

*“DON'T WAIT UNTIL IT'S
TOO LATE
BEFORE ASKING FOR HELP”*

IF SOMEONE COLLAPSES

- 1 Call an ambulance **IMMEDIATELY** - call triple zero (000).
- 2 Stay with the person.
- 3 Check to see if they respond to simple commands such as *open your eyes* or *squeeze my hand*.
- 4 If they are unconscious and breathing, turn them on their side.
- 5 If they are not breathing, start mouth to mouth resuscitation.

IF YOU THINK THEY HAVE OVERDOSED

Call an ambulance and treat as above.

Police don't chase ambulances.

Police don't listen to ambulance radios for overdoses.

Police do not attend overdoses unless called.

www.ambulance.qld.gov.au



THIS BOOKLET IS PROUDLY PRESENTED BY



SCHOOLIES WEEK 2007



Schoolies Week

celebrate but
watch your mates

WWW.SCHOOLIESWEEK.COM.AU

Schoolies Week

celebrate but
watch your mates

Minister's welcome message

Schoolies Week is a time filled with anticipation and excitement and is a fantastic opportunity to celebrate after 12 years at school. You've earned the break and now it's time to relax. As with any holiday, there are a few things you'll need to think about and discuss with your friends to ensure you have the best time possible.

Take time to read this booklet before you head off. You'll find information on a range of issues you might not have considered including accommodation, health and safety, and transport to name a few. There's even some tips from past schoolies who have passed on words of wisdom to give you a 'heads up' on what to expect.

Check out the schoolies survival tips on page six of the booklet. I'd encourage you to log on to the official schoolies website, www.schooliesweek.com.au, for information on a huge range of planned activities and to register your details to receive an official schoolies wristband.

Watch out for each other during the week and remember there will be plenty of volunteers available so don't hesitate to call on them if you need assistance of any kind.

My final message to you as you venture off to schoolies 2007 is 'celebrate but watch your mates'.

Keep safe and take care.

Warren Pitt
Minister for Youth

REGISTER NOW FOR SCHOOLIES 2007

DON'T MISS ALL THE FUN!

You and your friends have no doubt done a lot of planning to ensure your schoolies is one to remember but have you officially registered as a 2007 schoolie?

If not, you could be limiting yourself access to a huge range of planned activities such as concerts and sporting activities as well as access to transport.

Jump online now at www.schooliesweek.com.au and register your details to ensure you receive the official schoolies ID wristband which will give you access to many of the planned activities throughout the week.

If you don't have access to the web, that's fine. Register now by calling the schoolies hotline on 13 13 04 between 8am and 6pm weekdays.

Grab your friends and register now at www.schooliesweek.com.au to make sure your schoolies is one to remember – not one to forget!

We'd hate to see you miss out on all the fun!

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THIS BOOKLET CONTAINS
HELPFUL HINTS
AND ADVICE
TO HELP
YOU AND YOUR FRIENDS
CELEBRATE SCHOOLIES

WWW.SCHOOLIESWEEK.COM.AU

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...IS FUNDED BY THE QUEENSLAND GOVERNMENT.

WWW.SCHOOLIESWEEK.COM.AU

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GET SET for SCHOOLIES

before you get there

- Shop around and **compare prices** of different accommodation providers and check to see if a bond is required, as not every provider charges one.
- People renting holiday apartments for short periods are not usually asked to pay a security bond. An agent or property owner can only ask for a bond if every other prospective guest is also asked for one.
- If you do have to pay a bond, make sure you **get a receipt** and an indication from the agent, owner or booking agency when it will be returned to you and how any disputes will be resolved.
- Ensure the accommodation **'house rules'** suit you as many buildings require that you obey specific rules. Minimise the surprises when you arrive.
- Ask for a copy of the **accommodation contract** from the accommodation provider (not just the booking agency), and check that **terms and conditions** are acceptable before arriving at schoolies.

villa de fun

- **Share accommodation** is a schoolies tradition and if you are planning to share with friends, discuss costs and accommodation house rules before you go. It's a good idea to collect everyone's contributions towards rent and food in advance, and put the money into a special purpose bank account. You don't want to be left with the bill.
- **If you change or cancel your booking**, you may be charged a fee or lose your deposit. Make sure you check the booking terms and conditions.
- **If the agent or owner cancels your booking**, you should receive **all your money back** because they have failed to fulfil your accommodation contract. If you are transferred to inferior accommodation different to your original booking, you should receive compensation equivalent to the difference in accommodation standards.

damage control

Know what your bond can be revoked for. If you find yourself in trouble at the place you are staying make sure you first check your responsibilities under the booking terms and conditions, house rules and/or accommodation agreement.

If you accidentally cause any damage to your apartment, remember you are liable for any repair or replacement costs.

Inspect the apartment carefully when you arrive and report any damage immediately so that you can't be blamed for it later. Also ask the agent or owner to inspect the apartment before you go.

If there is a problem during or after your stay - try and work with the manager or booking agency to reach an agreement. Accommodation agents must have a complaint handling process in place, and you should immediately lodge a complaint in writing if you feel you have been treated unfairly.

