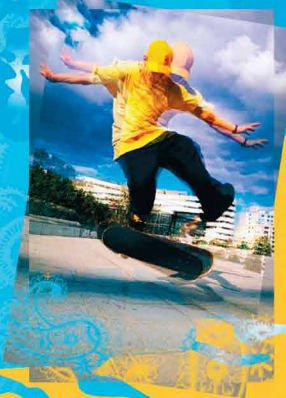


Schoolies Week

2005

...MAKE IT ONE TO REMEMBER ...NOT ONE TO FORGET



WWW.SCHOOLIESWEEK.COM.AU

WELCOME TO SCHOOLIES WEEK 2005

Queensland Health is proud to continue its association with Schoolies Week 2005. For over ten years we have been providing advice and information to young people who plan to attend Schoolies Week. This includes information on legal rights, accommodation and health and safety issues, as well as tips on how to party safely.

Take time to read this booklet before you go to Schoolies Week. The information in here and on the website will help you to make Schoolies 2005 "One to remember not one to forget".

Take care and have fun

Dr Kevin Lambkin

Director

Alcohol, Tobacco and Other Drugs Unit

Schoolies Week Booklet 2005
...make it one to remember,
not one to forget
..is funded by **Queensland Health.**

This booklet contains helpful hints and advice
to help you and your friends make Schoolies a
...week to remember - not one to forget

**NO
STANDING
SCHOOLIES
EXCEPTED**
DEPT OF TRAFFIC

Acknowledgements

Contributors: Queensland Health; Queensland Police Service; Department of Tourism, Fair Trading and Wine Industry Development; Queensland Transport; Department of Communities; Drug Arm; Sunshine Cooloola Services Against Sexual Violence Inc.; Family Planning Queensland; Queensland Cancer Fund; Commission for Children and Young People and Child Guardian

Editing and Production:
Nicole Bycroft and Jenny Madden,
Community Solutions Inc.

Graphic Design: Working Planet
Printing: Fergies Printing

04. Get set for Schoolies
08. Alcohol and you
10. Underage drinking ... the penalties
11. My 18+ card
12. Enjoy your celebration
13. Road safety - take control
14. Sexual health
15. Meningococcal C disease - protect yourself
16. Drugs! You never know what you're getting
18. Sex! You decide
19. Burn now, pay later!
20. What is Sexual Assault?
21. Who are you going to call?
22. Do you have a complaint?
& Schoolies party tips
23. Where will you celebrate Schoolies?

Get set for Schoolies

DON'T JUMP THE GUN! KNOW YOUR RIGHTS AND RESPONSIBILITIES AND
"LET THE GOOD TIMES ROLL"

Before you get there...

- Shop around and **compare prices** of different accommodation providers and check to see if a bond is required, as not every provider charges one.
- People renting holiday apartments for short periods are not usually asked to pay a security bond. An agent or property owner can only ask for a bond if every other prospective guest is also asked for one.
- If you do have to pay a bond, make sure you **get a receipt** and an indication from the agent, owner or booking agency when

it will be returned to you and how any disputes will be resolved.

- Ensure the accommodation 'house rules' suit you as many buildings require that you **obey specific rules**. Minimise the surprises when you arrive.
- Ask for a copy of the **accommodation contract** from the **accommodation provider** (not just the booking agency), and check that **terms and conditions** are acceptable before arriving at Schoolies.

Villa de fun

- **Share accommodation** is a Schoolies tradition and if you are planning to share with friends, discuss costs and accommodation house rules before you go. It's a good idea to collect everyone's contributions towards rent and food in advance, and put the money into a special purpose bank account. You don't want to be left with the bill.
- **If you change or cancel your booking**, you may be charged a fee or lose your deposit.

Make sure you check the booking terms and conditions.

- **If the agent or owner cancels your booking**, you should receive **all your money back** because they have failed to fulfil your accommodation contract. If you are transferred to inferior accommodation different to your original booking, you should receive compensation equivalent to the difference in accommodation standards.

Damage control

Know what your bond can be revoked for. If you find yourself in trouble at the place you are staying make sure you first check your responsibilities under the booking terms and conditions, house rules and/or accommodation agreement.

If you accidentally cause any damage to your apartment, remember you are liable for any repair or replacement costs.

Inspect the apartment carefully when you arrive and report any damage immediately so that you can't be blamed for it later. Also ask the agent or owner to inspect the apartment before you go.

