

WA LEAVERS' CELEBRATIONS  
ALCOHOL AND OTHER DRUGS  
**COMMUNITY KIT**



**alcohol**  
**thinkagain**

# Leavers alcohol and other drugs community kit

---

## About this toolkit

This toolkit provides information for students and their parents about alcohol and other drug use and harm reduction information in the context of Leavers' celebrations. The toolkit also provides information and campaign materials for professionals and community groups who wish to disseminate information locally to students, parents and the community to help reduce alcohol and other drug related harm associated with Leavers celebrations.

On each page within the kit, a coloured indicator has been included to identify which target audience(s) the content is intended. The system represents parents [P], leavers [L] and professionals and community [P&C].

## What is Leavers?

Leavers is a four day celebratory period that marks the completion of Year 12 and transition into independent adulthood for WA students.

The official WA Leavers' celebrations are coordinated by WA Police and aim to provide a safe, positive and managed environment for all school leavers. Structured events and activities are held in the South West Region of WA.

The official Leavers' celebratory period in 2019 is 18 - 21 November.

# Alcohol and other drug use and related harm at Leavers' celebrations in WA



01

## ALMOST 80% OF WA SCHOOL LEAVERS REPORT DRINKING ALCOHOL AT LEAVERS' CELEBRATIONS.

Of WA leavers surveyed who attended celebrations in Dunsborough between 2016 and 2018, approximately:

- 90% reported intending to drink, with 27% of those intending to drink more than 10 standard drinks per day.
- Almost 80% reported drinking during Leavers' celebrations. Of those, approximately 65% drank at levels for short-term harm<sup>1</sup> on a typical drinking occasion, and 20% drank more than 10 standard drinks on a typical drinking occasion [1].

Of WA leavers surveyed who attended celebrations on Rottnest Island in 2009, one in five (20%) reported using an illicit drug on any celebration day [3].

<sup>1</sup> According to the National Health and Medical Research Council, drinking more than four standard drinks on a single occasion more than doubles the relative risk of injury arising from that occasion.

02

## MANY LEAVERS EXPERIENCE HARM FROM ALCOHOL AND OTHER DRUG USE.

According to medical area data from Leavers' celebrations in Dunsborough in 2018, half (50%) of all presentations were alcohol-related.

Other drugs accounted for almost every one in 10 (9%) presentations, and every one in 15 (6%) was alcohol and other drug-related [2].

Of WA leavers surveyed at celebrations on Rottnest Island in 2009, almost nine in 10 (87%) reported at least one negative experience due to alcohol or other drug use [3]. For example, 58% reported a blackout, 67% a hangover, 45% an emotional outburst, 41% accident or injury, 21% sex they later regretted, and 14% unprotected sex.

Based on a sample of school leavers, a Victorian study found that each alcoholic drink consumed increased the risk of being involved in an aggressive incident by 8%, and being involved in an alcohol-related injury or accident by 5% [4].

Each additional drink significantly increases the risk of injury and death for the drinker, and also places others at increased risk of harm, including friends and family [5].

Employing harm reduction strategies is associated with a reduced risk of experiencing alcohol and other drug related harms.

03

## PARENTAL SUPPLY OF ALCOHOL IS ONLY LIKELY TO BE TOPPING UP ALCOHOL SUPPLY.

Some parents believe supplying alcohol to young people will control the amount they drink at Leavers. Western Australian research suggests this is not the case.

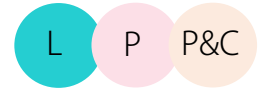
Western Australian research has found that young people whose parents approved of their drinking were 5.4 times more likely to report higher alcohol use, compared to young people whose parents did not approve [6].

For example, of the 25% of leavers who said their parents provided them with alcohol for Leavers' celebrations [3]:

- 89% drank at levels considered risky for adults by the National Health and Medical Research Council.
- 65% reported they also had sources other than their parents providing them with alcohol.

Evidence does not support the view that supplying alcohol to young people protects them against adverse drinking outcomes [7].

# What is a standard drink?



Research indicates most 17 and 18 year old's attending Leavers' celebrations in WA consume alcohol.

The National Health and Medical Research Council recommend for children and young people under 18, not drinking is the safest choice.

For healthy adults over 18, **the National Health and Medical Research Council recommend drinking no more than four standard drinks on a single drinking occasion to reduce the risk of short-term harm, such as accident and injury.**

But what does a standard drink look like? In Australia, a standard drink is any drink containing 10 grams of alcohol, regardless of container size or alcohol type. Different alcoholic drinks contain different amounts of alcohol, and glasses and containers often hold more than one standard drink. This can make it difficult to know how many standard drinks are in each drink consumed.

## How many standard drinks are you having?



# Alcohol laws in WA



Alcohol is harmful to young people. It can increase the risk of injury and experiencing mental health issues and cause permanent damage to their developing brain. For these reasons, the National Health and Medical Research Council recommend for children and young people under 18, not drinking alcohol is the safest option.

As research indicates alcohol is consumed at Leavers' celebrations, the following provides information about WA laws regarding supplying alcohol to people under 18.

The legislation regarding alcohol and young people under 18 years of age differs in each state and territory in Australia. In Western Australia:

## On a licensed or regulated premises

- It is an offence for anyone under the age of 18 years to enter or remain on licensed premises without a legal guardian or responsible adult, except under specific circumstances outlined in the *Liquor Control Act 1988*.
- It is against the law for alcohol to be sold or supplied to anyone under the age of 18 years on a licensed (e.g. restaurant) or regulated (e.g. community hall) premises.
- It is an offence for anyone under the age of 18 years to consume alcohol or be in the possession of alcohol on a licensed or regulated premises, and it is an offence to allow that to occur.

