PARTY SAFE OR GO HOME!

Benalla P-12 College Year Nine students recently participated in a one day program “Party Safe or Go Home”. The program acknowledged that some young people can sometimes find themselves in new and challenging social situations at parties and other social events. The day was designed to provide information and facts to enable young people to make informed decisions about themselves, and their friends’, well-being and safety and reinforcing that it is ok to say “no”.

On the day there were presenters from the Victorian Police, Ambulance Victoria along with community organisations from Ovens and King, Benalla Health and NESAY. The students attended sessions throughout the day on the following topics: Looking After Your Mental Health, Alcohol and Law, Looking After Your Mates, Your Sexual Health and Relationships.

Youth Worker Lou McCloskey said “It was a great to see students positively involved in the variety of activities provided on the day. In the Alcohol and the Law session the students were challenged to walk in a straight line and aim a ball at a target while wearing beer goggles. Many of the students found these tasks extremely difficult, it was a great demonstration of how alcohol can impair our judgement and affect our body”.

![Image of students participating in the program](image-url)