If there is a problem during or after your stay - try and work with the manager or booking agency to reach an agreement. Accommodation agents must have a complaint handling process in place, and you should immediately lodge a complaint in writing if you feel you have been treated unfairly. Remember **courtesy and good manners** go a long way to soothing a situation.

To get advice on accommodation issues contact the **Office of Fair Trading** on **1300 658 030** or visit **www.fairtrading.qld.gov.au**



Queensland Government
Department of Tourism, Fair Trading and
Wine Industry Development

Attention moped bandits

Cars and mopeds might seem like a great way to get around during Schoolies Week, but don't get taken for a ride when hiring.

Before hiring and picking up a vehicle:

- **Inspect the vehicle** for existing damage and have all damage noted on the hire contract. This is even more important if it is an older model.
- **Read the contract** carefully, including the fine print, and make sure you understand all of the terms and conditions, especially deposit and insurance information.
- **Ask specifically about third party insurance** and if it's not offered, don't hire! If you have a crash you may have to pay for damage for years to come. Check for clauses that leave the hirer fully liable for any damage. Damage excess can be up to \$2000 to \$3000, and must be paid following damage, regardless of who is at fault.
- **Be aware** some places may also hold the group jointly responsible for damage to any of the vehicles. This means if six people hire mopeds and only one moped is damaged, all six deposits could be held until the hirer determines the cost of even minor repairs.
- **Don't sign the contract** if there is anything you don't understand or agree with. Shop around as you may find another contract that is more suitable.
- **Make sure** your driver's licence or learner's permit is current.
- **Find out** where you can and cannot drive the vehicle. Some hire vehicles like mopeds may be restricted to a fixed area and a certain number of kilometres.

And they're off...

When driving the vehicle, regularly **check the fuel and temperature gauges, oil pressure lights** and be aware of strange noises and warning signs that a mechanical problem might be developing.

If there is a problem, **stop the vehicle** straight away and contact the trader immediately. If you continue to drive, you might be held liable for subsequent damage.

When returning the vehicle, get the trader to **inspect it and record the condition** of the vehicle on the hire contract.

Let's go shopping

- Always keep your receipts as proof of purchase in case you need to return an item.
- You are only entitled to a refund, exchange or repair when the goods are faulty, damaged, don't match the sample/description or are unfit for their purpose.
- You are entitled to ask for a full or part refund or free repeat service when a service is not of a 'saleable' standard, doesn't match the description/ad/demonstration or does not do the job or perform to standard.
- You are not entitled to a refund if you change your mind, decide you can't afford something or find the same thing cheaper elsewhere.
- Signs or contract terms that state "No refund" or "No refund on sale items" are illegal and designed to mislead consumers. Report these to the Office of Fair Trading.
- Lay-bys are a legally binding contract between you and the shop. You agree to pay instalments and the shop agrees to hold the item for you.

For more advice on your shopping or vehicle hire rights, contact the

Office of Fair Trading on

1300 658 030 or go to

www.fairtrading.qld.gov.au



Queensland Government

Department of Tourism, Fair Trading and Wine Industry Development

DON'T JUMP THE GUN! KNOW YOUR RIGHTS AND RESPONSIBILITIES AND LET THE GOOD TIMES ROLL!

alcohol and YOU

standard drinks guide



Heavy Beer Stubbie 375ml
(1.5 standard drinks)



Pre-mix spirit 375 ml
(1.5 standard drinks)



Light beer Schooner 425ml
(1 standard drink)



Heavy Beer Pot 285ml
(1 standard drink)



Spirits 30ml
(1 standard drink)

The general guide for low risk drinking is: For men:

On average, no more than four standard drinks a day*
And no more than six standard drinks on any one day
One or two alcohol-free days per week.

For women:

On average, no more than two standard drinks a day*
And no more than four standard drinks on any one day
One or two alcohol-free days per week.

*These drinks should be spread over several hours. For example, men should have no more than two standard drinks in the first hour and one per hour after that. Women should have no more than one standard drink per hour. If you are on any sort of medication you should speak to your doctor before drinking any alcohol.

MYTH:

People who drink too much sometimes try to sober up by:

Having a cold shower
Drinking black coffee
Drinking water
Getting 'fresh air'

FACT:

None of these reduce the amount of alcohol in your blood. Your body can only process one standard drink per hour.