## In a public place

- It is an offence for persons of any age to drink in public, such as on the street, park or beach. Open and unopened liquor can be confiscated and destroyed by Police. The offence carries a \$2,000 fine.
- It is an offence for anyone under the age of 18 to be in possession of alcohol (open or unopened) in a public place (including on the street, park or beach). Police have powers to seize and dispose of the liquor under those circumstances. The offence carries a \$2,000 fine.

## In a private setting

- It is against the law for any person to supply alcohol to a young person under 18 on private premises (e.g. a private home) without the permission of their parent or guardian. Where a person supplies alcohol to a juvenile without consent, a maximum \$10,000 penalty applies.
- For parents or guardians who provide permission for their children to be provided alcohol by other persons, it is preferable permission be provided in writing.
- Where consent has been given, the person supplying the alcohol must comply with particular responsible service requirements, which include:
  - Not supplying alcohol if the supplier is drunk.
  - Not supplying alcohol to the juvenile if they are drunk.
  - Supervising the consumption of liquor by the juvenile at all times.
  - Not supplying alcohol to the juvenile if at the time the consent was given, the parent or guardian was drunk.



# Frequently asked questions



01

**Is it against the law for a 17 year old to supply another 17 year old?**

Yes. Regardless of the age of the person supplying alcohol, it is against the law to supply alcohol to a person under the age of 18 years without the permission of a parent or guardian. Juveniles (those under the age of 18 years) who supply alcohol to other juveniles without parental permission will be subject to the provisions of the *Young Offenders Act 1994*, and may be dealt with through alternative measures such as a caution or referred to a juvenile justice team.

02

**If I am an 18 year old adult, can I give permission for my friend to be supplied alcohol?**

No. Only parents or guardians can give permission for others to supply alcohol to their child. Supplying alcohol to a young person under the age of 18 without parental permission carries a maximum \$10,000 penalty.

03

**I am hosting a gathering for my 17 year old daughter and her friends. One of my daughter's friends told me her mother had given her permission to drink alcohol. Is it okay for me to give her a drink at my house?**

No. You must obtain permission directly from your daughter's friend's parent or guardian. This is preferable in writing, but if not, you must be satisfied the person you have spoken with is the juvenile's parent or guardian and they are not drunk when they give their consent. Without permission, you are liable for a penalty of up to \$10,000.

The law requires if you are supplying alcohol to a person under 18 years old in your home you must observe responsible supervision practices at all times. This includes making sure these young people don't get drunk (or you do not get drunk yourself) and that you are able to supervise their consumption of alcohol at all times.

04

**If I am 18 years old, can I take my alcohol in my car if I have 17 year old passengers?**

Yes, provided the alcohol is not opened. However, if you are driving to Leavers, your car may be searched by Police. If Police suspect the alcohol in your car is intended to be consumed by someone under the age of 18 years, they can confiscate the alcohol and you are liable for a \$2,000 fine.

05

**What happens if I get caught attempting to buy alcohol when I am underage, or with a fake ID?**

If you are under the age of 18, it is illegal for you to purchase, or attempt to purchase alcohol. The service of alcohol can be refused if you are asked to provide ID and you can not or do not.

To buy alcohol, you must show photographic identification that proves you are 18 years or older.

It is against the law to make a false statement, using fake or misleading identification regarding your age. The maximum penalty is \$10,000 and the alcohol purchased can be confiscated or destroyed by Police.

Asking someone over the age of 18 to buy alcohol for you is also against the law. The maximum penalty for you and the person intending to buy you alcohol is \$10,000.

# Preparing for Leavers

## Before you get there

- Chat with your parents about your Leavers plans. Give them contact numbers for your friends and friends' parents, and give them the name, address and contact details of your accommodation venue.
- Book accommodation early and plan travel arrangements to get there and back safely.
- Make an agreement with your parents about maintaining regular communication, even just a routine call or text each day.
- Work out a budget, and include extra money for emergencies.
- Make a pact with your buddies that you will stick together at Leavers' and look out for one another.
- Remember, learners and provisional drivers cannot drive with a blood alcohol concentration above 0.00. Don't take the risk.
- Head to the official WA Leavers' website at [leaverswa.com.au](http://leaverswa.com.au) for information on specific Leavers destinations and activities.
- Download the WA Leavers app for mobile for all official WA Leavers' event information. This is free to download via iTunes or GooglePlay.

## Once you're there

- Carry your photo ID, phone and wallet at all times.
- Keep a list of emergency contacts on you at all times, including friends, parents and local Police (131 444).
- If applicable, wear your official WA Leavers' wrist band at all times.
- Know the house rules at your accommodation and look after the place you're staying in.
- Don't accept rides with people you don't know, and don't get in a car with someone you suspect has been drinking or is under the influence of other drugs.
- Take care of yourself – stay hydrated, eat regularly and aim to get your 8 hours of beauty sleep each night.
- Remember your buddy system!
  - Don't let your friends go off alone.
  - Organise a safe, public place to meet if you get separated.
  - If a friend says they are feeling, or appears to be unwell, seek help immediately.
  - Ambulances are free with your official WA Leavers wristband, and paramedics are there to help you.
- Keep yourself safe. Remember, alcohol and drugs impact your ability to make good choices.
- Remember it is illegal for people under 18 to purchase or attempt to purchase alcohol, and it is illegal for anyone to drink in a public place, including the beach, park or in a car.
- It is also illegal to be in possession of illicit drugs, including cannabis and ecstasy.
- Be considerate and respectful of the people, property and public places in the community you are visiting. Don't leave a mess behind.
- WA Police and the Leavers' support services are there to help you celebrate safely. When you arrive, locate where they are so you know where to go and how to contact them if you need assistance.
- For Police assistance, call 131 444. Save 000 for life threatening emergencies.

