

Celebrate Safely Classroom Activities

What does a young person need to know to
live a healthy and happy life in a
world with alcohol and other drugs?



**CELEBRATE
SAFELY**

Look after
your mates

Celebrate Safely Activities



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Most senior school students will have experienced some form of drug education while in years 7 to 10. Celebrate Safely – Classroom Activities is aimed at Year 10, 11 and 12 students.

The activities aim to assist students by:

- discussing the student brochure Celebrate Safely – A Guide for Students
- discussing situations where they will make decisions about alcohol and other drugs
- exploring myths related to alcohol and other drugs
- looking at current research about what young people are most concerned about
- incorporating the Principles for school drug education (page 4).

A Guide For Students

CELEBRATE SAFELY
Look after your mates

For more information visit:

- Kids Help Line
1800 55 1800
www.kidshelp.com.au
- Know Your Limits
www.alcohol.gov.au
- Youth services and information
www.youthcentral.vic.gov.au
- Department of Education and Early Childhood Development
www.education.vic.gov.au/students
- Australian Drug Foundation
www.druginfo.adf.org.au
- DrugInfo Clearinghouse
1300 858 584 toll-free line
- Counselling
1800 888 236 toll free line
- Know Your Rights
www.lawstuff.org.au
- Looking after your mates
www.roadsafe.org.au
- Play it Safe by the Water
www.watersafety.vic.gov.au
- Victoria Police Party Safe Program
www.police.vic.gov.au
- Victorian Sexual Assault Crisis Line
Freecall throughout Victoria: 1800 806 292

Emergency Care
Unfortunately, sometimes things can go wrong. What really matters though is how quickly and calmly you react.
"Someone who is vomiting will often ask to be left alone. It is important someone stays with them in case they choke or pass out."
In an Emergency call 000 or 112 if your mobile is out of range.

Victoria
The Place To Be

HOW GOOD A MATE ARE YOU? HOW GOOD A MATE ARE YOU? HOW GOOD A MATE ARE YOU?
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Theme One: Comprehensive and evidence-based practice.

This theme focuses on the evidence available to inform school-based approaches to drug education, particularly a harm minimisation approach.

Theme Two: Positive school climate and relationships.

This theme highlights the importance of positive school environments and relationships as a supportive context within which to conduct school drug education.

Theme Three: Targeted to needs and context.

This theme highlights the importance of schools identifying and responding to the developmental stage of the student and to local community needs.

Theme Four: Effective pedagogy.

This theme identifies the importance of delivering drug education programs and activities within a curriculum framework and ensuring use of appropriate learning and teaching strategies.

For more information refer to:

Principles for school drug education,

Australian Government Department of Education, Science and Training (2004).

The resource is available at: www.education.vic.gov.au/drugeducation



The activities provided can be selected to suit the time available. They can be incorporated into:

- 2 x 45 minute lessons
- a health expo workshop
- a camp session
- pastoral care time
- a parent/student evening or event.

Extension activities have been provided if more time is available.

For the activities you will need:

- Celebrate Safely – A Guide for Students, available at:
www.education.vic.gov.au/drugeducation
- A3 Paper
- a whiteboard or butchers paper
- Parent Fact Sheets 2, 3, 4 and 5, available at:
www.education.vic.gov.au/drugeducation
- use of a computer with access to the internet (for the extension activities).

Activity 1: MYTH BUSTERS



With your students, discuss the following myth busters from the brochure *Celebrate Safely – A Guide for Students*.



Eating certain types of food like plain white bread while you drink helps to soak up the alcohol so you can drink more.

No.

All alcohol consumed will reach the bloodstream, regardless of how much food the person eats or what else he or she drinks.



It's not illegal to spike a mate's drink with alcohol or other drugs.

Yes it is.

Offenders who spike people's drinks will face up to two years in goal – even if no harm or impairment is caused – under new State Government legislation.



Calling an ambulance means calling the police.

No it doesn't.

Police will rarely attend an ambulance call-out. Sometimes people are scared to call an ambulance because they think the police will show up and they will get into trouble. This is how people can die.