Remember **courtesy and good manners** go a long way to soothing a situation.

advice

To get advice on accommodation issues contact the Office of Fair Trading on 13 13 04 or visit www.fairtrading.qld.gov.au



Don't jump the gun
Know your rights and responsibilities
and let the good times roll

Schoolies SURVIVAL TIPS

1. *Think before you drink.* Underage drinking or possession of liquor in a public place could land you with a fine of up to \$1875.
2. *Don't think you can fake it.* Possession of a fake ID attracts a fine of up to \$1875.
3. *Know your limits.* If you choose to drink alcohol, be responsible. Limit your drinks, know their strength, have water between drinks and, most importantly, remember to eat.
4. *Drink spiking can happen.* Always buy your own drink and keep it with you.
5. *Drugs are illegal and dangerous.* You won't know what you're getting yourself into.
6. *Be prepared and be safe.* If you are sexually active, practise safe sex.
7. *No means no.* Unwanted or forced sexual behaviour is a crime.
8. *Know the house rules.* If there are any issues see your apartment manager straight away.
9. *Police and volunteers are there to help.* They will provide support and advice. Remain calm, listen and follow instructions.
10. *Be sun smart.* Use sunscreen and drink plenty of water.
11. *Walk safely.* Stay on the footpath, cross only at crossings or traffic lights and be aware of traffic. Always walk with a friend or in a group.
12. *Protect your feet.* Cuts from broken glass or needles is one of the most common injuries at schoolies, especially among girls.



Register now at www.schooliesweek.com.au to get your official 2007 schoolies ID. Don't miss out on the fun!

ENJOY YOUR CELEBRATION AND REMEMBER

The police are there to make sure everyone has a good time without breaking the law. Those who wreck the good times being had by others are sure to come to the notice of the police.

alcohol

Police can issue on-the-spot fines for:

Drinking in a public place	\$ 75*
Underage possession of liquor in a public place	\$ 75*
Selling or supplying liquor to a person under 18	\$600

*or you could face a court-imposed fine of up to \$1875.

other drugs

- ★ Possession or supply of any illegal drugs can lead to severe penalties.
- ★ Supplying others with illegal drugs is a serious criminal offence.
- ★ It is an offence to possess cannabis yourself or supply it to someone else.
- ★ It is also an offence to have a bong that you have used, or is used for, smoking cannabis.

Sometimes, things that don't seem to be a big deal can have serious consequences.

If you are **arrested** for an offence, you may be fingerprinted and photographed.

If you are **convicted** of a criminal offence, you could have difficulty getting a job or even be prevented from getting a visa to travel overseas.

Register now at www.schooliesweek.com.au to get your official 2007 schoolies ID. Don't miss out on the fun!

UNDERAGE drinking

SPECIAL UNDERAGE OFFER



Your **First Drink**

Just **\$1875**

If you are under 18 you should **STOP** and **THINK** before you have that **DRINK!**

THINK ABOUT: how it's illegal to be in a night club or hotel
THINK ABOUT: a fine of \$1875
THINK ABOUT: getting a criminal record
THINK ABOUT: cutting short your schoolies celebrations

Remember it is illegal for anyone under 18 to drink alcohol in any licensed venue or buy takeaways from hotels or bottleshops.

In order to recover your confiscated ID, contact the **Liquor Licensing Division:**

13 13 04

PENALTIES FOR UNDERAGE DRINKING

If you are foolish enough to attempt to use a false ID, it will be **confiscated** from you. Your correct details will be taken and you will either be fined on-the-spot or summoned to appear in court.

THE PENALTIES

Found on licensed premises	\$1875
Or an on-the-spot fine of	\$ 225
In possession of or consuming liquor on licensed premises	\$1875
Or an on-the-spot fine of	\$ 225
Falsely representing self to be over 18	\$1875
Or an on-the-spot fine of	\$ 225
Producing another person's ID as your own	\$1875
Or an on-the-spot fine of	\$ 225
Producing a false ID	\$1875
Or an on-the-spot fine of	\$ 225
Allowing another person to use your ID	\$3000
Or an on-the-spot fine of	\$ 375
Defacing an ID	\$3000
Or an on-the-spot fine of	\$ 300
Making a false ID	\$3000
Or an on-the-spot fine of	\$ 450
Supplying liquor to a minor	\$3000
Or an on-the-spot fine of	\$ 600

How and where
DO I GET MY

18+ CARD

Complete an application (available from www.transport.qld.gov.au and follow the services online link to forms) and lodge at a Queensland Transport customer service centre (locations available from www.transport.qld.gov.au).



the only acceptable
QUEENSLAND is in
one of the following...



- Driver's licence**
- Government-issued proof-of-age card**
- Passport**
- Victorian Keypass**

Having **fake ID** or allowing someone else to use your ID is against the law and will result in an on-the-spot fine or court appearance.



alcohol & you

The general guide for LOW RISK DRINKING is:

FOR MEN:

No more than **four** standard drinks a day* on average and no more than **six** standard drinks on any one day and **one or two** alcohol-free days per week.

FOR WOMEN:

No more than **two** standard drinks a day* on average and no more than **four** standard drinks on any one day and **one or two** alcohol-free days per week.