Leavers | Alcohol and other drugs community kit

## Packing list

1. Two forms of ID (e.g. drivers licence, transperth smartrider, school ID).
2. Money and something secure to carry it in.
3. Hat, sunglasses and sunscreen.
4. Beach towel.
5. Summer clothes and warm clothes.
6. Phone charger.
7. First aid essentials - bandaids, panadol and any other medications.
8. Mosquito repellent.
9. Leave valuables at home.

L P P&C

# Looking after yourself and your mates



**Not using alcohol or other drugs is the safest choice for young people.** Not using is the best way to ensure sure your Leavers' celebrations are a positive and memorable experience.

Evidence shows the more alcohol a person drinks, the greater the risk of harm to themselves and others. Drugs can also contain many unknown chemicals and have unexpected negative mental and physical health effects.

If you or your friends decide to drink or take drugs, here are some tips that can help reduce the risk of harm.

## Alcohol

- Stay hydrated by drinking water.
- Don't drink on an empty stomach – eat well before or while drinking.
- Be well rested.
- Limit yourself (e.g. set yourself a drinks limit, alternate alcoholic drinks with water).
- Don't mix different types of alcoholic drinks (e.g. spirits and beer).
- Energy drinks and alcohol don't mix.
- Don't mix alcohol with other drugs.
- Don't accept drinks from others and don't leave your drink unattended at any time.
- Have a buddy system. Have a pre-determined meeting area if you get separated, and don't let your friends go off alone.
- Carry a condom. Be prepared to practice safe sex, but remember that pressuring someone into sex is sexual assault and illegal.
- Don't drive or swim if under the influence of alcohol or other drugs.

## Drugs

- Avoid using alone or in an isolated environment.
- If you take drugs, let your friends know so they can look out for you.
- Avoid mixing different illicit drugs. Mixing drugs is risky and the effect can be unpredictable.
- Avoid mixing drugs with alcohol as this can mask or hide the effects those substances have on you.
- Stay hydrated by drinking 500-600mL of water over each hour to avoid dehydration and over-hydration, especially if you are dancing or otherwise active.
- Take regular breaks from dancing in a quiet space to chill out and cool down.
- If you start to feel unwell (either physically or mentally) go to the first aid tent or call an ambulance on triple zero 000.
- Let any support services know what you have taken and how much so they can give you the best possible support.
- If you seek medical help, Police will not be involved, unless paramedics feel threatened or there is a death.



01

## Talk to your teenager about their plans for Leavers early.

Year 12s start talking about and planning their celebrations well in advance, so it's best you get involved in the conversation early.

**Make sure you know the following key information if your teenager is attending Leavers celebrations:**

- The dates they are planning to be away;
- How they plan on getting to and from their selected destination safely;
- Where they are staying, including the name, address and contact details of the accommodation venue; and
- Who they are staying with, including the contact details of the other leavers' your teenager is staying with and their parents.

**Encourage your teenager to work out a budget** for their Leavers celebrations so they take ownership and responsibility of their end of year celebrations. This budget should include factoring in accommodation fees, daily living costs including food and transport and emergency money.

**Encourage your teenager to participate in alcohol-free activities at Leavers.** To find out what activities are running at their chosen destination, they can visit the official WA Leavers website at [leaverswa.com.au](http://leaverswa.com.au). All official WA Leavers activities are alcohol-free. Avoiding alcohol and drugs is the safest choice for young people, and the best way to make sure their Leavers experience is memorable, and not for the wrong reasons.

**Make sure your teenager is aware of the Western Australian laws that apply in relation to alcohol and other drugs** before Leavers week. For example, in Western Australia:

- Drinking in a public place, such as at the beach or in a car, is against the law and young people can be fined up to \$2,000.
- If your teenager is 18, it is illegal to supply underage friends with alcohol without parental consent (and a hefty \$10,000 fine applies).
- It is against the law to be in possession of any illicit drugs.

02

## Share your expectations about alcohol and other drug use.

As a parent, it is important to talk with your teenager openly about alcohol and other drugs, and the best time to do it is before it happens. For some, Leavers celebrations may be the first time they experience alcohol or other drug use, so equipping your teenager with accurate information about the effects and risks of alcohol and other drugs will help them make informed choices.

**Discuss your expectations about alcohol and other drug use and the reasons why.**

For example, you might discuss the short-term effects of alcohol use, such as intoxication, aggression and violence, and the risks, including unwanted or risky sexual behaviour and reduced ability to make good decisions, which can lead to risk-taking, injury and hospitalisation.

**It is important parents or older siblings do not provide under 18s with alcohol to take to Leavers.**

Research of Western Australian students celebrating at a popular Leavers destination found young people who were supplied alcohol by their parents for the celebrations were more likely to drink at risky levels, and in many cases, the alcohol supplied to young people is likely topping up the situation. Even if your teenager is 18 years old, many leavers' are under the age of 18 years. Agencies and volunteers work hard to ensure that leavers' have a fun and safe experience without the need for alcohol, and as such all official WA Leavers activities are alcohol-free.

**Illicit drugs can also be associated with Leavers celebrations, it's important to have a conversation about the risks associated with drug use.** Talk to your teenager about:

- How the drugs they may be offered are not necessarily what people say they are;
- There is no way of knowing the purity of the drug or what other harmful substances the drug contains;
- The risks of mixing drugs with alcohol or other drugs; and
- There is no way to tell how drugs will affect them. Even if a friend has taken something and seems fine, everyone reacts differently to illicit drugs.

If your teenager intends to use alcohol or other drugs, it's important they are aware of some strategies they can use to help keep them safe. Head to [alcoholthinkagain.com.au](http://alcoholthinkagain.com.au) for harm minimisation tips for teenagers at Leavers.

Following the discussion with your teenager about alcohol and other drugs, you could negotiate an agreement with them about not drinking or taking drugs at Leavers, and discuss with them the consequences of breaking that agreement.

When discussing alcohol and other drugs, it is useful to be open and calm. Listen to the views of your teenager and make it clear they can talk to you if they have any questions or concerns in the future.

