

SCHOOLIES

BE SAFE AND WATCH
YOUR MATES

CHECKLIST FOR PARENTS

IN THE LEAD UP TO SCHOOLIES

- Follow us **@SaferSchooliesForParents** on Facebook, for all the official information regarding Schoolies
- Encourage your teen to follow us **@SchooliesGC** on Facebook and Instagram for information on safety, diversionary activities and support services available during Schoolies
- Talk to your teen about their expectations of Schoolies
- Have an honest conversation about drinking, drugs, sex and the importance of consent, peer pressure and risk taking behaviour
- If your teen has a medical condition, or takes medication, make sure they are able to manage it, and understand how alcohol and other drugs may affect their medication
- If your teen is staying in accommodation, make sure they have read through the accommodation House Rules and clearly understand what they have agreed to.

ONE WEEK BEFORE SCHOOLIES

- Acknowledge what a huge transition it is for both of you
- Make sure your teen is aware of what support is available
- Check to see how social relationships are going within the group
- Agree on how/when you are going to stay in touch during Schoolies
- Have a talk about sleep, hydration, nutrition and stress
- Touch base with other parents
- Suggest some low cost outings they might like to do as a group
- Encourage your teen to download the **Emergency+ App** to identify their location and to seek assistance in emergency situations

- Encourage your teen to download the **Policelink App** to report any non-urgent crimes or incidents during Schoolies e.g. willful property damage, lost property, high risk behaviour
- Let them know you trust them and will be available to them at any time
- Talk one last time about drinking, and the physical and psychological risks intoxication can lead to (aggression, assault, unplanned sexual activity, accidental injury and poor judgment).

DURING SCHOOLIES

- Reiterate you are contactable at any time, day or night
- Make sure your teen knows to call Triple Zero (000) in an emergency
- Take some time to acknowledge your own transition from school parent to Schoolies parent and beyond.

IF YOU ARE CONTACTED ABOUT AN INCIDENT

- Try to stay calm
- Listen to the facts and support your teen appropriately
- If you are requested to come to the Safer Schoolies precinct, please do so.

AT THE END OF SCHOOLIES

- Remind your teen to check their room for cleanliness and damage prior to check out
- Talk to your teen to see how they feel after they get home
- If you have more children yet to go through Schoolies, consider what you may have had in place and make a note of anything you may want to do differently next time.

@SAFERSCHOOLIESFORPARENTS