**These drinks should be spread over several hours. For example, men should have no more than two standard drinks in the first hour and one per hour after that. Women should have no more than one standard drink per hour. If you are taking any sort of medication you should speak to your doctor before drinking any alcohol.*

MYTH:

People who have drunk too much can sober up by:

- ★ having a cold shower
- ★ drinking black coffee
- ★ drinking water
- ★ getting fresh air.

FACT:

None of these reduce the amount of alcohol in your blood. Your body can only process one standard drink per hour.

STANDARD DRINKS GUIDE



Heavy Beer Stubbie 375ml
(1.5 standard drinks)



Light Beer Schooner 425ml
(1 standard drink)



Heavy Beer Pot 285ml
(1 standard drink)



Pre-mix Spirit 375 ml
(1.5 standard drinks)



Spirits 30ml
(1 standard drink)



SOME THINGS YOU MAY NOT KNOW ABOUT ALCOHOL:

- ★ Alcohol is a factor in one in five drownings.
- ★ Alcohol is implicated in almost half of pedestrian fatalities.
- ★ More than 3,300 14 to 17 year olds were hospitalised for alcohol-related injury and disease in 1999-2000 in Australia.
- ★ In 2002-04 in Queensland, 18.5 per cent of all deaths of 15 to 19 year olds were related to alcohol use.
- ★ Drinking alcohol greatly increases the chance of injury, no matter what the activity.
- ★ Alcohol is involved in almost half of all sexual assaults committed on women 15 years and over.
- ★ You can DIE from an alcohol overdose.

Some tips about ALCOHOL:

- ★ Eat before or while you are drinking.
- ★ Finish one drink before having another.
- ★ Know when you have had enough and stick to your limit.
- ★ Avoid drinking in 'rounds' or 'shouts'.
- ★ Drink a non-alcoholic drink in between alcoholic drinks.
- ★ Always keep an eye on your drink.
- ★ Know what is in your drink.
- ★ Don't share or swap your drinks.
- ★ Look out for your friends.

TOBACCO

- ★ Within 10 seconds of your first puff on a cigarette, more than 4000 chemicals hit your brain, heart and other organs. Tobacco smoke is a mix of all these chemicals, including cancer-causing ones.
- ★ Nicotine is a drug that produces many different effects on the body at the same time. It stimulates your nervous system - so even though it makes you feel relaxed, it increases your heart rate and blood pressure, and affects your mood and performance. Nicotine is found in cigarettes and is the source of addiction to tobacco.
- ★ Since 1 July 2006, Queensland tobacco laws mean that the indoor areas of pubs and clubs are totally smoke-free, and smoking is also banned at all outdoor eating or drinking areas - such as cafes, takeaways and so on.
For more information on Queensland's tobacco laws visit www.health.qld.gov.au/atods/tobaccolaws. On-the-spot fines of \$150 apply.
- ★ Don't bother trying to buy smokes if you are under the age of 18.
- ★ If you falsely represent yourself as being 18 years old for the purpose of being sold smokes, you are breaking the law.
- ★ Queensland Health enforcement officers are cracking down on retailers who illegally sell tobacco to young people.
- ★ Don't buy smokes for your friends who are under 18 years of age. This is breaking the law.

Alcohol and Drug Information Service: 1800 177 833

Kids Help Line: 1800 551 800



friendships

Friendships are an important part of life. But Schoolies Week can really test a friendship, even ones with years of sharing and laughter behind them. Things such as late nights, being together 24/7, meeting new people, peer pressure and drug or alcohol use may cause conflict between you and your friends.



Here are some things you can do to work through these issues:

- ★ Before you go, **agree on some ground rules** with your friends – what behaviour you will/won't tolerate, strategies for safety, plans for the week.
- ★ You may not like or agree with some of your friends' choices at schoolies, but it is important not to criticise them behind their backs.
- ★ If tension starts to build, remember that these are your friends and they have shared important parts of your life, so **give them some space**.
- ★ People can say nasty, horrible things when they are tired, hungry, affected by alcohol or stressed, so **don't take things too personally**.
- ★ Try to resolve conflict by talking it over, when you are both calm, rested and ready to focus on the issue at hand.
- ★ Tell them how you feel, without blaming or accusing them. Be honest, respectful and assertive (not aggressive or confrontational).
- ★ Allow the other person to tell you their side of the story. **Be a good listener**, which means not interrupting and really trying to understand their point of view.
- ★ **Violence is not acceptable at any time.**
- ★ No matter what happens, it is important to make sure that you and your friends are safe at all times. Even if you're fighting, you'll be safer together than going off on your own.

phone **1300 364 277**
www.relationships.com.au

REMEMBER - FRIENDSHIP IS A TWO-WAY STREET, IT'S ABOUT GIVE AND TAKE.



SEXUAL HEALTH

it's ok to choose not to have sex 'if it's not on...it's not on'



WHEN IN PARTY MODE

It's always good to remember a few things:

- ⦿ let your partner know how you feel about sex
- ⦿ alcohol and drugs can affect your ability to think clearly and make decisions
- ⦿ don't be pressured into activity you don't want. If it doesn't feel right, say 'no'
- ⦿ listen when people say 'no'. It's wrong to put pressure on somebody even if they are your boyfriend or girlfriend.

