

Personal Safety
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Whole New World

- Program for Students
- Presenting in Victoria for over 15 years
- Sonya Karras - over 10 years of Hospitality Industry Experience
- All facets of industry including time as crowd controller & nightclub manager.
- Australian Drug Foundation award for Excellence in Schools Based Responses.

The Basics

- Standard drinks:
- 30mls spirits
- 285mls full strength beer
- 100mls wine



- “On average” it will take a person 1 hour to process the alcohol in one standard drink.
- PRE- MIXED some quite high alcohol content
 - 10% alcohol.



Melbourne Laws

- Drunk and disorderly in a public place, drunk in a public place, drunk and behaving in a riotous or disorderly manner = arrest and potential 8 penalty units
*\$145
- Drunk in a licensed venue = \$7773
- Refusal to leave a licensed venue =\$7773

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- Binge drinking:
- One young person dies each week in Victoria from alcohol.
- Still number one problem drug in Australia
- Bingeing is any more than ?? standard drinks in one sitting?

Alcohol

Having **FOUR** standard drinks
DOUBLES your risk of an
alcohol related injury

Recovery Position



Effects of alcohol

- Binge drinking, increases the likelihood of risk taking behaviour:
- unwanted pregnancy
- Potentially more vulnerable to sexual assault
- unsafe sex and sexually transmitted diseases including, Gonorrhoea, Chlamydia, Genital Warts, Pubic Lice(Crabs), Hepatitis B & C, HIV/AIDS and Syphilis
- Regret, vulnerability and emotional stress

Alcohol & Safe Sex

A considerable proportion (39%) of sexually active students reported they only used condoms 'sometimes' when they had sex and a small (13%) but nonetheless notable proportion 'never' used condoms [1]

[1] National Survey of Secondary Students and Sexual Health.

ALCOHOL



IT'S NOT FOR EVERYONE

Alcohol

- EAT - I don't care if it's 2 minute noodles - just have something.
- Drink water - alcohol dehydrates, water rehydrates. Rocket Science!!!!
- SHOTS - will tomorrow you, thank you?
- Know your limits.
- Don't drive.
- Recovery position if unconscious.
- Saying no to drinking...

*And then alcohol said,
“put that on snapchat - it’ll be
hilarious.”*

*Alcohol was wrong.
Very wrong....*

Social Media

Increasing area of interest to employers.

15 million Facebook, 5 million Insta, 2 million Snapchat

92% of recruiters search your social media

The Social Index

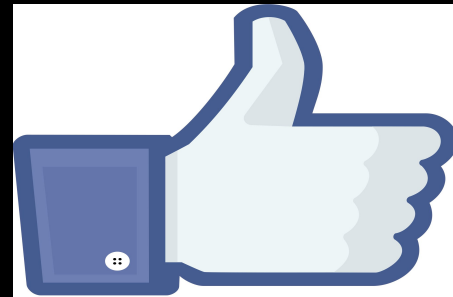
Police can request a warrant to look at all your social media.

Access SM at Uni or work and they can track what you post and what sites you've visited.

- We may keep, use and share our personal information with companies connected with Instagram. This information includes your name, email, address, Uni, where you live, photo's phone number, your likes, dislikes, where you go, who your friends are, how often you use Instagram, your birthday, who you are chatting with and any other personal information we find including private messages.

Social Media

- Employers
- Will be required as part of your interview process
- References to drinking/drugs
- Photo's
- Nothing to hide?



Drink Spiking

- Drink Spiking & drug related sexual assault:
- According to a CASA study “21% of sexual assaults occur in or around licensed venues”.
- Very difficult to assess how many sexual assaults are as a result of drink spiking.
- Many go unreported.
- Increase in reports of male to male spiking & assaults.

Drink Spiking

- Centre Against Sexual Assault have centres in each region in Melbourne & in Bendigo (also many other regional areas).
- www.casahouse.com.au
- www.casalc.com.au
- Victoria Police.
- GP for referrals

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- Sexual assault affects 1 in 5 women over the age of 15
- Cup of tea video
- 40 cases of sexual misconduct (reported)
- Interesting - girl said she didn't know where to get help.
- 1800 respect
- www.casahouse.com.au Lonsdale Street, Melb.

Total Video Converter
<http://effectmatrix.com>

Consent

- Must have consent from the other party when anything of a sexual nature is to occur.
- Contracts?
- Definition of sexual assault...

Sexual assault = anything sexual that's unwanted or unwelcome

The test?

ARE YOU DRUNK?

YES

NO



Spiking Prevention

- Cover your drink with your hand.
- Watch bar tenders pour your drink.
- Don't leave your drink unattended.
- Beware of accepting drinks from people.
- Don't leave your drink with someone to hold for you.
- Regular meeting place within the venue/party.
- Seek medical assistance if you think your drink has been spiked.
- What to do if it's reported to you.

