

# SAFER CELEBRATING



Each week in Australia it is estimated 1 teen dies and more than 60 are hospitalised due to alcohol related causes



National Health and Medical Research Council (2009). "Australian Guidelines to Reduce Health Risks from Drinking Alcohol", Canberra, NHMRC.

## THE LAW

**BY LAW IN NSW,** alcohol cannot be served to minors (Under 18s) without their parent or guardian's consent... **EVEN IN YOUR OWN HOME**



## ADULT

SUPERVISION

at youth celebrations  
**REDUCES THE RISK**  
of injury or harm

## Get home safely

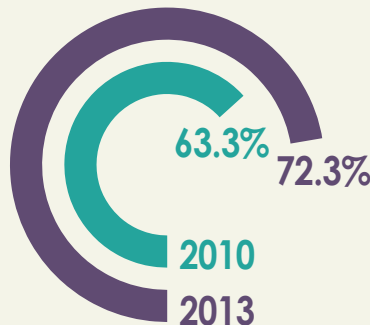
- Book a **TAXI** or **UBER**
- Plan **PUBLIC TRANSPORT**
- Organise **LIFTS**
- Ask to **STAY OVERNIGHT**



## ADOLESCENT BRAINS ARE...

**MORE sensitive**  
to alcohol induced damage

**LESS sensitive**  
to cues that could moderate alcohol intake



The proportion of young people aged 12 -17 years who are **choosing not to drink** has risen

Australian Institute of Health & Welfare (2014). "2013 National Drug Strategy Household Survey: Key Findings".

## TIPS

When hosting a party you don't need to hover over guests but make sure you are a visible presence.

If your teen is going to a party, contact the host beforehand to check security, alcohol and transport arrangements.

youthsafe

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Youthsafe partners to prevent unintentional injury of young people.

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