MOST PEOPLE WHO HAVE A SEXUALLY TRANSMITTED INFECTION (STI) WILL HAVE NO SIGNS OR SYMPTOMS

You should consider a sexual health check:

- ⦿ if you notice soreness or pain while urinating, warts or sores in the genital area, or an unusual discharge or smell
- ⦿ if you have had a new sexual partner recently or if you are starting a new sexual relationship
- ⦿ if you have had sexual relationships and have never had a sexual health check-up
- ⦿ if you and your partner have ever shared a needle, syringe or any other injecting equipment.

For information about sexually transmitted infections, condoms and emergency contraception, contact your local sexual health clinic or a doctor/medical centre.

SEXUAL HEALTH CLINICS

Brisbane North	3837 5611
Brisbane South	3240 5881
Bundaberg	4150 2754
Cairns	4050 6205
Gold Coast	5576 9033
Ipswich	3817 2428
Mackay (Whitsundays)	4968 3919
Mt Isa	4744 4805
Palm Island	4752 5165
Rockhampton	4920 5555
Sunshine Coast	5441 2459
Toowoomba	4616 6446
Townsville	4778 9600

In all other areas, look up your local sexual health clinic in the White Pages.

Queensland Health's website for young people is

www.istaysafe.com



During Schoolies Week you may socialise with people that you don't know very well, in unfamiliar places such as parties and public venues. By considering some personal safety strategies your Schoolies Week experience can be both enjoyable and safe.

- We have a right to feel safe all of the time.
- If you're going out, always go with at least one other person.
- Be continuously aware of your surroundings.
- Use confident body language – stand tall with your head up, shoulders back and walk with a purpose.
- If you sense danger or pick up 'bad vibes' from someone or some place – trust your instincts. Leave immediately and go to a place you feel safe.
- Make sure your friends know who you want them to call in an emergency situation (for example, parents).



PERSONAL SAFETY

Persistent admirer

If someone is paying you unwanted attention, be assertive in telling them to leave you alone. If they persist, you could try the following:

- move to another area or join a group of people
- draw attention to your admirer's unwanted behaviour by telling them in an overly loud voice to leave you alone and that you are not interested in them
- get assistance from a friend or security person.

Queensland Police Service disclaimer: This publication contains general information in relation to personal safety issues. The Queensland Police Service in providing this information makes no representations nor gives any warranty or guarantee concerning the safety of persons or property.

Confrontations

If your friends are having a heated argument that could result in a physical confrontation or fight, you could try the following:

- attempt to distract the conflicting parties by involving them in other activities
- attempt to place physical distance between the parties involved to allow the situation to 'cool down'
- inform people in authority (for example, security, management, police) to gain assistance in defusing the situation.

WHO ARE YOU GOING TO CALL?

WHAT IS CRIME STOPPERS?

It is a free telephone hotline where you can tell someone what you know about any criminal activity.

WHEN CAN I CALL AND WHO WILL ANSWER THE PHONE?

You can call at any time and a police officer will talk to you.

WHAT IF I KNOW SOMETHING BUT I AM TOO FRIGHTENED TO TELL?

You can call the Crime Stoppers number and your information will be treated as confidential. You do not have to give your name or be identified in any way unless you choose to do so. Unless you tell someone, no one will ever know that you contacted Crime Stoppers.

WHAT HAPPENS TO THE INFORMATION I PROVIDE?

Any information you provide will be sent to the appropriate police station and will be investigated further. If your information leads to an arrest, you may be eligible to claim a reward up to \$1000. Your identity can still be protected as you will be given a code number when you provide the information to Crime Stoppers.

IF YOU NEED POLICE ASSISTANCE DURING SCHOOLIES, WHAT SHOULD YOU DO?

If you need urgent help from the police, ambulance or fire brigade ring 000!

If you want to report something e.g. theft, then contact the local police.

If you have information about any crime that has been committed or going to occur sometime in the future then call crime stoppers on 1800 333 000 (free call) or email crimestoppers@police.qld.gov.au or visit the web site www.crimestoppers.com.au to share this crime information.

CRIME STOPPERS
TELL US WHAT YOU KNOW ... NOT WHO YOU ARE.
NO ONE WILL EVER KNOW

1800 333 000

WWW.CRIMESTOPPERS.COM.AU



DRUGS

What you are getting

you never know

marijuana

Pot (marijuana) is a depressant: did you know it slows down your brain and other functions?

Did you know?

- Mixing pot and drinking alcohol really slows down your reactions, so your driving will be doubly affected.
- Pot could be laced with other drugs, such as speed or smack, so watch who you accept a joint from.

amphetamines

Speed – 'you may think you're 10 feet tall and bullet-proof, but you're not'

Speed is a stimulant; it speeds up your brain, breathing and circulation but that doesn't mean it works well at that speed.

Did you know?

- You can **OD** on speed.
- Using increases the chance of aggressive behaviour, paranoia and violence.

mdma

Ecstasy, E, XTC (MDMA) can last for up to 36 hours, and effects may include vomiting, sweating and anxiety. You can have flashbacks.

Did you know?