Everyone gets drunk at parties.

No they don't.

In 2005, a survey of Australian secondary school students found that 52 per cent of all students aged 12-17 were non-drinkers, while 23 per cent were occasional drinkers and 19 per cent said they were party drinkers.

The following myths are from *Parent Fact Sheet 4 – Fact or myth?* available at: www.education.vic.gov.au/drugeducation



**It's cool to drink.
People will think I'm a loser if I don't have a drink.
It's all part of growing up!**

Answer: myth.

You don't have to drink to be cool or to be an adult. In fact, it is safer if you don't.

Young people who establish heavy and excessive drinking patterns in adolescence are more likely to continue drinking at these levels as adults. This increases their risk of suffering from long-term health consequences such as cirrhosis and cancer.



I could be out there taking illegal drugs but instead I am only drinking alcohol.

Answer: myth.

Alcohol is a drug and causes more harm to Victorians than all illegal drugs, including ecstasy and ice.

Activity 1: MYTH BUSTERS



In the five-year period 2001 to 2005, there were 2670 alcohol-related assaults on young people (aged 0–17 years) in Victoria and 5152 alcohol-related hospital admissions of Victorians aged 15–19 years. In 2004, alcohol was a contributing factor in the deaths of 722 Victorians whereas drugs (other than alcohol) were a contributing factor in 108 deaths.



**It's cheaper to get drunk on an empty stomach.
If you don't eat you get drunk quicker.**

Answer: fact.

You will get drunk quicker on an empty stomach.

The cost depends on the type of drink you purchase. Some young people avoid eating so they can have a 'flat tummy' when they go out. Alcohol is absorbed directly into the bloodstream through the stomach and the small intestine. Food in the stomach slows down the rate at which alcohol is absorbed. Drinking alcohol on an empty stomach makes the person more vulnerable to becoming intoxicated. A teenager can suffer the same effects by drinking only half as much as an adult.



**It's OK for me to drink heaps tonight because I haven't had a drink all week.
I can drink my weekly quota of alcohol in one night.**

Answer: myth.

Saving up drinks for a binge can be harmful.

Binge drinking means drinking heavily over a short period of time, drinking continuously over a number of days or weeks, or drinking to get drunk. For young people, the short-term risks of binge drinking include alcohol poisoning, getting drunk, getting into fights, having accidents, having unsafe sex, having unwanted sex, or doing something they regret later. Binge drinking is particularly harmful in adolescence.

Discussion Questions

Below are a number of questions to help start a student discussion.

- Have you heard of any myths?
- Why might they exist?
- Why can they be damaging?
- What other things have you heard about alcohol and other drugs that may be a myth or inaccurate?

For further discussion ideas refer to *Parent Fact Sheet 4: Fact or myth?* The fact sheet is available at: www.education.vic.gov.au/drugeducation



What are most young people concerned about?

In 2003, and again 2008, the Celebrate Safely Project conducted focus groups to explore what young people were concerned about most. This research found that young people were concerned about:

- too much alcohol at parties which leads to passing out, throwing up, being out of control and doing embarrassing things
- the possibility of gatecrashers turning up, which may also lead to fights and violence
- unwanted sex and its outcomes
- drink spiking.

Activity: Graffiti Sheets

- Arrange students in groups of three or four with a sheet of A3 paper per group.
- Direct students to place a large square in the centre of the paper.
- On the outside of the square ask students to write responses to the question:
What concerns you about going out to parties?
- On the inside of the square ask students to write responses to the question:
What could you or your friends do to remain safe?

For example:

What concerns you about going out to parties?

What could you or your friends do to remain safe?

If time permits, allow each group an opportunity to discuss what transpired in their group.

Activity 3: WHAT'S A GOOD NIGHT OUT?



Use a whiteboard to scribe comments from the whole class.

OR

Arrange students into groups of three or four with a sheet of A3 paper per group.

Ask students to respond to the questions in the table below.

What do you want from a good night out?	Parents, friends and teachers want you to be safe. What might they think a fun night looks like?