Some things you may **not know** about alcohol.

Alcohol is a factor in **50%** of all drownings.

Of all adult pedestrians that are killed on Australian roads, **43%** had been drinking.

Over **3,300 14-17 year olds** were hospitalised for alcohol-related injury and disease in 1999/2000 in Australia.

Drinking alcohol greatly increases the chance of **injury**, no matter what the activity.

Alcohol is involved in almost half of all **sexual assaults** committed on women 15 years and over.

You can die from an alcohol **overdose**.

Some tips about alcohol:

Eat before or while you are drinking.

Finish one drink before having another.

Know when you have had enough and stick to your limit.

Avoid drinking in "rounds" or "shouts".

Drink a non-alcoholic drink in between alcoholic drinks.

Watch out for drink spiking.

Look out for your friends.

Alcohol and Drug Information Service: **1800 177 833**

or: **(07) 3236 2414**

Kids Help Line: **1800 551 800**



Queensland Government
Queensland Health

UNDERAGE DRINKING

If you are foolish enough to attempt to use a **false ID**, it will be confiscated from you. Your correct details will be taken and you will either be fined on the spot or summoned to appear in court.

the penalties

| | |
|---|------------------|
| Found on licensed premises Or an on the spot fine of | \$1875 \$ 225 |
| In possession of or consuming liquor on licensed premises Or an on the spot fine of | \$1875 \$ 225 |
| Falsely representing self to be over 18 Or an on the spot fine of | \$1875 \$ 225 |
| Producing another person's ID as your own Or an on the spot fine of | \$1875 \$ 225 |
| Producing a false ID Or an on the spot fine of | \$1875 \$ 225 |
| Allowing another person to use your ID Or an on the spot fine of | \$3000 \$ 375 |
| Defacing an ID Or an on the spot fine of | \$3000 \$ 300 |
| Making a false ID Or an on the spot fine of | \$3000 \$ 450 |
| Supplying liquor to a minor Or an on the spot fine of | \$3000 \$ 600 |

In order to recover your confiscated ID, contact the Liquor Licensing Division: (07) 3224 7196

SPECIAL UNDERAGE OFFER



If you are under 18 you should STOP and THINK before you have that DRINK!

THINK ABOUT- how it's illegal to be in a night club or hotel
THINK ABOUT- a fine of more than \$1800
THINK ABOUT- getting a criminal record
THINK ABOUT- cutting short your schoolies celebrations

Remember it is illegal for anyone under 18 to drink alcohol in any licensed venue or buy takeaways from hotels or bottleshops.

HOW AND WHERE DO I GET MY 18+ CARD

Complete an application (available from www.transport.qld.gov.au/qt/formsdat.nsf/qtforms) and lodge at a Queensland Transport customer service centre (locations available from www.transport.qld.gov.au).

the only acceptable ID in QUEENSLAND

is one of the following...

- 01 . Driver's Licence
- 02 . Government issued proof of age card
- 03 . Passport
- 04 . Victorian Keypass

Having **fake ID** or allowing someone else to use your ID is against the law and will result in an **on-the-spot fine** or **court appearance**.



ENJOY YOUR CELEBRATION AND REMEMBER...



The police are there to make sure everyone has a good time without breaking the law. Those who wreck the good times being had by others are sure to come to the notice of the police.

Alcohol

Police can issue on the spot fines for:

| | |
|-----------------------------|-------|
| Drinking in a public place | \$ 75 |
| Selling liquor to a minor | \$600 |
| Supplying liquor to a minor | \$600 |

Other Drugs

- ▲ Possession or supply of any illegal drugs can lead to severe penalties
- ▲ Supplying others with illegal drugs is a serious criminal offence
- ▲ It is an offence to possess cannabis yourself or supply it to someone else
- ▲ It is also an offence to have a bong that you have used or is for use to smoke cannabis

Sometimes, things that don't seem to be a big deal can have serious consequences. If you are arrested for an offence, you may be **fingerprinted** and **photographed**. If you are convicted of a criminal offence, you could have **difficulty getting a job** or even be **prevented from getting a visa** to travel overseas.



ALCOHOL

Drinking alcohol affects your vision, judgement and coordination. It makes it difficult to safely drive or walk. If you do plan to drink when you go out, leave the car either at home or at the party and catch a taxi, bus, or get a lift with a sober friend.