03

## Empower your teenager.

It's important to remind your teenager that it's okay to say no to things they don't want to do. For example, of school students aged 12 to 17 years, approximately four in five have never used an illicit drug, and almost two in five have never drunk alcohol [8,9].

To help your teenager make positive choices and be better equipped to say no if they encounter a situation where alcohol and other drugs are being used or offered, you can **suggest some responses they can use to refuse alcohol or other drugs**. Some responses could include:

*"No thanks, I'm not into that", or "no thanks, I'm okay".*

*"I hate the taste".*

*"I don't really want to feel bad tomorrow".*

*"I can't tonight, I'm on medication".*

*"No thanks, I'll stay sober and keep an eye out to make sure you're safe".*

*"I don't want what happened to me/my friend to happen again".*

*"I made a pact with my parents that I wouldn't".*

*"If my parent's find out, I'll be in big trouble".*

People are usually less concerned about what it is people are drinking, rather than that they are drinking. **Suggest alternatives your teenager can put in their drink instead of alcohol**, like soft drink, sparkling water or juice. This might also help to reduce any feelings of awkwardness for your teenager if they choose not to drink amongst a group of friends.

It's also very important your teenager understands issues relating to consent and safe sex. Remind your teenager they always have the right to say no, and they cannot pressure others into sexual activity. Alcohol use leads to poor decision making skills, and these types of decisions are not ones that should be made when under the influence of alcohol or other drugs. Ask your teenager to think about their boundaries before Leavers, and how they intend to protect themselves.

04

## Tips on staying safe.

Leavers is an opportunity for teenagers to celebrate their hard work and completing high school. However, the safety of our teenagers should be everyone's number one priority, including their own.

It is recommended **an agreement be made with your teenager about maintaining regular communication during Leavers week**. A routine call or text each day is a good way to allow you to check in to make sure your teenager is safe, well and enjoying themselves.

Importantly, you should **reassure your teenager they can contact you at any time if they have a problem or need to come home**.

- It is also important teenagers know where to seek help if needed.
- Police, paramedics and first aid officers and other support services are available during Leavers week. They are there to help, protect and keep our teenagers safe, and not get them in trouble.
- Police can be reached on 131 444, or 000 in the case of emergencies.
- Ambulances are free in the South West during Leavers week for those participating in official WA Leavers' celebrations. Police will not be called by paramedics unless they feel there is a risk to their personal safety or there is a death.

If your teenager intends to use alcohol or other drugs, it's important they are aware of some strategies they can use to help keep them safe. Head to [alcoholthinkagain.com.au](http://alcoholthinkagain.com.au) for harm minimisation tips for teenagers at Leavers.

**Remind your teenager to stick with their friends and not wander off alone.**

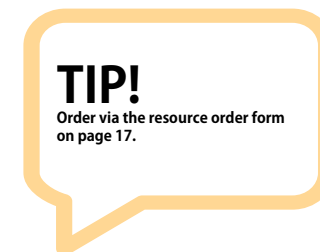
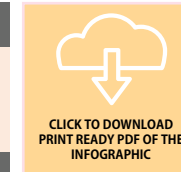
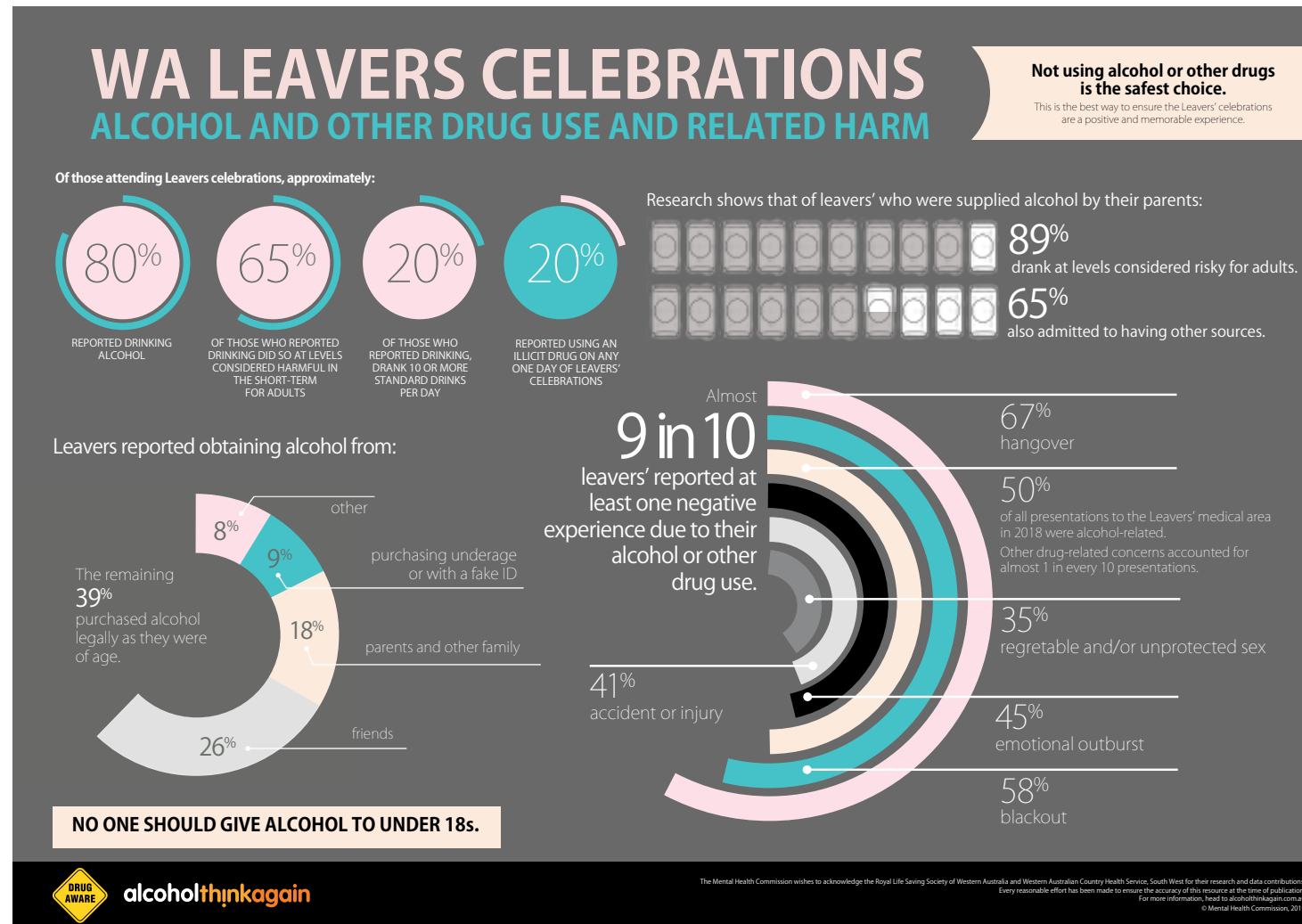
If your teenager suspects themselves or a friend is unwell from alcohol or other drugs, stress to them the importance of seeking help immediately and not leaving their friends alone.