For further discussion ideas, refer to *Parent Fact Sheet 3 – Standard drinks and low-risk drinking*. The fact sheet is available at: www.education.vic.gov.au/drugeducation

Activity 4: BETTER SAFE THAN SORRY



Unfortunately, sometimes things can go wrong at a party. How quickly and calmly a person reacts is important.

Ask students to respond to the questions below. You can use a whiteboard to record the answers.

What constitutes an emergency?	Immediate response: Calling 000
<p>An emergency is a situation where a person requires immediate help. For example:</p> <ul style="list-style-type: none">• if someone has been drinking heavily and collapses• if someone has been hit on the head and they're groggy or unconscious (even for a brief time).	<p>For example:</p> <ul style="list-style-type: none">• Calling 000 and requesting an ambulance.

For more information and discussion ideas, refer to:

Parent Fact Sheet 2 – Alcohol, teenage parties and the law

Parent Fact Sheet 5 – Medicines and alcohol: A dangerous mix.

These fact sheets are available at: www.education.vic.gov.au/drugeducation

Activity 5: Some things worth thinking about



The following statements appear in the student brochure Celebrate Safely – A Guide for Students.

Arrange students into groups of three or four with a sheet of A3 paper per group. Ask the students to read the table below and come up with their own piece of advice and a slogan or eye-catching phrase.

Time permitting, you can suggest for each group to think of new slogans for the statements of advice already provided in the table.

Be a Good Friend

Don't leave your mates on their own.

Trust Your Instincts

If you don't feel safe you probably aren't.

Think

Drugs and alcohol affect your judgement and stop you thinking clearly.

Mix It Up

Drink water and eat food between alcoholic drinks.

Think Ahead

Organise a safe place to meet in case you get separated from friends.

Keys Please

Drinking and driving don't mix, not for you and not for your friends.

Drink Spiking

If you are unsure about your drink, don't drink it.

No Means No

Pressuring someone else into having sex is sexual assault.

Know Your Rights

We all have rights. It's important to respect them. (Check out: www.lawstuff.org.au)

Talk it out?

At school you can talk to a counsellor, welfare officer, nurse or teacher.

Activity 6: PARTY SAFE SCENARIOS



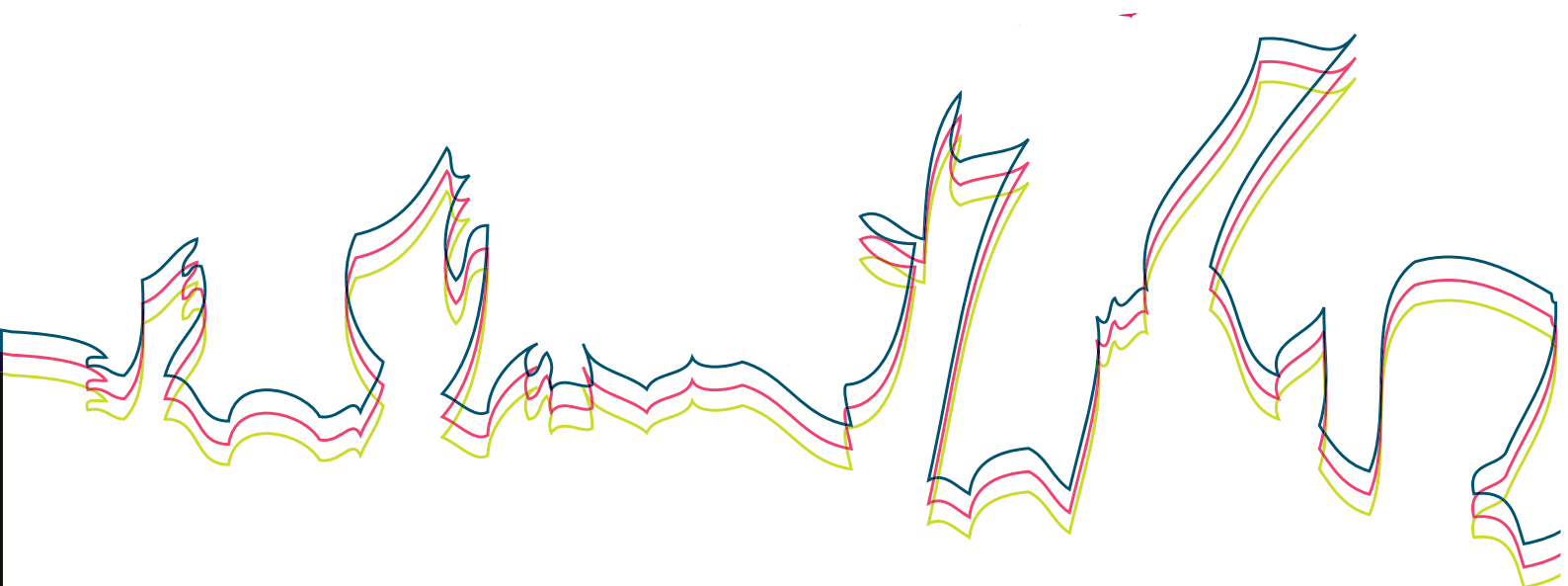
The scenarios in this activity demonstrate how difficult it can be to make a decision in circumstances where a person feels pulled in different directions. It is not important what decision is made. The focus should be on exploring the pros and cons through a consideration of Conscience 1 and Conscience 2.

