Safer celebrations:
Plan a safer party

Before the party

> Work out a plan for your party and decide on a finishing time.
> Send out invitations and include a RSVP so you know how many guests to expect. It is best to send out printed invitations and make the party 'by invitation only' to minimise the chance of gate-crashers. Email or text message invitations can be forwarded without your knowledge.
> Consider having someone reliable act as 'security'. Provide them with the list of attendees and have each one checked off as they arrive. Organise to have only one entry point. If it is a large party, you may want to consider hiring an approved crowd controller.
> Let your neighbours know you are having a party and when it is likely to finish. They are less likely to get upset if they know in advance and are prepared.
> Contact your local police station a week before the party and let them know the details. This doesn't mean the police will turn up at your party; it just helps them to be prepared in case they need to help you.
> Encourage guests to organise safe transport to and from the party.
> Have a plan so you know what to do if something goes wrong – keep important numbers near the phone.
> Think about how you will deal with the possibility of guests having illicit drugs at the party – contact the Alcohol and Drug Information Service (1300 13 1340) for advice.
> Check out the 'Safer celebrations: Do I need a liquor licence for my party?' fact sheet.
> Supply the alcohol yourself so you know how much and what type is available.
> Make it easy for guests to keep track of how much they are drinking by providing standard size drinking containers and for safety use plastic instead of glass.
> Provide plenty of substantial food and a variety of non-alcohol drinks.
> Remove valuables and lock doors to rooms that you don't want people to go in.

During the party

> Find out who the designated drivers are and help them to remain 'under the limit' by providing them with plenty of non-alcohol drinks.
> It is best not to drink if you are supervising a party. If you do choose to drink, have no more than four standard drinks over the course of the party.
> Watch out for safety hazards that may occur during the night (such as spilt drinks or broken glass) by removing them straight away.
> Help guests keep track of how much they are drinking by not topping up drinks. Let them serve themselves or ask a non-drinking guest to serve the drinks.
> Keep non-alcohol drinks in easy reach of your guests to encourage them to alternate their drinks.
> Provide food early on in the party and keep a steady supply of food available throughout the party that guests can help themselves to.
> Encourage people who smoke to go outside and away from other guests.
> Be considerate of your neighbours, keep music levels moderate and turn it down after midnight.
> Start winding down the party about an hour before the planned finishing time by turning down the music and taking away alcohol.

After the party

> Make sure your guests get home safely. If a guest has had too much to drink, arrange a lift for them with someone you trust, call them a taxi or have them stay over.
> If your guests try to drive home drunk, do what you can to stop them. They and their loved ones will thank you.
> Check the street for any mess that guests may have left behind.

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If you are attending a party

- Organise safe transport to and from the party.
- Decide before the party how many drinks containing alcohol you will have and stick to it.
- Eat before and at the party, but avoid salty snacks that make you thirsty.
- Pace your drinking and have non-alcohol refreshers in between drinks containing alcohol.
- Keep watch of your drinks and always get your own.
- Say "no" when you have had enough and don't let others top up your drink.
- Be aware of the laws about alcohol use, such as:
  - If you are less than 18 years, it is illegal to drink or carry alcohol in a public place unless you are with an adult guardian or spouse.
  - It is illegal for anyone to drink in a dry zone.

If your teenager is attending a party

- Know where and when the party will be held, and the expected finishing time.
- Offer to drive and pick up your teenager or talk about alternative transport (eg friend's parent or taxi).
- Find out if alcohol will be supplied and talk to your teenager about how to stay safe if he/she chooses to drink alcohol.
- Check that the party will be supervised by a responsible adult.
- Ask for the phone number of the host or venue.
- Talk to your teenager about how to deal with pressure from others to do things they don't want to do.
- Tell your teenager they can contact you at any time, without questions, if they need help.

Useful resources:

Alcohol and Drug Information Service: 1300 13 1340
Confidential information and counselling between 8.30am and 10pm every day.

Drug and Alcohol Services South Australia
www.sahealth.sa.gov.au/dassa
Information on alcohol and other drugs.

Consumer and Business Services (Liquor and Gambling)
www.cbs.sa.gov.au
Legal responsibilities around the sale, supply and consumption of alcohol.

SA Police
www.sapolice.sa.gov.au
Locate the contact details of your local police station.

For more information

Alcohol and Drug Information Service (ADIS)
Phone: 1300 13 1340
Confidential telephone counselling and information available between 8.30am and 10pm every day.

Drug and Alcohol Services South Australia
161 Greenhill Road, Parkside SA 5063
Phone: (08) 8274 3333 www.sahealth.sa.gov.au/dassa

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