

SCHOOLIES

BE SAFE AND WATCH
YOUR MATES

CHECKLIST FOR PARENTS

IN THE LEAD UP TO SCHOOLIES

- Follow us **@SchooliesInfoForParents** on Facebook, for all the official information regarding Schoolies.
- Encourage your teen to follow us **@SchooliesGC** on Facebook 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, 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 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.
- Make agreements regarding contact during Schoolies.
- Have a talk about sleep, hydration, nutrition and stress.
- Touch base with the 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

- Please try to stay calm.
- Listen to the facts and support your teen appropriately.
- If you are requested to come to the 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 do differently next time.

@SCHOOLIESINFOFORPARENTS

