

Party Safe

Wellbeing Matters
MARIST COLLEGE WELLBEING

This week we were very lucky to have the entertaining and very informative Sonya Karass, from Whole New World, speak with our year 10 & 12 Students about “partying safely”. Sonya presented a wealth of information in a style that could be described as stand up comedy which had our senior students thoroughly engaged while discussing this very important topic. Students were asked to consider risks, making safe choices, how to take care for friends, warning signs and how to get out of tricky situations. Sonya also informed students that research indicates that more young people are choosing not to drink under age than ever before, which is heartening to hear!

Topics that Sonya discussed included; Drinking and Driving – the laws for P and L platers, How to stop a friend from drinking and driving, Standard drinks, How alcohol is processed, The dangers of fast consumption of alcohol (or pre-loading), Laws for being in possession of alcohol underage and drinking in public, Underage fines and law, Hosting parties and your responsibilities, Alcohol – harm minimization, Recovery position and calling an ambulance, Assessing for intoxication before getting into a car (signs of intoxication), Drink spiking, and Getting home safely.

Sonya also presented an engaging and informative evening session to Parents. This dynamic session was very informative about how to ensure our children are able to have fun in ways that do not compromise theirs or others safety. Sonya addressed the important considerations and legal responsibilities of hosting parties. Thanks you Sonya for your time and energy!