- There have been deaths related to ecstasy use in Australia – often due to dehydration and overheating.
- Ecstasy comedowns may trigger depressive episodes or other mental health problems.
- You never know what's in a pill – you could be getting speed, tranquilisers, or talcum powder.

mixing drugs

If you're mixing drugs, each drug affects your body – sometimes in opposite directions.

Mixing drugs increases the risks of:

- poor judgment (especially of distance when driving)
- vomiting (even when you're kissing)
- impact on sex – impotence plus poor decisions and instincts
- sex with somebody whose decision making ability has been altered by alcohol or other drugs may be dangerous for you as well as for them.

when you're not in control, who is?

REMEMBER...

- alcohol blackouts (when you can't remember things or lose time) aren't cool
- feeling down and using drugs doesn't mix well
- watch out for your mates – know what's going on
- you can never really know what you're getting
- make sure you know how to put someone in the recovery position
- don't be afraid to call an ambulance **000**.

DRUG ARM – Drug and Alcohol Helpline 1300 656 800

www.drugarm.com.au



SURE LIFE SAVING

ENCOURAGES ALL PEOPLE NOT TO DRINK AND SWIM, OPERATE A BOAT OR DRIVE.

[DRINKING AND BOATING]

Just as you shouldn't drink and drive a car, you shouldn't drink and drive or sail a boat. The legal blood alcohol limit for operating a boat is the same as for a vehicle on the road - 0.05.

[THE DANGERS OF ALCOHOL AND SWIMMING]

REMEMBER, WATER AND ALCOHOL DON'T MIX.

Alcohol is an enormous health hazard and is frequently a factor in road and boating accidents, aquatic rescues and drowning. A raised blood alcohol level affects judgement and makes an individual more likely to take greater risks, while at the same time impairing your ability to respond to a potentially dangerous situation. A swimmer who has been drinking alcohol tires more easily and is less capable of swimming. Swimmers who have been drinking alcohol and who get into difficulty are also more likely to vomit and may inhale stomach contents into their lungs.

FLAGS [USED ON OUR BEACHES]

RED AND YELLOW FLAGS INDICATE THE SAFEST SWIMMING AREAS ON THE BEACH

RED AND YELLOW FLAGS - indicates the safest swimming area (the patrolled area).

YELLOW FLAG - potentially dangerous conditions (caution).

RED FLAG - danger - do not enter water (stop). When the red flag is displayed, the beach is closed for swimming.

RED AND WHITE CHEQUERED FLAG - emergency evacuation flags used for shark and crocodile sightings.

BLUE FLAG - indicates board riding area for surfers.

[TO STAY SAFE, REMEMBER THE 'FLAGS']

- F** Find the flags and swim between them
- L** Look at the safety signs
- A** Ask a lifesaver for some good advice
- G** Get a friend to swim with you
- S** Stick your hand up for help

DON'T DRINK IN THE SUN, AND REMEMBER TO ALWAYS REAPPLY YOUR SUNSCREEN!



The life of the beach.
Surf Life Saving Queensland
(07) 3846 8000
www.lifesaving.com.au



BLUE BOTTLES
Blue bottles present.



MARINE STINGERS
There are dangerous marine stingers in the water.



HIGH SURF
Surf is large and dangerous or there are dumping waves present that can cause injury.



DANGEROUS CURRENTS
There are dangerous currents present.



STRONG CURRENT
There are strong currents and rips present.



SHARKS
A shark(s) has been sighted in the area.



CROCODILES
A crocodile(s) has been sighted in the area.

[RIPS]

What is a rip?

A rip is a strong current running out to sea from a surf beach. A rip usually occurs when a channel forms between two sandbars. Water which has been pushed towards the beach by the waves rushes back out to sea between the two sandbars, causing a drag effect. Rips are dangerous as they can very quickly carry a swimmer out into deep water.

How do I know if I'm in a rip?

You should always try to take note of a landmark before you go into the water. Once you're in the water and you are trying to return to shore, judge your progress by comparing your distance from the beach out to the sea with a landmark. If you've been swimming for a while, but not getting any closer to the beach, chances are you are in a rip!

What should I do if I get caught in a rip?

If you are at a patrolled beach:

- **don't panic** - stay calm
- **don't swim** against the water
- **raise your arm** to signal for help
- **float on your back** to conserve energy once you see the surf lifesaver or lifeguard coming out to get you.

How do I spot a rip before getting caught in one?

The following are common (but not the only) signs of a rip:

- darker coloured water, indicating deeper channels
- murky brown water caused by sand stirred up off the bottom
- waves breaking further out to sea on both sides of a channel
- debris and foam floating out to sea along a channel
- a rippled look, when the water around is generally calm.

Proud supporters of
Surf Life Saving Queensland



Queensland Government
Queensland Health

DO I HAVE TO TALK TO THE POLICE?

ARRESTED? QUESTIONED BY THE POLICE?

These are daunting and confusing experiences that can be even more traumatic if you don't know your legal rights, the law or what is going to happen next.

If you are **under 17**, the police should not question you without the presence of a parent, lawyer, an adult friend/relative or (if none of the other options are available) a justice of the peace.

If you are **17 and over**, and being questioned by the police, you are entitled to speak to a friend, relative or lawyer before any questioning takes place and, within reason, have this person present during any questioning.