If you are aged **under 25** and are driving on a learner or provisional licence you must have a **zero** blood and breath alcohol concentration when driving. **Over 25s** driving on a learner or provisional licence can have a blood/breath alcohol concentration up to **0.05%**.

GET AROUND TOWN SAFELY

- ☑ You need to be sure the driver of any car you get into is sober. Alcohol and drugs will affect their driving ability and you could be risking your life.
- ☑ During the week, take turns to be the designated sober driver, but always decide on whose turn it is **before** you go out.
- ☑ Keep enough money for a phone call, taxi or public transport so you will always be able to get home.
- ☑ Know where you are staying and how to get there. Visit www.translink.qld.gov.au for information on bus, ferry and train timetables.
- ☑ Stay on the footpath when walking. If there isn't one, walk on the right hand side of the road towards approaching traffic and as close to the curb as possible. Remember that at night drivers may not be able to see you until it is too late – so wear or carry something bright in colour.
- ☑ Cross at pedestrian crossings or traffic lights because that is where drivers will expect to see pedestrians. If there is no marked crossing, cross the road under a street light.
- ☑ Never walk alone – walk with a sober friend or in a group.

DANGER

Remember to think before you get behind the wheel or into a car. Don't put your life in the hands of a careless driver.

ROAD SAFETY

TAKE CONTROL



Queensland Government
Queensland Transport

It's ok to choose not to have sex **"If it's not on... it's not on!"**

Sexual Health

Queensland Health's website for young people is
www.istaysafe.com

When in party mode, it's always good to remember a few things.

- Let your partner know how you feel about sex.
- Alcohol and drugs can affect your ability to think clearly and make decisions.
- Don't be pressured into activity you don't want. If it doesn't feel right, say "No".
- Listen when people say "No". It's wrong to put pressure on somebody even if they are your boyfriend or girlfriend.

Many people who have an STI will have no signs or symptoms. You should consider a sexual health check-

- If you notice soreness or pain while urinating, or warts or sores in the genital area, or an unusual discharge or smell.
- If you have had a new sexual partner recently or if you are starting a new sexual relationship.
- If you have had sexual relationships and have never had a sexual health check-up.
- If your partner has had other sexual partners.
- If you and your partner have ever shared a needle, syringe or any other injecting equipment.

Play safe.
Use a **condom**
and **water-based lubricant**
every time you
have sex.



For more information: **www.istaysafe.com**

Meningococcal C disease Protect yourself!

The National Meningococcal C Vaccination Program is a joint initiative of the Australian, State and Territory Governments.



Meningococcal disease is a severe but uncommon infection that occurs when meningococcal bacteria 'invade' the body from the throat or nose.

Meningococcal disease can sometimes be fatal or can sometimes have long-lasting effects such as deafness, mental retardation, paralysis, or loss of limbs.

There are many different types of meningococcal disease, but there is not a vaccine for every type. There is a vaccine for meningococcal C disease which tends to be a very severe type in Australia.

Did you know...

- Meningococcal disease is not common, but 15-19 year olds are at higher risk of the disease than most other age groups.
- Many people carry the bacteria in the back of their throats but few people come down with the disease.
- Smoking and passive smoking increases your risk of meningococcal disease.
- Close and prolonged contact with a person who has the germ in their nose or throat is usually needed for the germ to spread to others.
- There is an increased risk for those who live in the same house as someone with meningococcal disease, to also develop the disease.
- In the early stages, the symptoms of meningococcal disease can look like flu, a viral illness, a hangover or the after-effects of taking drugs. Symptoms can include fever, severe headache, vomiting, drowsiness or confusion, neck stiffness and a rash. A person can get severely ill, usually very quickly. If you or your friends experience any of these symptoms, seek medical advice immediately.

Do you want protection against meningococcal C disease?

If you haven't been vaccinated against meningococcal C disease, and you were born on or after 1 January 1984, you can get free vaccine from your doctor. This program is time-limited and is available until 30 June 2006.

For more information, go to **www.health.qld.gov.au**

"YOU MAY THINK YOU'RE TEN FEET TALL AND BULLET PROOF"
"BUT YOU'RE NOT"
DRUGS!
YOU NEVER KNOW WHAT YOU'RE GETTING...

Marijuana

Pot (marijuana) is a depressant so did you know it sloooows down your central nervous system?

