Coast
  
- Check if you have ambulance insurance! If you're not sure check with your parent/caregiver. The last thing you need to worry about if you require an ambulance is how much it's going to cost. For those you don't have insurance, it might be time for you to sign up call **1800 64 84 84** or check out [www.ambulance.vic.gov.au](http://www.ambulance.vic.gov.au) it's only \$60 a year for singles.

## Some extra tips

- Keep some extra money aside for the "what if"
- Don't blow all your money on the first night
- Try to eat at least one healthy meal a day
- Drink plenty of non-alcoholic drinks, particularly water
- Take advantage of the free volunteers, staff and activities. They are there to help and support you!
- Take stuff to stay entertained during low key times eg: guitar, footy, cards etc...

## **Need to see a Doctor?**

- It's a good idea to ensure you have access to your Medicare number/s. Store them in your phone in case you need to see a doctor. If the doctor is bulk-billing this will save you heaps of money, but won't cost a cent!!!