

Information for Parents and Guardians

Did you know teenagers and young adults are at greater risk of suffering a life-threatening injury than any other age group?

Traumatic injury causes 40% of deaths in the 15-25 years age group worldwide. For those young people that survive their injuries, up to 30% of Australian young people will:

- need formal rehabilitation, and
- have profound disability for several years or even a lifetime.

People in this age group are developing physically, socially and emotionally. This can be a time when young people begin to question the values of their immediate family and look towards those of their peers. This may mean they start to change their behaviour. These changes can include experimenting with drugs, alcohol and other risk-taking activities.

Data shows us that physical trauma in this age group is increasing every year. In many situations the injury could be prevented if the alcohol and/or drugs and risk-taking behaviour was reduced.

What is the P.A.R.T.Y. program?

'Prevent Alcohol and Risk Related Trauma in Youth' (P.A.R.T.Y.) is an education program that aims to help young people (older than 15 years):

- recognise risky situations and behaviours
- understand potential consequences, and
- make informed choices.

P.A.R.T.Y. programs are run all over the world including Australia, Brazil, Canada, Germany, Japan, and the U.S.A.

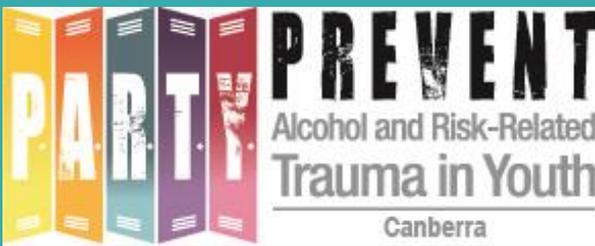
Where is the P.A.R.T.Y. program?

P.A.R.T.Y. Canberra can be run at the Canberra Hospital or as an in-school outreach program at Canberra public and private schools. The in-school outreach program may be delivered online or in person.

When is the P.A.R.T.Y. program?

P.A.R.T.Y. runs during the school year. School staff make bookings for the program.

- The in-hospital program runs for one day from 8:50am until 3:00pm.
- In person, the in-school outreach program runs for a half day from 9:00am until 12:45pm.



- Online, the in-school outreach program runs over two days, for one hour each day, at a time arranged with the school.

What happens at the P.A.R.T.Y. program?

Students follow the typical journey of a severely injured young person from the time of their injury through their treatment in hospital.

Students are given information about:

- understanding body structures and functions including how injuries happen
- the effects of alcohol/drugs on judgment, concentration and co-ordination
- the types of injuries that can be repaired and those that can't
- the effect of injury on families, finances and future plans.

The program shows students that the choices they make can cause life-threatening injuries to themselves or others. They see how this could affect them, you as their parent or guardian, the rest of their family and their friends.

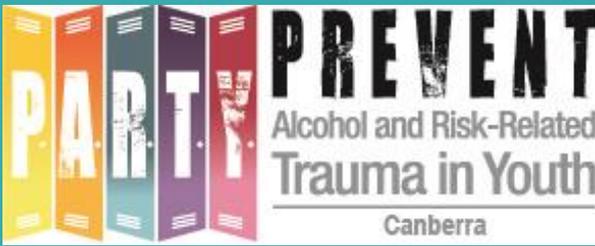
If your child is attending the P.A.R.T.Y. program, you can help us to reinforce the P.A.R.T.Y. message by talking with your children after the program. Ask them about what they saw, how it made them feel and how it might change their actions and decisions in the future.

Please help your children to spread the messages they learn from the program to their siblings and friends. Encourage them to make good choices, to have a plan and to know what could go wrong.

If you would like more information about the P.A.R.T.Y. program, contact the Program Coordinator by phoning (02) 5124 2638 or emailing P.A.R.T.Y.Canberra@act.gov.au

If you need more support for you or your child, you can call or visit:

- your child's school counselor
- your GP
- Lifeline Australia: [13 11 14](tel:131114)
 - [Lifeline crisis support chat](#)
- Beyond Blue: [1300 224 636](tel:1300224636)
 - [Beyond Blue online chat](#)
- Suicide Call Back Service: [1300 659 467](tel:1300659467)
 - [Suicide Call Back Service online chat and video chat counselling](#)
- Kids Helpline: [1800 551 800](tel:1800551800)
 - [Kids Helpline WebChat counselling](#)



- Headspace Canberra: [02 5109 9700](tel:0251099700)
- MensLine Australia: [1300 78 99 78](tel:1300789978)
- Canberra Health Services Access Mental Health: [1800 629 354](tel:1800629354) or [02 6205 1065](tel:0262051065).

ACCESSIBILITY

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: www.health.act.gov.au/accessibility

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