Also remind your teenager about the dangers of swimming while under the influence of alcohol or other drugs, in addition to the risks associated with driving or getting into a car with someone else under the influence of alcohol or other drugs.

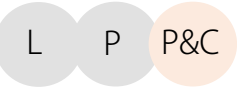
# Campaign materials



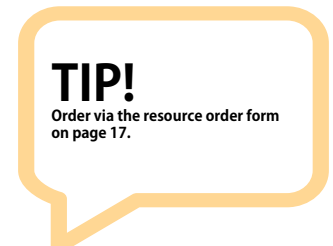
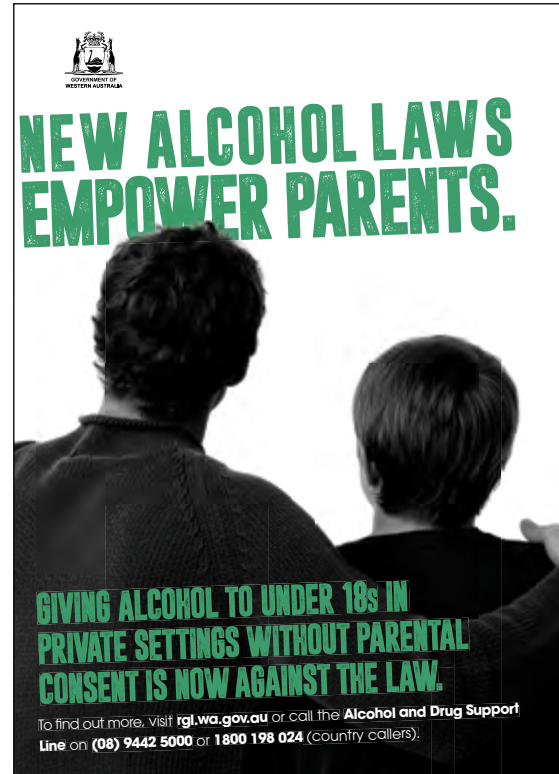
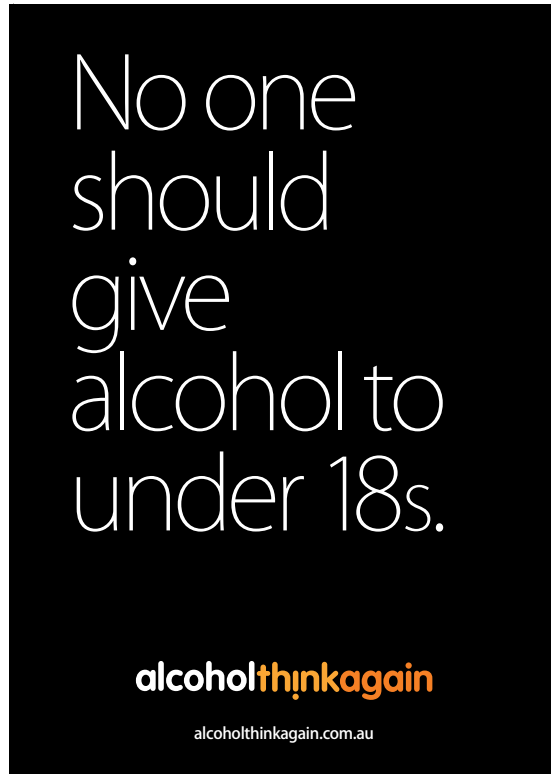
## Infographic



# Campaign materials



## A3 posters



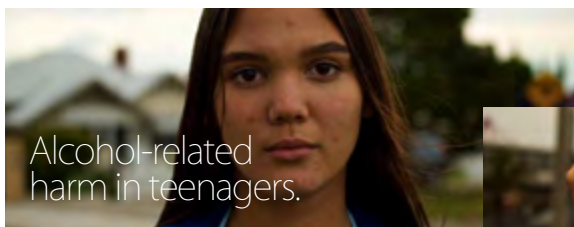
# Campaign materials

L

P

P&C

## Factsheets



### Alcohol-related harm in teenagers.

A major proportion of disease and death for young people is caused by alcohol use. Studies have shown the health and social consequences of teenage drinking, including risky sexual behaviours; public disturbance; aggression; hospitalisation; interruptions to family life, education and work; accidents and injuries.

#### Mental health harm

Alcohol use, especially when initiated at a young age, elevates the risk of many mental health issues and social problems. The nature of the relationship between alcohol use and mental health issues in adolescence is somewhat reciprocal. Young people with certain mental health disorders are more likely to initiate alcohol use and accelerate their use throughout adolescence. In turn, alcohol use may contribute to poor mental health. One of the major complications of teenage alcohol use is self-harm, having suicidal thoughts and suicide, especially in teens with major depression.