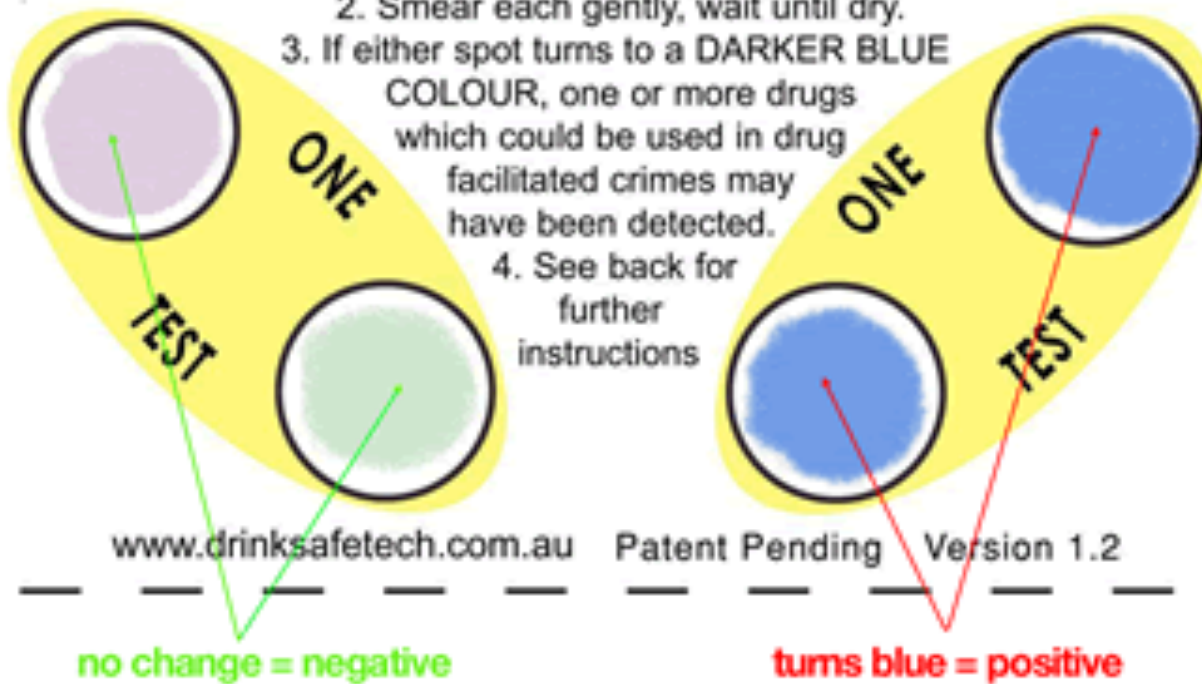
CONSENT

IT'S SIMPLE AS TEA

Drink Spike Detector

Drink Spike Detector by Drink Safe Technologies™

1. Place a drop of your beverage onto both spots of one test.
2. Smear each gently, wait until dry.
3. If either spot turns to a DARKER BLUE COLOUR, one or more drugs which could be used in drug facilitated crimes may have been detected.
4. See back for further instructions



Drink Spike Detector Instructions

- Read carefully before using the Drink Spike Detector and ensure that the test is used and considered in a well lit area. How the test is performed: It takes the activation of both test spots in one test character to test the beverage in question in accordance with this product. Make sure both test spots are dry, and free of condensation from the drink container. Place drops of the beverage to be tested onto each spot using a straw or your finger. Rub gently. Do not mix the chemicals from each spot together. They should remain separated for best results. Wait until dry. The test can take a few minutes to dry and get a result, be patient. If either spot turns to a DARKER BLUE COLOUR, one or more drugs which could be used in drug facilitated crimes may have been detected.
- We caution however that the Drink Spike Detector will not effectively test all beverages and that there are occasions when a test will show a false reading. For example, many coloured beverages will impart a slight hue to test spots and this is not a positive result. Any blue or green coloured beverage or liquor can also show a false reading when applied to the Drink Spike Detector. Further tap water and certain mineral waters may impart a transient blue hue to the test spots while the test is drying. This is not a positive result, and should dissipate when dry. Always use common sense and don't let anyone or anything lull you into a false sense of security. When in doubt with any beverage, always discard and NEVER LEAVE A DRINK UNATTENDED. NOT TO BE USED WITH WINE PRODUCTS, BEVERAGES CONTAINING MILK PRODUCTS OR CREAM, OILY LIQUEURS, TONIC WATERS, FRUIT JUICES OR BEVERAGES CONTAINING FRUIT JUICES.

