

DIRECTIONS ACT

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Media Release

Minimise the Harm for Youth Binge Drinking

DIRECTIONSACT has received funding from the National Binge Drinking Strategy for the Party Safe Project which aims to minimise the harms and risky behaviours associated in binge drinking by young people in the Canberra region.

The Party Safe Project is a wide ranging initiative targeting young people who are most likely to binge drink and may be involved in risky behaviours such as unsafe sex, violence or injury, drink driving and inability to recognise safety issues. It aims to inform and support safe drinking practices and reduce potentially detrimental behaviours which can affect a young person's life.

DIRECTIONS ACT is a community based organisation providing free confidential counseling, information, education and practical support to people affected by alcohol and other drugs.

“As a community we need to find ways to engage young people, to help them modify their risk behaviours, especially during the years where experimentation with alcohol and partying occurs,” said Carol Mead, Executive Director, DIRECTIONS ACT. “Engagement is the key to making safer choices. Information and resources helps reinforce the message.”

The Party Safe Project aims to reduce the harms of binge drinking for young people by;

- Information resources such as booklets and party safe packs and information about safe drinking
- Providing access to support, information and resources from a Party Safe vehicle that will be located at places where young people gather to drink alcohol such as music festivals, university events and hot spots around Canberra.
- Distributing safe sex information and resources such as free condoms, water and referral to health services for young people.
- Providing subsidised first aid courses for young people, with a Party Safe emphasis, in partnership with St John Ambulance. This will help young people know how to help in an emergency and recognise dangers and safety issues.

“We are fortunate to have a partnership with St John Ambulance ACT and look forward to training young people through the Party Safe Project. Other community groups will also assist the Party Safe Project with resources and personnel to help in the Party Safe vehicle,” stated Carol Mead.

Our aim is to engage and inform young people about being Party Safe.

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