Did you know?

- Mixing pot and drinking alcohol really slows down your reactions, so your driving will be affected
- Pot can be laced with other drugs like speed or smack...

Amphetamines

Speed "you may think you're 10 feet tall and bullet-proof, but you're not" Speed is a stimulant so it speeds up your central nervous system

Did you know?

- You can **OD** on speed
- Using increases the likelihood of becoming more aggressive

IF YOU'RE "SPEEDING" AND "DRINKING" YOU MIGHT FEEL LIKE YOU'RE
NOT GETTING DRUNK BUT YOU ARE!

Mixing drugs?

If you're mixing drugs, you have the effects of each drug in your body.

Mixing drugs increases risks of:

- Poor judgement of distance (especially when you're driving)
- Vomiting everywhere even when you're kissing
- Impacting on sex; impotence PLUS your decisions and instincts are poorer
- Sex with somebody whose decision making ability has been altered by alcohol or other drugs is wrong

When you're not in control who is??

And remember...

- Alcohol blackouts (when you can't remember things or lose time) are not cool
- Travelling tough (feeling down) and using drugs don't go
- Watch out for your mates, know what's going on
- You never really know what you're getting
- Make sure you know how to put someone in the recovery position
- Don't be afraid to call an **ambulance 000**



DRUG-ARM - Drug & Alcohol Helpline:

1300 656 800

www.drugarm.com.au

YOU DECIDE

...whether to have it
...when to start
...to practise it safely each time

Safe sex means protecting yourself and the other person/s by:

- using contraception to avoid unintended pregnancy
- using condoms with a water-based lubricant every time you have vaginal, oral or anal sex to help protect you from sexually transmitted infections (STIs)

Be prepared, be safe

If you are not ready for the responsibilities of parenting, use contraception every time you have sex. Think about what method you are going to use and get this sorted out before you have sex.

Condoms help to protect you from STIs and pregnancy!

Accidents happen

Emergency contraception (sometimes called the 'morning after pill') can be used by women who are at risk of an unintended pregnancy after sex if:

- contraception was not used
- contraception did not work (condom broke or slipped off, diaphragm problem)
- regular contraceptive pill was missed

Emergency contraception

Emergency contraception can be used to help prevent unintended pregnancy. It is taken by the female partner and can be obtained from a chemist, general practitioner (GP), sexual health clinic or your local family planning clinic.

Remember emergency contraception is:

- **most effective** the earlier it is used after unprotected sex (most effective when used within 24 hours)
- remains very effective up to 72 hours after unprotected sex (3 days) or may be considered even up to 120 hours (5 days) – check with your pharmacist, GP or local sexual health or family planning clinic

REMEMBER – THE SOONER IT IS USED THE BETTER...



Get the facts about
sex and
contraception –

www.fpq.com.au

- get your contraception sorted out before Schoolies
- you can talk to a nurse or doctor and consultations are strictly confidential
- voluntary donation of \$5 or \$10 for a clinic visit

Brisbane
(07) 3250 0240

Cairns
Clinic: (07) 4051 3788
Education: (07) 4031 2232
Sexual Assault
Service: (07) 4031 3590

Tablelands
Education only: (07) 4096 6376

Townsville
Clinic: (07) 4771 2005
Education: (07) 4772 1462

Rockhampton
Clinic: (07) 4927 3999
Education: (07) 4921 3655

Bundaberg
Education only: (07) 4151 1556

Sunshine Coast
Education only: (07) 5479 0755

Gold Coast
Education only: (07) 5531 2636

Ipswich
Clinic: (07) 3281 4088
Education: (07) 3250 0240

Toowoomba
Clinic: (07) 4632 8166
Education: (07) 4632 8166

It's important to remember that sun damage is cumulative and increases your risk of developing skin cancer. So, while you're enjoying yourself at Schoolies Week, take a few simple steps to look after your skin!

Sun protection is EASY when you KNOW HOW!

Here are some facts about skin cancer and the sun.

Fact: The sun's UV rays are strongest in the middle of the day between 10am – 3pm. Try to minimise your time in the sun during this time.

Fact: Even people with naturally darker skin can develop skin cancer.

Fact: 8 out of 10 cancers that are diagnosed in Australia are skin cancers.

Fact: Solariums do not give you a safe tan.

Fact: A tan is a warning your skin has been exposed to too much sun.