Activity outline

- Ask a student to sit in a chair facing the audience. Ask them to read the scenario and to place themselves in the shoes of the person in the scenario.
- Ask two other students to stand on either side of the chair and assume the role of Conscience 1 and Conscience 2. Their roles are to be the for and against thoughts of the student in the chair, similar to a debate.
- After the seated student has had a moment to think, ask them to choose which person (Conscience 1 or Conscience 2) made the most persuasive points. Ask them then to say what they would personally choose to do and why, given the arguments made.

Alternative options for this activity

1. Place a student in one chair at the front. Ask half the class to act as Conscience 1 and the other half to act as conscience 2.
2. In smaller groups ask students to brainstorm possible responses for Conscience 1 and Conscience 2.



Activity 6: PARTY SAFE SCENARIOS



Scenario 1

You and three friends are at a party. The party is OK but you get invited to another one down the road that's way cooler. Two of your friends are keen to go but the other is out cold. He passed out very drunk about 10 minutes ago. Your friends want to leave him behind and move on to the next party.

Do you leave your mate and go to the next party?

Conscience 1

Conscience 2

You can't leave him behind.

What if he wakes up and you guys are gone?

As if he's going to know. It's a party remember. He won't even notice you're gone when he wakes up.

Wakes up? What if he doesn't wake up at all? You shouldn't leave him.

Lay him down in one of the spare rooms and come back for him later. He can call you on his mobile if he wakes before you return.

He might need some medical attention. At least check if he is still breathing

Medical attention! Don't be a nerd. He'll be fine. He always drinks too much. Let him sleep it off.

He may not be sleeping. He may be unconscious!

Fine. Check if he's breathing and then go to the party.

If you go the party and he gets worse, you'll never forgive yourself. What if he dies?

Dies! Don't be so dramatic. He's drunk, not dead.

You can die from alcohol poisoning, you know.

You have to drink heaps to die from alcohol poisoning. He's only had a small bottle of vodka.

He's skulled it straight from the bottle. That's a lot of vodka in one go.

Go and have some fun. You are far too serious. You haven't even had a drink yet. Pick him up later.

Later might be too late! You have to make sure he is safe now.

He'll be fine. He always is. As if anything is going to happen to him.

Activity 6: PARTY SAFE SCENARIOS



Scenario 2

You are a 17-year-old at a party with friends. You brought your own alcohol to drink but it's only 10.30 pm and you have none left. A Year 12 student you have seen around school offers you a Bacardi Breezer. The top is off, but the bottle's full.

Do you take the drink?