#### Risk of accident, injury and antisocial behaviour

Drinking contributes to the three leading causes of death among teenagers. In an American study one in ten teens reported being influenced by alcohol during a fight. This same group were also more likely to injure themselves or others during the fight. The prevalence of risk-taking behaviours increases in adolescence and the likelihood of injury increases further still when alcohol is also involved.

In Western Australia, of those young people who drank in the last week almost 1 in 4 (23%) reported having an argument and 13% reported hitting someone or having a fight.

#### Benefits of delaying alcohol use until 18 years of age

The national guidelines for alcohol consumption underlined the importance of delaying the initiation of drinking for as long as possible as a key factor in limiting alcohol-related health issues during a person's lifetime. The evidence suggests that early drinking is related to more frequent and higher quantity alcohol consumption in adolescence, and these patterns are related to the development of alcohol-related harms in adolescence and adulthood. There is some evidence to suggest teenagers delay their first alcoholic drink, the less likely they are to become regular consumers of alcohol, and delaying their drinking reduces consumption levels in adulthood.

No one should give alcohol to under 18s.



### Talking to your teenager about alcohol

Australian children live in a world where alcohol is regularly promoted and consumed, so it's useful for them to talk to their parents from an early age and understand what their parents expect of them.

#### Talking to your teen

The best time to start talking about risky alcohol use is before it happens. Parents can use media portrayal of alcohol use and related problems to start discussions that are general, rather than subjective and sensitive.

As children get older, parents have a critical role: know where your children are and who they are with, and be clear about your expectations (sleeping in, touch, time to come home, what will happen if they break the rules) and what to do if they get into difficulty.

#### Discussing teenage alcohol-related harm

Talk about how alcohol might affect them even if they don't drink themselves. Rather than just telling them what concerns you, try to find out what they might be concerned about, such as how drinking may lead to behaviour they'll later regret. You could ask if they know of examples of this happening to others – either on television or in movies, or in their day-to-day lives. This can help you reach an agreement on your rules about drinking and explain the rationale for those rules.

The National Health and Medical Research Council (NHMRC) guidelines state that for those under the age of 15, it is important not to drink. And for those aged 15 to 17, the safest option is to not drink and to delay starting drinking.

Explaining the effects of alcohol with teenagers can help when discussing why alcohol use should be delayed until 18 years of age. This summary of alcohol-related harms for young people may help:

- Alcohol use contributes to the three leading causes of death among adolescents including unintentional injuries, homicide and suicide.
- Other harms include risk-taking behaviour, unsafe sex

No one should give alcohol to under 18s.

- choices, sexual coercion, academic achievement, behavioural patterns and alcohol overdose.
- Research indicates that alcohol may affect brain development and be linked to alcohol-related later in life.
- The safest option for teenagers is to delay their drinking for as long as possible.

#### Information and support

If you're having difficulties dealing with any of the outlined in this flyer you don't have to go it alone. Alcohol and other drug services in your community provide professional assistance and information. Below provide current information, support and services available in your area.

#### Alcohol and Drug Support Line

(08) 9442 5000 or 1800 186 024 (country callers)  
A free 24-hour, state-wide, confidential telephone and support service for parents and families concerned about alcohol and other drug use.

Callers can speak with a professional counsellor or touch with local Community Drug Service Teams who can provide counselling, education and support.

#### Parent and Family Drug Support Line

(08) 9442 5050 or 1800 653 203 (country callers)  
A free 24-hour, state-wide, confidential telephone and support service for parents and families concerned about alcohol and other drug use. Callers can speak to a professional counsellor or to a trained parent volunteer, who has experience with a child using alcohol and other drugs.

### Tips for hosting a party for teenagers.

Factors to consider to reduce alcohol related harm.

This fact sheet is designed to assist parents/carers in planning and hosting responsible parties with teenagers 18 years of age. It provides tips about communicating with teenagers and factors you might consider before a party or allowing your teenager to attend a party.

Alcohol can increase the risk of injury, social and mental health problems, and cause permanent damage to young people's developing brain. For these reasons, the national guidelines for alcohol consumption, states for people under 18 years of age not drinking alcohol is the safest option.

It is not the norm to provide alcohol to teens to attend parties. Very few (2.6%) parents reported that they had allowed their child to take alcohol to social events at 15 years or younger, and 65% still did not permit it when their child was 17-18 years of age.

Every party has the potential to get out-of-hand. It is important that you talk to your teenager about alcohol and take steps to plan a safe party. It is also necessary for you as a host to understand your legal responsibilities.

#### Tips for parents with teens attending parties

- Know where your child is and who they're with** – take them to where they're going and pick them up. Don't leave it to someone else.
- Always call the host parents** – speak to them and find out about supervision and whether alcohol will be provided or tolerated – you can then make an informed decision.
- Create rules around parties early** – preferably before they start to get invited.
- Make consequences of breaking rules clear and stick to them** – ensure they know rules are made because you love them and want them to be safe.
- If they don't like the rules, they're most probably perfect!** Reward good behaviour and modify rules as they get older – rules should be age appropriate.

**Tips to help parents talk to teenagers about alcohol**  
Communication with your teenager is vital; particularly they can be exposed to alcohol through friends, peer media. Below are some tips to help you communicate teenager about alcohol before they attend, or you have

**Be patient** – Some teenagers have difficulty expressing themselves and often say things they do not mean. Take what they say personally and avoid engaging in arguments.

**Listen** – Try and listen without interrupting. Help them themselves by showing a genuine interest.

**Be a good role model** – Be aware of your behaviour; your attitude towards alcohol as this can have an impact; teenagers address their own alcohol use.