Fact: Tans will also speed up your skin's ageing process. Wrinkles, blotchiness and sagging of the skin are all results of sun exposure. Tan regularly and you will definitely experience premature ageing, looking up to 10 years older than you really are.

Remember the best form of anti-wrinkle cream is to

stay out of the sun.

Who can you contact for more information?
call the Cancer Helpline on **13 11 20** or
visit the website at www.qldcancer.com.au

BURN NOW PAY LATER

To protect your skin from sun damage, take precautions at all times, not just when you are planning to be out in the sun. Any type of sun exposure will induce tanning, burning and skin damage so always remember to protect your skin.

Here are some tips:

- SLIP on a long-sleeved, collared shirt. Natural fibres are the coolest, and darker colours are best.
- STOP on some sunscreen. Apply a SPF30+ broad-spectrum sunscreen 20 minutes before you go out in the sun.
- SLAP on a hat – one with a wide brim will protect your face, ears and neck.
- UV radiation can affect your eyes too. Make sure you wear close-fitting sunglasses, that block out 100% of UV.
- Find some shade, or create your own with an umbrella.

SUNSMART

save your skin



Queensland
Cancer Fund

Sexual assault is an act of violence - **IT IS A CRIME**

What is sexual assault?

Any sexual behaviour that is unwanted, forced or coerced and where consent is not given or cannot be given. It includes rape, unwanted touching, sexual harassment, leering, threats and exposure. It is unwanted and unwelcome. No one deserves to be sexually assaulted. Sexual violence is **NEVER** the fault of the victim. Responsibility for sexual violence **ALWAYS** rests with the perpetrator.

20 NO means NO and YES means YES

Ideas to increase safety

- **Listen to what others say** – don't just assume.
- Know the person/people you are going out with – name, address, and school – What are their alcohol / drug habits?
- Order your own drinks – open them yourself – watch your drinks – don't leave them unattended.
- Be aware of your environment – drugs and alcohol inhibit decision making ability.
- Meet new people in public places [i.e. movies] and date new people in a group.
- Let a friend know where you are going and when you expect to be back.
- Always have enough money for a phone call and cab.
- Pay your own way – accepting a shout doesn't mean you owe anyone anything.
- **Lookout for your mates** – have them look out for you.
- Trust your intuition and your instincts. It's okay to speak out or leave a situation.
- Know what is okay with you sexually. **Set your own limits.**
- Never try to convince somebody to have sex with you. Respect the right of others to say **"NO"**

For confidential free support phone:
Sexual Assault Help Line (24hrs)
1800 010 120

Gold Coast
Monday to Friday 9:00am – 5:00pm
5591 1164

Laurel House [Sunshine Coast]
5443 4711

Logan
3808 3299

Ipswich
3812 0138

Brisbane Sexual Assault Service
3636 5206

Brisbane Rape and Incest Survivors Support Centre
3391 2573



WHO ARE YOU GOING TO CALL?

IF YOU NEED POLICE ASSISTANCE DURING SCHOOLIES WHAT SHOULD YOU DO!

If you want to report something e.g. theft, then contact the **local police**.

If you need urgent help from the police, ambulance or fire brigade **ring 000!**

If you have information about any crime that has been committed or going to occur sometime in the future then call Crime Stoppers on **1800 333 000** (free call)

FAQ'S ABOUT CRIME STOPPERS.

WHAT IS CRIME STOPPERS?

It is a free telephone hotline where you can tell someone what you know about any criminal activity.

WHEN CAN I CALL AND WHO WILL ANSWER THE PHONE?

You can call at any time and a police officer will talk to you.

WHAT IF I KNOW SOMETHING BUT I AM TOO FRIGHTENED TO TELL?

You can call the Crime Stoppers number and your information will be treated as confidential, you do not have to give your name or be identified in any way unless you choose to do so. Unless you tell someone, no one will ever know that you contacted Crime Stoppers.

WHAT HAPPENS TO THE INFORMATION I PROVIDE?

Any information you provide will be sent to the appropriate police station and will be investigated further. If your information leads to an arrest, you may be eligible to claim a reward up to \$1000. Your identity can still be protected as you will be given a code number when you provide the information to Crime Stoppers.

CRIME STOPPERS
tell us what you know.....
not who you are.