Before you are questioned by the police or after you've been charged with a criminal offence you should talk to a lawyer about your legal rights and your specific circumstances.

Legal Aid Queensland offers a free legal advice telephone service on a range of issues, including dealing with police, family breakdown and personal debt, for young people who are under 17 and for adults as well.

If you need legal help you can call

1300 65 11 88

(for the cost of a local call) and arrange to talk to a lawyer.



Register now at www.schooliesweek.com.au to get your official 2007 schoolies ID. Don't miss out on the fun!



It's important to remember that sun damage is cumulative and increases your risk of developing skin cancer. So while you're enjoying yourself at Schoolies Week take a few simple steps to look after your skin!

you don't have to **expose** yourself

TO BE HOT

Sun protection is **EASY** when you **KNOW HOW!**

To protect your skin from sun damage, take precautions at all times, not just when you are planning to be out in the sun. Any type of sun exposure will induce tanning, burning and skin damage so always remember to protect your skin.

HERE ARE SOME HOT TIPS!

Don't spend too long in the sun between 10am and 3pm – that's peak UV time!

Head for the shade – trees, sails, whatever!

Wear clothes that'll protect you from the rays!

Put a hat on – broad-brimmed – that keeps your face, neck and ears from being scorched!

Wear your sunnies so you don't get fried by ultraviolet radiation!

Squirt on sunscreen (SPF30+ of course!) 20 minutes before you head out into the sun and reapply every two hours!

FACT The sun's UV rays are strongest in the middle of the day between 10am and 3pm. Try to minimise your time in the sun during this time.

FACT Even people with naturally darker skin can develop skin cancer.

FACT 8 out of 10 cancers that are diagnosed in Australia are skin cancers.

FACT Solariums do not give you a safe tan.

FACT A tan is a warning your skin has been exposed to too much sun.

FACT Tans will also speed up your skin's ageing process. Wrinkles, blotchiness and sagging of the skin are all results of sun exposure. Tan regularly and you will definitely experience premature ageing, looking up to 10 years older than you really are.

Remember the best form of antiwrinkle cream is to stay out of the sun.

... we all know that the sun causes skin cancer!

But remember... more sun = more chances of getting skin cancer!

Who can you contact for more information?

Call the Cancer Council Helpline on **13 11 20** or visit the website

www.cancerqld.org.au.



Register now at www.schooliesweek.com.au to get your official 2007 schoolies ID. Don't miss out on the fun!



SEX

you decide

...whether to have it
...when to start
...to practise it safely each time

Safe sex means protecting yourself and the other person by:

- using contraception to avoid unintended pregnancy
- using condoms with a water-based lubricant every time you have vaginal, oral or anal sex to help protect you from sexually transmitted infections (STIs)
- protecting your emotional and physical health.

Be prepared; be safe:

If you are not ready for the responsibilities of parenting, use contraception every time you have sex. Think about what method you are going to use and get this sorted out before you have sex.

CONDOMS
help to protect you from
STIs and pregnancy!

emergency contraception

Emergency contraception (sometimes called the 'morning after pill') can be used by women who are at risk of an unintended pregnancy after sex if:

- contraception was not used
- contraception did not work (condom broke or slipped off, diaphragm problem)
- regular contraceptive pill was missed.

Emergency contraception can be used to help prevent unintended pregnancy. It is taken by the female partner and can be obtained from a chemist, general practitioner (GP), sexual health clinic or your local family planning clinic.

Remember, emergency contraception is:

- most effective the earlier it is used after unprotected sex (most effective when used within 24 hours)
- remains effective up to 72 hours after unprotected sex (three days) or may be considered even up to 120 hours (five days) – check with your pharmacist, GP or local sexual health or family planning clinic.

REMEMBER - THE SOONER IT IS USED, THE BETTER

Get the **facts** about sex and contraception -
www.fpq.com.au

- Get your contraception sorted out before schoolies
- You can talk to a nurse or doctor about it, and consultations are strictly confidential
- Voluntary donation of \$5 or \$10 for a clinic visit

Brisbane (07) 3250 0240

Cairns

Clinic: (07) 4051 3788

Education: (07) 4031 2232

Sexual Assault Service: (07) 4031 3590

Townsville

Clinic: (07) 4771 2005

Education: (07) 4772 1462

Rockhampton

Clinic: (07) 4927 3999

Education: (07) 4921 3655

Sunshine Coast

Education only: (07) 5479 0755

Gold Coast

Education only: (07) 5531 2636

Ipswich

Clinic: (07) 3281 4088

Education: (07) 3281 4088

Toowoomba

Clinic: (07) 4632 8166

Education: (07) 4632 8166

fpq

Family Planning Queensland

www.fpq.com.au

what is **SEXUAL ASSAULT?** NO means NO

Sexual assault is an act of violence. No one deserves to be sexually assaulted.

Ideas to increase safety

- * Trust your gut feelings. Listen to and trust your intuition.
- * Listen to what others say - clarify any details you are not sure of, especially about plans to meet up.
- * Pre-set sexual limits.
- * Pay your own way.
- * Stay with a group of trusted friends or let them know where you are going.
- * Avoid hanging out with people who are a lot older than you. Hang out with others who share your values.

What should I do if I'm worried about a friend?