Getting Home

- Uber?
- Late night public transport services - hourly trains or Nightrider Buses
- 13CABS app - taxi tracker
- www.ptv.vic.gov.au for Public Transport App
- Safe City Taxi Ranks
www.melbourne.vic.gov.au

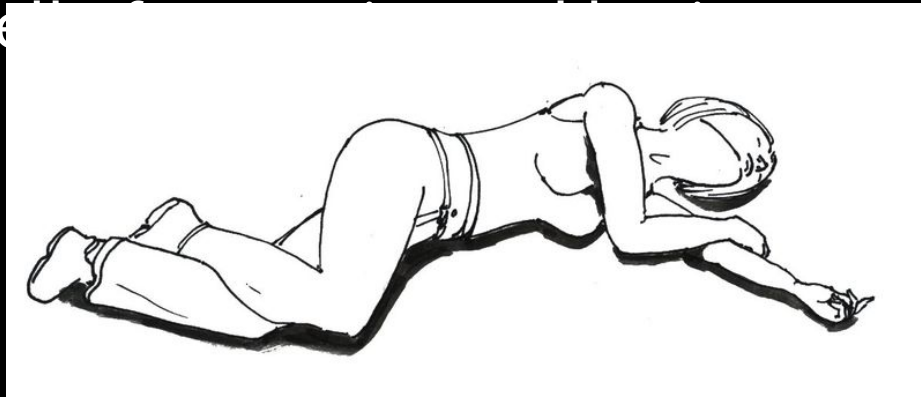
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- Drugs and alcohol
- Types - Weed, E, GHB, Ketamine
- Effects
- What to look for
- Top 8 Reasons why people take drugs...
 - Other people, media, escape, self medication, boredom, rebellion, instant gratification, lack of confidence, misinformation.
- If you're a drug taker...

Ecstasy

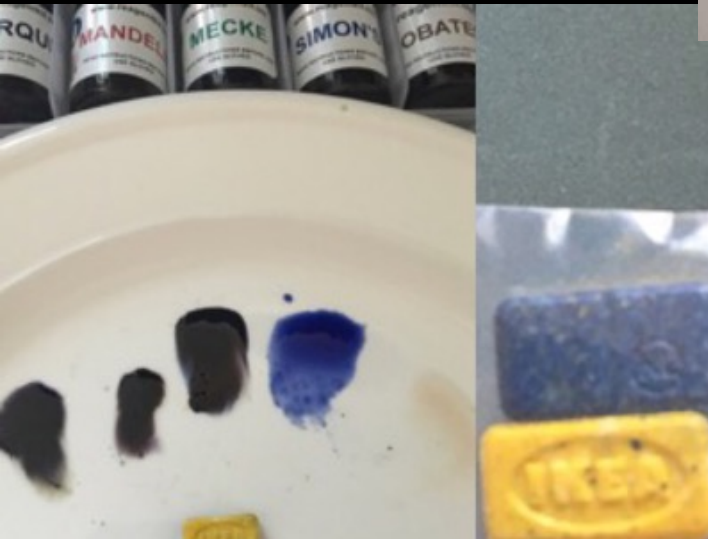
Harm Minimisation:

- Sip water - the ADF recommends 500ml per hour if active. 250ml per hour if inactive.
- Wear loose fitting clothing.
- Take regular breaks from dancing to prevent overheating.
- Tell a friend if you start to feel unwell.
- Recovery position and then call an Ambulance if person collapses, if they have convulsions or if they are still feeling unwell after 15 minutes.



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- Ecstasy
- Looks like: Dilated pupils, jaw clenching, chewing
- OD - heart attack, brain bleed, stroke, dehydration, confusion
- Psychotic Episodes
- Long term effects - addiction
- What does Tuesday feel like?



Ketamine

- K, Special K, Kit Kat, Vitamin K
- Horse Tranquiliser!!
- Human anaesthetic
- Usually white powder
- Smoked, snorted, swallowed or smoked
- Hallucinogen
- Overdose - rigid muscles, can't move, increase in heart rate and temperature, vomiting
- Coma, death
- Ketamine bladder syndrome
- Average Age people try it - 19

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- Marijuana

What does it look like? Red eyes, dilated pupils, depressant - slower reaction times etc. Heart rate increase.

OD - rapid heart rate - heart attack

Psychotic episodes - what to do?