"No one will ever know" **1800 333 000**
www.crimestoppers.com.au



schoolies party tips

BEFORE YOU GO OUT TO A PARTY OR OTHER EVENT DURING SCHOOLIES, THERE ARE A FEW IMPORTANT THINGS TO REMEMBER...

1 You are in control. You are responsible for setting your limits and sticking to them. The choices you make will determine whether your Schoolies Week is one to remember... or one to forget.

2 Make sure you eat. Whether you are attending or hosting a party during Schoolies Week, you need to have a plan that includes food. Eating is important, particularly if you are drinking alcohol. Bring food or eat before the party. The host may not provide enough food for everyone.

3 never leave your drink unattended. This includes allowing someone else to make your drink. Drink spiking isn't just putting drugs into someone's drink. It's also giving people double and triple shots of alcohol to make them intoxicated. If you choose to bring alcoholic drinks to a party, it may be safer to drink coolers, beer or other similar drinks. At least you know what you're drinking.

Do You Have a Complaint About a Service?



commission for
children and young people
and child guardian

The Queensland Commission stands up for the rights, interests and wellbeing of young people under 18, particularly those most vulnerable.

This includes receiving and investigating complaints about services.

If you have a complaint about a service from a government department, business or community organisation during Schoolies, you can contact:

Ph: (07) 3247 5525 or 1800 688 275 (in Qld) or go to:
www.ccypcg.qld.gov.au

Will you be celebrating Schoolies in any of the following places?

GOLD COAST

www.goldcoastschoolies.com.au
1300 366 467

SUNSHINE COAST

www.schooliesweek.com.au
Schoolies Hotline - 5438 2140

NORTH STRADBROKE ISLAND

www.schooliesweek.com.au
Queensland Health, Alcohol Tobacco and
Other Drug Service - 3488 4222

YEPPOON

www.schooliesweek.com.au
Livingstone Shire Council - 4939 9200
Rockhampton - Alcohol Tobacco and
Other Drug Service - 4921 4281
Yeppoon - Alcohol Tobacco and
Other Drug Service - 4939 1469

WHITSUNDAYS

www.schooliesweek.com.au
www.schoolies.whitsunday.net.au

MAGNETIC ISLAND, TOWNSVILLE

www.schooliesweek.com.au
www.magneticislandinformation.com

CAIRNS

www.schooliesweek.com.au
Queensland Health, Alcohol Tobacco and
Other Drug Service - 1800 003 472 or 4050 3900

ADVICE from past schoolies

66

If you're sharing a unit or apartment with a crowd of people, take plenty of toilet paper! It's surprising how much a crowd of people can use!

If you'd like to catch more advice from Schoolies in previous years, ask your teachers about the video "One to remember..."

Make sure your Schoolies Week is filled with happy memories. It's probably the last time you and your friends will ever be together.

Schoolies Week is expensive. You need to save for it because it always costs more than you think it will. Running out of money and going home early is not much fun.

Spending a week with people who have different values to you is not much fun. Make sure that you're careful about choosing the friends you will be hanging out with during the week. You really need to agree about things like spending limits, alcohol use and illegal drugs.

Despite all the stories, lots of Schoolies don't drink alcohol at all. If you choose not to drink alcohol on one or more occasions during Schoolies - that's OK.

Be careful about leaving the door of your unit open and allowing crowds of people to come and go. Your Schoolies Week could be ruined if your money or other valuables are stolen.



"DON'T WAIT UNTIL IT'S **TOO LATE** BEFORE ASKING FOR **HELP**"

IF SOMEONE COLLAPSES

Call an ambulance IMMEDIATELY - ring triple zero (000)
Stay with the person.
Check to see if they respond to simple commands such as open your eyes or squeeze my hand.
If they are unconscious and breathing, turn them on their side.
If they are not breathing, start mouth to mouth.

IF YOU THINK THEY HAVE OVERDOSED

Call an ambulance and treat as above.
Police don't chase ambulances.
Police don't listen to ambulance radios for overdoses.
Police do not attend overdoses unless called.



THIS BOOKLET IS PROUDLY PRESENTED BY...



Queensland Government

Queensland Health
Department of Tourism, Fair Trading and
Wine Industry Development
Department of Communities
Queensland Transport



DRUG-ARM



Sunshine Cooloola Services
Against Sexual Violence Inc.



Family Planning Queensland



**Queensland
Cancer Fund**