If a friend tells you that they have been sexually assaulted it can be hard to know what to say to them. It is important to listen to what they say and let them know that you believe them. It is okay not to know what to say. It is okay to ask your friend what they need to feel supported by you.

What should I do if I have been sexually assaulted?

The most important thing is to know you are not to blame. You also do not need to go through this alone. A good thing to do is to tell someone you trust or you can call the Sexual Assault Helpline to talk about it. You have the right to contact the police on 000 or go to the nearest police station.

Sexual assault is any sexual behaviour that makes a person feel uncomfortable, frightened or threatened. It is a sexual activity to which a person does not give consent, and may involve the use of physical or emotional force and includes rape, unwanted touching, sexual harassment, indecent exposure and sex-related insults.

No one deserves to be sexually assaulted.

Never try to convince someone to have sex with you. Respect the rights of others to say NO.

For confidential free support phone:

Sexual Assault Help Line (statewide) 1800 010 120
(7am - 11pm 7 days a week)

Gold Coast 5591 1164

9am - 5pm Mon, Tues, Wed, Fri
9am - 8pm Thurs

Laurel House [Sunshine Coast] 5443 4711

Logan 3808 3299

Ipswich 3812 0138

Brisbane Sexual Assault Service 3636 5206

Brisbane Rape and Incest Survivors Support Centre 3391 2573

National Antiviolence 1800 200 526
(24-hour counselling and local referral)

 **Queensland Government**
Queensland Health

TRUST YOUR INSTINCTS

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BEFORE HIRING AND PICKING UP A VEHICLE

- **Inspect the vehicle** for existing damage and have all damage noted on the hire contract. This is even more important if it is an older model.
- **Read the contract carefully**, including the fine print, and make sure you understand all of the terms and conditions, especially deposit and insurance information.
- **Ask specifically about third party insurance** and if it's not offered, don't hire! If you have a crash you may have to pay for damage for years to come. Check for clauses that leave the hirer fully liable for any damage. Damage excess can be up to \$2000 to \$3000, and must be paid following damage, regardless of who is at fault.

- **Be aware** some places may also hold the group jointly responsible for damage to any of the vehicles. This means if six people hire mopeds and only one moped is damaged, all six deposits could be held until the hirer determines the cost of even minor repairs.
- **Don't sign the contract** if there is anything you don't understand or agree with. Shop around as you may find another contract that is more suitable.
- **Make sure your driver's licence** or learner's permit is current.
- **Find out where you can and cannot drive the vehicle.** Some hire vehicles such as mopeds may be restricted to a fixed area and a certain number of kilometres.

ATTENTION MOPEE BANDITS

Cars and mopeds are a great way to get around during Schoolies Week, but **don't get taken for a ride** when hiring.

...AND THEY'RE OFF

When driving the vehicle, regularly **check the fuel and temperature gauges, oil pressure lights** and be aware of strange noises and warning signs that a mechanical problem might be developing.

If there is a problem, **stop the vehicle** straight away and contact the trader immediately. If you continue to drive, you might be held liable for subsequent damage.

When returning the vehicle, get the trader to **inspect it and record the condition** of the vehicle on the hire contract.

For more advice on your vehicle hire rights, contact the Office of Fair Trading on **13 13 04** or go to www.fairtrading.qld.gov.au



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ROAD SAFETY

ALCOHOL

Drinking alcohol affects your vision, judgement and coordination. It makes it difficult to safely drive or walk. If you do plan to drink when you go out, leave the car either at home or at the party and catch a taxi, bus, or get a lift with a sober friend.

If you are aged **under 25** and are driving on a learner or provisional licence you must have a **zero** blood and breath alcohol concentration when driving. If you are a learner driving under supervision, your supervising driver must also have a **zero** blood and breath alcohol concentration.

Over 25s driving on a learner or provisional licence can have a blood/breath alcohol concentration up to **0.05 per cent**.

GET AROUND TOWN SAFELY

- ★ You need to be sure the driver of any car you get into is sober. Alcohol and drugs will affect their driving ability and you could be risking your life.
- ★ During the week, take turns to be the designated sober driver, but always decide on whose turn it is **before you go out**.
- ★ Be aware that some drivers may have a restriction on their provisional licence which prevents them from carrying more than one passenger under 21 between 11pm and 5am.
- ★ Don't use your mobile phone on loudspeaker in a car with a learner or provisional driver - this is likely to be a condition of their licence.
- ★ Keep enough money for a phone call, taxi or public transport so you will always be able to get home.
- ★ Know where you are staying and how to get there. Visit www.translink.qld.gov.au for information on bus, ferry and train timetables.
- ★ Stay on the footpath when walking. If there isn't one, walk on the right hand side of the road towards approaching traffic and as close to the curb as possible. Remember that at night drivers may not be able to see you until it is too late - so wear or carry something bright in colour.
- ★ Cross at pedestrian crossings or traffic lights because that is where drivers will expect to see pedestrians. If there is no marked crossing, cross the road under a street light.
- ★ Never walk alone - walk with a sober friend or in a group.
- ★ Visit www.becauseenoughisenough.com for downloads and information on staying safe on the road.

