

## Information for Students

'Prevent Alcohol and Risk Related Trauma in Youth' (P.A.R.T.Y.) helps you recognise risky situations and behaviours and make informed choices around drinking alcohol, or taking drugs if you're driving and hanging with your mates.

Although this may not sound like your kind of party, you won't be told that you can't have a good time. We want your good times to last as long as possible, so we're helping you make smart choices and avoid getting injured.

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

### Who is the P.A.R.T.Y. program for?

Students aged 15 and over.

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

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

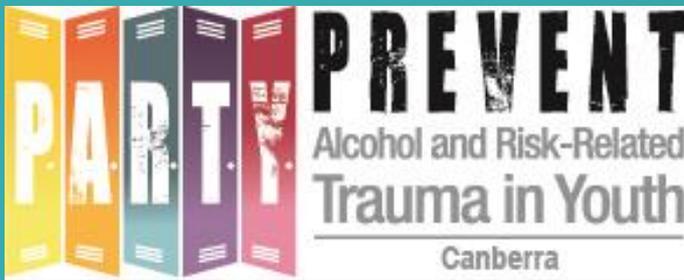
### When is the P.A.R.T.Y program held?

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?

The program shows you that the choices you make can cause life-threatening injuries to you or others. You'll see how this could affect you, the rest of your family and your mates. Above all, we want you to make smart choices, have a plan and think twice about taking risks. This will prevent harm to yourself and others.



### *In-hospital P.A.R.T.Y. program*

You'll spend the whole day at the Canberra Hospital. You will get the opportunity to talk with real patients about what it is like to be in hospital and how their choices and injuries have impacted their lives. You will also talk with staff that care for them. You will follow the journey of a patient through the hospital looking at what happens to them in environments such as the emergency department, intensive care unit and trauma ward, and then spend time 'living with' the long term impact and disability injuries can cause.

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### *In-school outreach program*

You'll spend half a day with trauma nurses, allied health specialists and volunteers that care for trauma patients at Canberra Health Services. Through DVD and PowerPoint presentations, interviews with patients and real-life scenarios, you will see the painful journey of a trauma patient. You will learn about trauma injuries and have hands-on experience with some of the equipment used in trauma care and rehabilitation.

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### *Online In-school outreach program*

You'll spend two sessions in an online classroom meeting with our staff including trauma nurses and a trauma doctor.

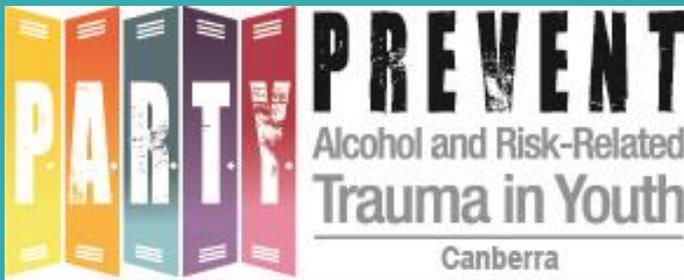
Through PowerPoint presentations and live chatting with staff you will be provided with real-life scenarios and will see the painful journey of a trauma patient. You will learn about trauma injuries, be given useful information on how to help your friends and information about using alcohol and other drugs.

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

If you need more support you can call or visit:

- your 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.

Interpreter

For further accessibility information, visit: [www.health.act.gov.au/accessibility](http://www.health.act.gov.au/accessibility)

[www.health.act.gov.au](http://www.health.act.gov.au) | Phone: 132281

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