**Discussing drugs and alcohol** – It is important that you not glorify your own behaviour and be careful of not being hypocritical. Help your teenager develop strategies to deal with situations where they will be offered other drugs or put in difficult situations.

**Work in collaboration** – Express the reasons why you, as a parent, make a particular decision. Allow your teenager the opportunity to discuss the family's rules and how they affect them.



### Alcohol laws for under 18s.

In Western Australia the liquor control laws are governed by the Liquor Control Act 1988.

#### Secondary supply laws

On 20 November 2015, new laws came into effect regarding the secondary supply of alcohol. Under this law it is an offence for anyone to supply under 18s with alcohol in a private setting without parental or guardian permission.

This offence carries a maximum penalty of \$10,000.

Alcohol can increase the risk of injury, mental health problems, and cause permanent damage to young people's developing brain. For these reasons, the national health guideline for children and young people under 18 years of age, states that not drinking alcohol is the safest option.

Parents not wanting their children to drink alcohol are now able to stand firm in their decision not to provide young people with alcohol as secondary supply law means adults are legally not able to give alcohol to another person's child, on a private premise, without parental permission.

#### Licensed premises and public places

The laws are different in each State or Territory regarding licensed premises and public places. According to the Liquor Control Act 1988 in Western Australia:

- It is an offence for anyone under the age of 18 years to enter or remain on licensed premises without a legal guardian or responsible adult except under specific circumstances outlined in the Liquor Control Act 1988.
- It is an offence for anyone under the age of 18 years to purchase, attempt to purchase or obtain liquor from any other person on licensed or regulated premises.
- It is against the law to sell or supply alcohol to anyone under the age of 18 years on licensed premises or regulated premises (such as a community hall holding an 18th birthday).
- It is an offence for anyone under the age of 18 years to consume alcohol or be in the possession of alcohol on licensed or regulated premises and it is an offence to allow that to occur.
- It is an offence in Western Australia for persons of any age to drink in public without a permit, such as on the street, park or beach.



CLICK TO DOWNLOAD  
PRINT READY PDF OF  
THE FACTSHEETS

No one should supply alcohol to under 18s.

alcoholthinkagain

For detailed information on Secondary Supply or the Liquor Control Act 1988 visit the Department of Racing, Gaming and Liquor website - [r-gl.wa.gov.au](http://r-gl.wa.gov.au)

No one should supply alcohol to under 18s.

alcoholthinkagain



# Campaign materials



## Email signatures



**alcohol**  
**thinkagain**

Support your teenager in planning their leavers celebrations to reduce the risk of alcohol or other drug related harms.



**alcohol**  
**thinkagain**

Not using alcohol or other drugs at leavers is the safest choice.

Alcohol use by young people increases the risk of injury, experiencing mental health problems and poor decision making.

**alcoholthinkagain**

For under 18s attending Leavers no alcohol is the safest choice.

**alcoholthinkagain**

No one should give alcohol to under 18s.

**alcoholthinkagain**



**Get the real facts about illicit drugs plus information about staying safe at Leavers at [drugaware.com.au](http://drugaware.com.au)**



**Most young people attending Leavers don't use drugs.**  
For information about staying safe at Leavers visit [drugaware.com.au](http://drugaware.com.au)



**Know what you're getting into.**  
Get the real facts at [drugaware.com.au](http://drugaware.com.au)



**CLICK TO  
DOWNLOAD**

# Campaign materials

L P P&C

## Social media posts

### 01

The official Leavers' celebration period this year is from Monday 18 November to Thursday 21 November 2019. For more information, visit the official WA Leavers website.

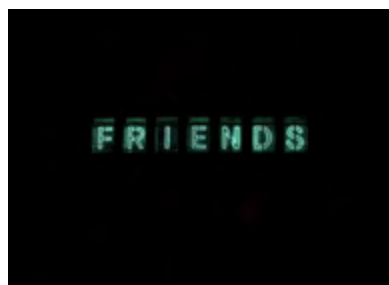


CLICK THROUGH LINK  
<https://leaverswa.com.au>

### 02

Leavers is a time for you to celebrate finishing school and spend time with your friends.

Remember to look out for one another. If you or your friends start to feel unwell, the support services at Leavers are there to help you. Click here for some more tips and tricks about how to stay safe at Leavers.



CLICK THROUGH LINK  
<https://alcoholthinkagain.com.au/Parents-Young-People/Leavers-Week-and-Alcohol/Planning-for-Leavers>

### 03

Alcohol consumption among teenagers attending leavers can result in accident or injury, black outs, hangovers, emotional outbursts and regrettable and unprotected sex.

Click here for more information about young people and alcohol, and why no alcohol is the safest choice.



CLICK THROUGH LINK  
<https://alcoholthinkagain.com.au/Parents-Young-People/Leavers-Week-and-Alcohol/Planning-for-Leavers>

### 04

Drugs can contain many unknown chemicals, and can have negative and unexpected physical and mental health effects.

The safest choice is not to take drugs. However, if you choose to take drugs you can reduce the risk of harm.

- Avoid using alone and let your friends know so they can look out for you.
- Don't mix different drugs, and don't mix alcohol and drugs.
- Stay hydrated and take regular breaks from dancing.



CLICK THROUGH LINK  
<https://drugaware.com.au/getting-the-facts/staying-safe/>

### 05

Getting ready for Leavers? Click here for information on what to pack and a few tips about how to keep yourself and your friends safe this Leavers week.



CLICK THROUGH LINK  
<https://alcoholthinkagain.com.au/Parents-Young-People/Leavers-Week-and-Alcohol/Planning-for-Leavers>



CLICK TO DOWNLOAD

# Campaign materials

L P P&C

## Social media posts

06

No alcohol is the safest choice for young people attending Leavers. For more information about alcohol laws and supplying alcohol to young people, click here.

