

RDC making a positive difference

Your guide to trouble free partying



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What are we on about?

We know you are going to be out partying and drinking this summer, and we know you just want to have fun, so this booklet contains information that will help you **MAXIMISE THE FUN** and **AVOID THE TROUBLE**. Trouble can be expensive so read on to save yourself embarrassment, time and money.

And hang on to this booklet - put it in your pocket, bag or glovebox - so that you can refer to it if you're not sure what the suggestions are.

- **Maps of the liquor ban areas in Rodney are on line for your information.** If you drink alcohol in these areas, you could receive an instant fine of \$200 and have your vehicle and possessions searched by the police. There is more information about the penalties for drinking alcohol in public and for purchasing alcohol if you are underage on page 6.
- **There is information on getting you and your friends safely to and from parties on page 4.** Making good decisions about your transport could save lives. Being sensible about how you behave at parties and in public could help you avoid trouble with the police and help you keep your hard-earned cash. The smart ideas are on page 7.
- **If you or your friends are thinking of throwing a party this summer, check out page 5** for sensible ideas on how to maximise the fun and avoid the dangers.
- **And finally, pages 8 & 9 give you a few reality checks on the effects of alcohol.** You might be glad you read it rather than take the advice of someone not so well informed.

Going out

- Plan your transport to and from parties before you go out. Choose a designated driver who won't be drinking or, if you are all going to be drinking, make sure you have enough money for a bus or taxi. You can also dial-a-driver on 09 424 5475. If you're getting a ride with a mate, make sure they are sober. If you're not sure, don't risk it.
- Consider staying over after the party, if it's a safe option. Don't try walking home alone.
- Try and stick with your mates the whole night and keep an eye out for each other. If anyone looks like they're getting out of control, don't let them go off alone. Maybe someone could agree to not party too hard and watch out for the rest.
- Eat before you go out and while you are at the party. Eating slows down the rate at which alcohol is absorbed into your body.
- Add some non-alcoholic drinks to your night, that way you won't get too thirsty or too drunk. Ideally, have one non-alcoholic drink for each alcoholic one. And pace yourself as you go - don't slam down drinks back to back. It only makes for a miserable end to the evening.
- Remember, there are no safe drinking guidelines for young people. 'Safe' depends on a lot of things, e.g. how much you have eaten, how long ago, how big you are and what sort of physical condition you are in.
- Keep drinking water, especially if you are dancing a lot. And drink as much water as you can before you go to sleep - it will help you feel better in the morning.
- Don't expect hot drinks, cold showers, throwing up, eating greasy food or walking it off to sober you up. Only time and your liver can do that.

Hosting a party

A party out of control is no fun for anyone.

A bit of preparation can make all the difference.

- Make sure you have adult supervision. Set the ground rules with them and decide how you will handle troublemakers or gatecrashers. Make sure everyone knows and agrees on what is OK.
- Invite friends who make fun, not trouble.
- Provide plenty of food like pizza, bread and sausage rolls, not just chips and peanuts.
- If you are going to allow alcohol, decide what kind and how much. Give people plenty of non-alcoholic options such as juice, soft drinks and water.
- Decide in advance on what time and how the party will end so you can avoid problems. Arrange for friends to stay over or to get home safely.
- If the party is getting out of hand, don't be afraid to call the police.
- If someone has drunk too much and is throwing up non-stop or can't be woken up, call an ambulance. Don't ignore them and make sure they are in a safe place with a friend. If someone is totally out of it, put them in the recovery position, check they are breathing and that their mouth is clear, and call an ambulance. If they are not breathing, start CPR.



Respect & consequences

- **Maps of the liquor ban areas in Rodney are on line for your information.** There are also signs at the actual locations where liquor bans are operating.
- If you are consuming alcohol in a liquor ban area, the police can **confiscate all your alcohol, and search you and your vehicle.**
- Anyone under 18 years old found drinking in a public place can be issued with a Liquor Infringement Notice which carries an **instant fine of \$200.** Try explaining that to your parents and think about the other things you could buy with that money.
- If you carry a **fake ID** or use someone else's ID, you could be convicted and **fined \$2000.**
- If you are involved in **illegal street racing**, or doing wheelies, donuts and burnouts, penalties include losing your licence, **losing your car** and up to **three months in prison** for serious offences.
- Carrying unauthorised passengers on a restricted licence, without a supervisor, could cost you a **\$400 fine.**
- **A criminal conviction** means that finding a job and travelling overseas could be much trickier for you.



- Don't bust up or disrespect other people's property when you are out in public. If you do, you could be arrested by the police and charged with **Wilful Damage**. Wilful Damage is a term used by the police for things like tagging, smashing letterboxes, and damaging road signs, bus shelters and phone boxes. The maximum penalty for Wilful Damage is a **\$2000 fine or three months in prison**. Your parents can also be made to pay for the damage if you are under 16 years old. Think about it.
- **The police can detain you** and take you to a place of safety if they think you are in a situation where you are likely to be harmed or harm others. They can also take you to detox if you are found drunk in a public place. Imagine who you might wake up next to if that happened!
- **If the police turn up** at a party you are attending or hosting, don't give them trouble just to show off to your mates. Things will only get worse **so show a bit of respect** and do what they say.

Test your alcohol IQ

Think you know a bit about alcohol and what it can do?
Let's see . . .

True or False

- 1 Everyone reacts to alcohol in the same way.*
- 2 You get drunk quicker if you mix your drinks.*
- 3 People can get addicted to alcohol.*
- 4 Once your hangover wears off, alcohol no longer affects your body.*
- 5 A cold shower or a hot drink will sober someone up.*
- 6 Alcohol harms more people than any other drug.*
- 7 30% of accident and emergency hospital admissions are alcohol-related.*
- 8 Alcohol-related harm is estimated to cost New Zealand \$500 million a year.*

Answers

1 *False*

Alcohol affects everyone differently. In fact, your reaction to alcohol can vary depending on the circumstances. There are a lot of factors that affect reactions to alcohol such as the amount of pure alcohol in what you are drinking, the rate at which you drink and other factors such as how much you have had to eat, your body weight, gender, and how you feel mentally.

2 False

Alcohol is alcohol. A standard drink of beer, wine or spirits contains the same amount of pure alcohol. What matters is the number of standard drinks you consume, not the type of alcohol.

3 True

If your usual amount of alcohol no longer gives you the same effect, it may be a sign you are developing a tolerance for alcohol. This could mean you are on the way to developing a serious problem with alcohol.

4 False

Alcohol can do major damage to your digestive system. It can hurt your heart, liver, stomach and other critical organs. It can also take away years from your life.

5 False

Nothing sobers you up but time. You may be clean and awake but you are still drunk. On average, it takes the body about one hour to process one standard drink.

6 True

Alcohol and tobacco kill more people than cocaine, heroin and every other illegal drug combined.

7 False

Actually, 70% of A&E admissions are alcohol-related. So if you don't drink alcohol, your chances of ending up in an emergency department are pretty low.

8 False

The true cost is estimated to be somewhere between \$1 billion and \$4 billion a year.

SOURCE: www.alac.org.nz