Conscience 1	Conscience 2
Take the drink. This kid goes to your school. You can trust them.	Don't take the drink. You don't know what's in it.
Hello ... there's a label on the bottle. It's lime-flavoured Bacardi, what else?	How do you know that's all it is? The lid wasn't on it. A bit sus, don't you think? It could be spiked.
Take a sip and see if it tastes OK. If it tastes funny, pour it into a pot plant or something.	One sip could be enough to drug you. It's still dangerous.
Dangerous! Danger is your middle name. C'mon, you only live once.	Exactly. You only live once. Do you want to end up unconscious or in hospital?
You're with friends you can trust. They'll look after you.	How can you trust them? They're all too drunk to notice you.
You're here to have a good time. Don't be so paranoid.	Better to be safe than sorry. Get a drink that has a lid on it or pour your own drink.

Activity 6: PARTY SAFE SCENARIOS



Scenario 3

You are a 15-year-old girl at a party with three of your friends. It's 11.30 pm and your father is picking you and your friends up at midnight. Your parents think there is no alcohol at the party but one of your friends is so drunk she can hardly stand up. She is very likely to vomit in your dad's car. If he found out there was alcohol at the party, you would be in serious trouble.

Do you still give her a lift?

Conscience 1

You have to give her a lift. She's your best friend.

You can't leave her at the party. Something might happen to her.

If she vomits, tell your dad she ate something bad.

If something happens to her, you'll feel so bad.

How do you know you can trust someone else to take her home?

She's too drunk to catch a taxi.

Friends are supposed to look out for each other. You'd want her parents to take you home, wouldn't you?

Conscience 2

You can't give her a lift. Your dad will be so angry with you for lying to him.

If she vomits in the car, you'll be grounded for months.

Why should you get into trouble for something she did?

Get someone else to take her home.

She can catch a taxi, just give her the money.

Your parents will never trust you again. You told them there was no alcohol, remember?

It's her responsibility, not yours.

Activity 6: PARTY SAFE SCENARIOS



Scenario 4

You are at a party three blocks away from your home. You played a few drinking games during the night and feel pretty wasted. It's 2 am and your friends want to go home as the party is winding down. They called for a cab half an hour ago and there is still no sign of it.

Do you walk home?

Conscience 1

Why not? By the time you get home you will have sobered up. Perfect.

The cold will help. It'll wake you up more quickly ... keep you alert whilst walking home.

You only live three blocks away. You'll be home in no time.

You'll be home before the taxi even arrives – just stay on the footpath and away from the road

You need to get home and get some sleep. Get a mate to walk with you. Keep you away from that oncoming traffic.

It'll take you less than 10 minutes to get home. Start walking now. The fresh air will do you good.

Conscience 2

That's right, time will help you sober up. But considering the amount you've had to drink, you'll still be drunk at breakfast.

Are you crazy? You could be hit by a car. Thirty per cent of pedestrians killed are over .05 – you'd be that for sure.

Wait for the taxi with your friends. It's a much safer option.

You mean *stagger* along the footpath. You are in no condition to walk home. You'll be like a lamb to the slaughter – or a deer in headlights!

Your mates been drinking too. How can you look after each other when you're both blind drunk?

Fresh air won't help and it's cold. You could pass out on your way home and freeze to death on the street. The taxi won't be long now. Your mates can drop you off on their way home. Better to be safe than sorry.

Activity 6: PARTY SAFE SCENARIOS



Scenario 5

You are a 16-year-old girl at a party with many of your friends. A boy who is considered to be the best looking boy at the party asks you if you'd like a lift home. He has only just turned 18 and has had his licence for a short time. He has also been drinking but doesn't appear drunk.

Do you accept the lift?

Conscience 1	Conscience 2
He's so hot. You just have to get into that car.	Don't get into that car. He's drunk and will probably have an accident.
You need a lift home. Do you really want to ring your parents this late?	You can catch a cab.
You can't afford a cab. You need that money for other things.	You don't even know him. This could be a life and death situation. Do you want to end up in a wheelchair?
You will be safe. You can take care of yourself. Just make sure he concentrates on the road.	He's only just got his licence. He's not an experienced driver.
You only live down the road. You won't even be in the car for very long	It's a well known fact that most accidents happen within 500 metres of your home.
You will be so popular. Just think of how jealous your friends will be.	They won't be jealous if you end up in hospital. Haven't you seen those TAC ads on TV?

