



Surviving Leavers

Leavers is a great celebration for year 12 students. It signals the end of schooling and exciting times ahead. Play it right and make Leavers one of the best memories of your life.



Tips for surviving Leavers

1. Eat food and drink water before you head out.
2. Always go out with a friend or in a group, **never alone**. Always return with a friend or in a group. Don't leave anyone behind alone.
3. Take notice of where security, first aid etc. is when you arrive at venues.
4. Arrange a time and place to meet with friends if you get separated and can't make contact.
5. Don't leave with a stranger, and intervene if you see a friend about to do this.
6. **Avoid bingeing and mixing substances**, both are extremely dangerous and often cause medical emergencies.
7. **NEVER** accept drinks or drugs from strangers, they could be laced with anything, including poison. To avoid drink spiking, keep your drink with you at all times.
8. Underage drinking and taking illicit drugs are both crimes and you could end up with a criminal record. Ask yourself first - is it worth it? You can have a good time without taking substances.
9. **Slip. Slop. Slap. Slurp.** Don't ruin Leavers with third degree sunburn or dehydration – wear a hat and sunscreen outdoors and **drink loads of water**. If you drink alcohol, it's a smart move to alternate every alcoholic drink with a glass of water.

Preparing for Leavers



- ▶ **Download the free Leavers app** on your phone so you get updates.
- ▶ Make sure you have **accommodation** booked so you have somewhere safe to stay. Know the rules of the accommodation in advance.
- ▶ Don't take a car to Leavers, then you won't be tempted to drive. Work out public transport with your friends.
- ▶ Agree on some **group rules** with your friends (e.g. don't invite others back to the accommodation).
- ▶ Pack ID, cash, food/snacks, recharger, hat & sunscreen, jacket, toiletries, bathers, towel, clothes, phone, water bottle, carry bag, sunnies.

10. Don't go swimming if you are intoxicated.

11. If there's a queue, **be patient**, your turn will come. Don't push in.

12. **NO touching others without their permission.**

13. **Call out bad behaviour and report it.** If you don't get a supportive response, report it to someone else.

14. Use the support services as you need them. For example there are often 'Red Frogs' available on 1300 557 123 who walk people home safely, hand out lollies and do pancake cook-ups.



NOT okay =

- ▶ Language that is obscene, insulting, threatening and abusive.
- ▶ All harassment, sexual comments, verbal harassment, non consensual touching, and intimidation.

This applies to everyone.



Other things to consider

- ▶ **Protect your privacy** – think about who is filming or photographing you and where those images may end up. If you don't want to be filmed or photographed, say so.
- ▶ Take a break if you need it. It's okay to sleep in or stay at your accommodation if you need some time out.
- ▶ **Know your boundaries and stick to them** – just because everyone else is doing it, doesn't mean you have to.
- ▶ Trust your instincts. **If something doesn't seem right, it probably isn't.**
- ▶ Your parents are probably worried! Message them during Leavers to let them know you are okay.

Stay safe,
have fun!



If you need help...It's a good idea to save these numbers in your phone in advance.

Services in WA

Sexual Assault Resource Centre (SARC)



A free 24-hour emergency service providing medical and counselling services for people who have experienced a recent (within 14 days) sexual assault. Counselling for any sexual assault/abuse experienced recently or in the past is also available to people of all genders aged 13 years and above. Call SARC on **(08) 6458 1828** or Freecall **1800 199 888**.

1800RESPECT

24-hour counselling for people experiencing sexual assault or domestic violence.

Freecall
1800 737 732



Kids' Helpline

Confidential counselling for young people up to 25 years.

Freecall
1800 55 1800



Lifeline

Telephone crisis counselling.
(24-hour line)
13 11 14



WA Police

To report a sexual assault:

Go to your local **police station**.

Call **131 444**



Go online
Safe2Say.com.au

Red Frog Crew

For help, a walk home or a pancake cook-up.

1300 557 123



Sexual Health Quarters (SHQ)

Counselling and sexual health services.
(08) 9227 6177



Police assistance and reporting (not emergencies)

Call 131 444

Emergency Call 000 Police, Fire, Ambulance