07

Is your teenager heading to Leavers? Start having conversations about alcohol and other drug use early. Click here for information about how to support your teenager before and during Leavers celebrations.

08

If your teenager is going to Leavers' celebrations, be sure to let them know they can contact you at any time with any issue they may be having. It is also a great idea to have them save a list of emergency and support contacts in case they are unable to reach you.

09

Your teenager will get expectations of what Leavers will be like from school mates and other friends. As a parent it can be really helpful discussing and explaining how drinking alcohol can impact on their Leavers experience. For tips on how to talk to your child about what to expect click here.

10

Did you know most young people in WA don't use drugs? For some, Leavers' celebrations might be the first time they are offered drugs. Click here for how to empower your teenager in their decision not to use drugs or handle tricky situations like these.



CLICK TO DOWNLOAD



CLICK THROUGH LINK

<https://alcoholthinkagain.com.au/Parents-Young-People/Alcohol-Laws-For-Under-18s>



CLICK THROUGH LINK

<https://alcoholthinkagain.com.au/Parents-Young-People/Your-Child-And-Leavers/Information-for-parents-leavers-alcohol>



CLICK THROUGH LINK

<https://alcoholthinkagain.com.au/Parents-Young-People/Your-Child-And-Leavers/Information-for-parents-leavers-alcohol>



CLICK THROUGH LINK

<https://alcoholthinkagain.com.au/Parents-Young-People/Your-Child-And-Leavers/Information-for-parents-leavers-alcohol>



CLICK THROUGH LINK

<https://drugaware.com.au/getting-the-facts/what-are-you-getting-into/#Tips-for-telling-people-that-you-don-t-want-to-use-drugs->

# Campaign materials in your region



## Creating local campaign resources

If you develop any materials such as posters or newspaper advertising that proposes to use the Alcohol.Think Again or Drug Aware logo or messaging, these must be approved by the Mental Health Commission.

Please email your Community Support and Development Programs team member a PDF of the layout for approval.

To increase the timeliness of approval, please provide the following information:

1. The purpose of the publication.
2. The target audience.
3. What is the key message you are hoping the publication will communicate.
4. Where the publication will be used.
5. How long it will be used for.
6. When you need approval by.



**CLICK TO EMAIL THE  
COMMUNITY SUPPORT &  
DEVELOPMENT PROGRAMS  
TEAM FOR MORE  
INFORMATION OR TIPS  
TO USE THESE CAMPAIGN  
MATERIALS LOCALLY.**



**CLICK TO DOWNLOAD THE  
RESOURCE ORDER FORM TO  
ORDER PRINTED RESOURCES  
FOR USE.**

**APPROVAL IS NOT REQUIRED  
TO USE THESE RESOURCES.**

**AS A COMMUNITY-BASED STAKEHOLDER, YOU MAY WISH TO USE ONE OR ALL  
OF THE SUPPLIED MATERIALS AND STRATEGIES IN THIS COMMUNITY KIT.  
YOU ARE IN THE BEST POSITION TO DETERMINE WHICH ACTIVITIES WORK BEST  
FOR YOUR COMMUNITY.**

**THE MENTAL HEALTH COMMISSION IS HAPPY TO OFFER ASSISTANCE AND  
SUPPORT AS REQUESTED. PLEASE CONTACT THE COMMUNITY SUPPORT AND  
DEVELOPMENT PROGRAM TEAM AT  
COMMUNITYPROGRAMS@MHC.WA.GOV.AU.**

The resources and materials within this toolkit are designed for the purpose of supporting local alcohol and other drug prevention and health promotion activities in relation to WA Leavers'.

These materials should not be used in such a way or associated with a brand, service or organisation that may reduce the effectiveness and/or integrity of the materials; may damage the reputation of the Alcohol.Think Again or Drug Aware brand(s); or supports, promotes or utilises sponsorship by companies that produce or promote alcohol beverage products or brands.

Contact your Community Support and Development Program team member for assistance interpreting the appropriate use of these materials.

# Acknowledgements

---

The Mental Health Commission would like to acknowledge the Royal Life Saving Society Western Australia and WA Country Health Service, South West Public Health Unit for their research and data contributions, in addition to all stakeholders who assisted in the development of this resource.

## References

- [1] Royal Life Saving Society Western Australia, 2019 unpublished data.
- [2] WA Country Health Service. (2019). South West leavers health surveillance. Unpublished.
- [3] Lam, T., Liang, W., Chikritzhs, T., & Allsop, S. (2013). Alcohol and other drug use at school leavers' celebrations. *Journal of Public Health*, 36(3), 408-416.
- [4] Lubman, D., Droste, N., Pennay, A., Hyder, S., & Miller, P. (2014). High rates of alcohol consumption and related harm at schoolies week: A portal study. *Australian and New Zealand Journal of Public Health*, 38(6), 536-541.
- [5] National Health and Medical Research Council. (2009). *Australian guidelines to reduce health risks from drinking*. Commonwealth of Australia: Canberra, ACT.
- [6] Lam, T., Chikritzhs, T., Liang, W., & Allsop, S. (2017). Parental supply of alcohol at school leavers' celebrations and other peer-based social events. *Journal of Substance Use*, 22(5), 516-523.
- [7] Mattick, R., Wadolowski, M., Aiken, A., Clare, P., Hutchinson, D., Najman, J., ... & Kypri, K. (2017). Parental supply of alcohol and alcohol consumption in adolescence: Prospective cohort study. *Psychological Medicine*, 47(2), 267-278.
- [8] Mental Health Commission. (2019). Illicit drug trends in Western Australia: Australian School Students Alcohol and Drug Survey. Perth, Western Australia: Mental Health Commission.
- [9] Mental Health Commission. (2019). Alcohol trends in Western Australia: Australian School Students Alcohol and Drug Survey. Perth, Western Australia: Mental Health Commission.





alcoholthinkagain

[alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)