Activity 6: PARTY SAFE SCENARIOS



Scenario 6

You are a 17-year-old girl out at a club with your friends. You are all underage and have been drinking alcohol and dancing for hours. Some of your friends are drunk. Two of your friends have taken pills they believe to be ecstasy. An hour after your friends have taken the pills one of them falls to the floor, unconscious.

Do you call an ambulance?

Conscience 1	Conscience 2
Yes, call an ambulance now.	Don't call an ambulance. You'll all get into so much trouble.
The longer she spends unconscious and without medical treatment, the greater her risk of dying.	She's not going to die. Get her up and carry her outside. She just needs some air.
Air is not going to help when she's unconscious. She could die without medical attention. Call an ambulance!	If you call an ambulance, they'll ask what she's taken. You've all been drinking and she's taken E. You'll be in so much trouble.
You are in trouble. She's taken ecstasy and alcohol and could die without medical attention.	She won't die. Sometimes you just get a bad pill. She's probably just passed out because she's drunk and needs to sleep it off.
If she has passed out because she's drunk, that's alcohol poisoning. People die from alcoholic poisoning, in their own beds sleeping it off. Call an ambulance.	She's not going to die! God you're such a drama queen. If you call an ambulance, they'll call the police. You're all underage, ecstasy is illegal and your parents will kill you. Don't call.
You're wasting precious time. She needs help now. And yeah you'll get in trouble but she'll be alive. How will you feel if she dies?	She won't die. Stop saying that. You've taken E before. You know how it leaves you wrecked. She's just wrecked.
She's not wrecked. That's completely different. She needs an ambulance and you have to tell them what she's taken so they know how to treat her.	Tell them? Are you crazy? No way! You can't tell anyone. Get her on her feet and splash some water on her face.



The following questions can be used in class discussion:

Where can you get reliable information from?

Why is reliable information about alcohol and other drugs important?

Activity outline

This activity requires access to a computer room . Ask students to break into pairs and give them the opportunity to check out the websites in the below table. You may wish to allocate specific websites.

Recommended websites

Youth Central
Youth services and information
www.youthcentral.vic.gov.au

Lawstuff - know your rights
www.lawstuff.org.au

Alcohol – Australian Government
Department of Health and Ageing
www.alcohol.gov.au

Kids Help Line
1800 55 1800
www.kidshelp.com.au

Drug Info Clearinghouse
(Australian Drug Foundation)
www.druginfo.adf.org.au

Department of Education and Early Childhood
Development
www.education.vic.gov.au/students

Play it safe by the water
www.watersafety.vic.gov.au

Victoria Police Party Safe Program
www.police.vic.gov.au

After they have visited a website, the students may like to answer the following questions:

- What interesting information did you find on the website?
- Would you revisit this site for further information?
- Did it help you think about ways to remain safe when going out?



CELEBRATE SAFELY

Look after your mates

Worried About Someone?

It's normal to be concerned about someone who might be drinking too much or taking drugs, and there's ways you can help.....go to

www.health.vic.gov.au/drugs/help

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10 TIPS WHEN CELEBRATING

- Be a Good Friend**
Don't leave your mates on their own
- Trust Your Instincts**
If you don't feel safe you're probably not
- Think**
Drugs & alcohol affect your judgement & stop you thinking clearly
- Mix It Up**
Drink water & eat food between alcoholic drinks
- Think Ahead**
Organise a safe place in case you get separated from friends
- Keys Please**
Drinking & driving don't mix, not for you & not for your friends.
- Drink Spiking**
If you are unsure about your drink, don't drink it
- No Means No**
Pressuring someone else into having sex is sexual assault
- Know Your Rights**
Check out www.lawstuff.org.au
- Talk It Out?**
If something bad does happen, talk to someone you trust about it and seek help