WHEN BOATING AT SCHOOLIES GET YOUR SHIP TOGETHER

⚓ 0.05 per cent blood alcohol concentration applies on the water

⚓ You need a licence to drive a jet ski

FINES APPLY

For all your boating and jet ski rules go to www.msq.qld.gov.au

REMEMBER

to think before you get behind the wheel or into a car.

Don't put **your life** in the hands of a careless driver.



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- ★ Always keep your receipts as proof of purchase in case you need to return an item.
- ★ You are only entitled to a refund, exchange or repair when the goods are faulty, damaged, don't match the sample/description or are unfit for their purpose.
- ★ You are entitled to ask for a full or part refund or free repeat service when a service is not of a 'saleable' standard, doesn't match the description/ad/demonstration or does not do the job it is supposed to or perform to standard.
- ★ You are not entitled to a refund if you change your mind, decide you can't afford something or find the same thing cheaper elsewhere.
- ★ Signs or contract terms that state 'no refund' or 'no refund on sale items' are illegal and designed to mislead consumers. Report these to the Office of Fair Trading.
- ★ Lay-bys are a legally binding contract between you and the shop. You agree to pay instalments and the shop agrees to hold the item for you.

let's go shopping



For more advice on your shopping rights,
contact the Office of Fair Trading on

13 13 04

or go to

www.fairtrading.qld.gov.au

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Register now at www.schooliesweek.com.au to get your official 2007 schoolies ID. Don't miss out on the fun!



If you are thinking of getting a tattoo or piercing, think it through, get the facts and get it done by a certified professional.

If you are thinking of getting a tattoo or body piercing, you need to be aware of the risk of being infected with a blood-borne virus such as hepatitis B or C. Both viruses can be spread by the sharing of blood. The risk of infection is high when infected blood comes in contact with a cut, sore or broken skin.



The best way to prevent transmission is to:

- ✦ NEVER share any tattooing or piercing equipment, or jewellery
- ✦ make sure body piercing is only done with sterile (cleaned under clinical conditions) tools by a trained professional
- ✦ make sure tattooing is only done with sterile tools and disposable dye tubes by a trained professional.

By the way, other things you should NEVER share include needles and syringes or other drug injecting equipment (for example, tourniquets, spoons), toothbrushes, razors or other items that may contain small traces of blood.

Things to expect from your tattooist or piercer

- ✦ A clean and hygienic studio with infection control procedures (for example, hand washing facilities).
- ✦ A registered/certified professional who is happy to answer your questions.
- ✦ Aftercare information to ensure the tattoo or piercing heals properly and doesn't get infected.

Tips to look after your piercing or tattoo

- ✦ Always wash your hands thoroughly before and after cleaning the piercing or tattoo site.
- ✦ It is recommended that for the first two weeks tattoos are protected from the sun and that you DO NOT go swimming as bacteria in the water may cause an infection.
- ✦ If the site of your tattoo or piercing becomes painful, swollen, extremely red or irritated, make sure you go to a doctor and have it checked.

For more information contact the Hepatitis Council of Queensland on (07) 3236 0612 or free call 1300 437 222 (regional/rural) or visit www.hepqld.asn.au.



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DO YOU HAVE A COMPLAINT ABOUT A SERVICE?

Our complaints officers will listen to your concerns and can help you take action.

Phone: (07) 3247 5346

Freecall: 1800 688 275 (in Qld)

www.ccypcg.qld.gov.au



commission for
children and young people
and child guardian

The Commission for Children and Young People and Child Guardian promotes and protects the rights, interests and wellbeing of all young people in Queensland.

The Commission is here to help you if you're under 18, and can speak up for you if you feel you haven't been:

- * treated with dignity and respect
- * protected from harm
- * dealt with in a fair, timely way
- * given the information you're entitled to, or
- * been able to access services which meet your needs.

We can also help if you're in (or may enter) care or detention and have no one to act for you, if you can't protect your rights, or suffer:

- * disability
- * isolation
- * homelessness, or
- * poverty.



advice
from
past
schoolies

Spending a week with people who have different values to you is not much fun. Make sure that you're careful about choosing the friends you will be hanging out with during the week.

Be careful about leaving the door of your unit open and allowing crowds of people to come and go. Your Schoolies Week could be ruined if your money or other valuables are stolen.

Schoolies Week is expensive. You need to save for it because it always costs more than you think it will. Running out of money and going home early is not much fun.

Make sure your Schoolies Week is filled with happy memories. It's probably the last time you and your friends will ever be together.

Despite all the stories, lots of schoolies don't drink alcohol at all. If you choose not to drink alcohol on one or more occasions during schoolies - that's OK.

TOURIST CLASS
IF YOU'RE SHARING A UNIT OR APARTMENT WITH A CROWD OF PEOPLE, TAKE PLENTY OF TOILET PAPER! IT'S SURPRISING HOW MUCH A CROWD OF PEOPLE CAN USE!

TOURIST CLASS
If you'd like to catch more advice from schoolies in previous years, ask your teachers about the DVD "One to remember..."

Always have your phone charged and money for a cab!

CHECK OUT
WWW.SCHOOLIESWEEK.COM.AU
FOR MORE INFO
OR CALL
13 13 04

Schoolies Week
celebrate but
watch your mates