Link to mental illnesses or episodes

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- Cannabis
- US Study shows 1 in 6 young people who take Cannabis can become addicted
- Strong, genetically modified - higher dosages of THC.
- Physical, Mental, Emotional Health issues
- Effects - loss of inhibition, altered perception, altered vision, memory issues, increased heart rate & appetite, anxiety, paranoia, panic attacks, confusion, detachment from reality
- Brain effects - memory, learning and concentration issues
- Mental Health Issues - family history of mental health issues can increase likelihood of a psychotic response

Whole New World 2019

- Ecstasy
- Looks like: Dilated pupils, jaw clenching, chewing
- OD - heart attack, brain bleed, stroke, dehydration, confusion
- Psychotic Episodes
- Long term effects - addiction
- Responsibilities as a leader - Call 000

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GHB

Looks like: Drowsy, clumsy, normal to dilated pupils, pale, lack of co-ordination.

Effects: Vomiting, sweating, shallow breathing, confusion, agitation, blacking out, seizures.

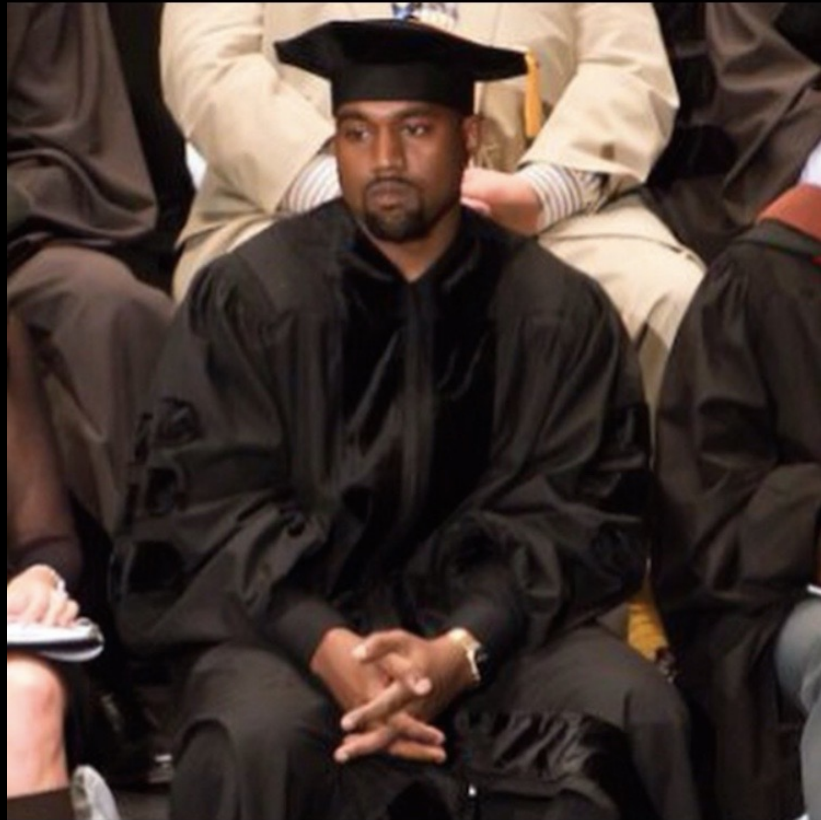
Responsibilities as a leader. Don't let them sleep it off. Call 000 if loss of consciousness.

GHB



Watch What Happens!





Drugs & The Law

The Law:

Fines of \$2000 and/or one year's in prison for cultivation (not related to trafficking), to fines of up to \$250 000 and/or 25 years' in prison for commercial trafficking. **Cannabis.**

\$2000 fine and/or one year's imprisonment for cultivation (if the court is satisfied that the offence is not related to trafficking), \$3000 and/or one year's imprisonment for possession/use (not related to trafficking) to imprisonment of 25 years and a fine of up to \$250,000 for commercial trafficking. **Amphetamines & Ecstasy.**

- A drug conviction will effect you gaining employment and you may not be given a visa to travel to some countries.

Drugs and The Law

Program in Victoria to try and decrease convictions.

First offence in possession of a small amount of: ecstasy or amphetamines - receive a caution and attend a drug diversion program which includes counseling.

Good behaviour bond for 5 years. Failure to attend means a possession charge.

Cannabis - will receive a warning & good behaviour bond for 5 years.

Websites

- www.adf.org.au The Australian Drug Foundation
- www.druginfo.adf.org.au Drug Information
- www.casa.org.au Sexual Assault information & counseling
- www.ysas.org.au Youth Substance Abuse Service
- www.tac.vic.gov.au Driver Information

Aggression & Violence

- Communication is the key!
- Talk, talk, talk your way out. (door bitch)
- Apologise if you have upset someone - even if it's not a big deal. (stepping on a toe - hands up).
- Psychology of a fight.
- Breathe and walk away.
- Before reacting negatively - ask yourself 6 questions.

Help

- Want help?
- www.reachout.com.au
- www.salvos.org.au
- www.adca.org.au
- www.adin.com.au
- www.drinkwise.org.au

Thank you
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