

# Guide to Prevent Alcohol and Risk-Related Trauma in Youth (P.A.R.T.Y.)

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## The Royal Melbourne Hospital for Students





Youth are more at risk of becoming a victim of trauma than any other age group. Unsafe driving, drinking, drugs and other risky behaviours increase the chance that you or your friends will be killed or injured in a traumatic incident (car crashes, falls, and assault).

At the P.A.R.T.Y Program you will learn about risk, choice and consequences. We are not going to tell you not to have a good time with your mates. P.A.R.T.Y strives to empower participants to assess risk and make good choices. So you can party safely with your mates.

### **Live Once, Think Twice**



**What you will see at the P.A.R.T.Y Program**

A Paramedic and Emergency Department Doctor will tell you what happens to trauma patients at the scene and when they first arrive to hospital.



Follow the path a critically ill trauma patient takes through the hospital: from the Emergency Department to the Intensive Care Unit and Trauma Ward. You may have the opportunity to meet and hear the stories of patients currently in hospital.



Experience a small part of the rehabilitation process patients have to go through in an attempt to recover from their injuries with the help of Physiotherapists, Occupational Therapists, Speech Pathologists and Orthotics



**Hear the story of an injury survivor**

Hear the story of someone's life after suffering a traumatic brain injury, or spinal cord injury, and learn about the process they have had to undergo to 'recover' from their injury.



**What we hope you will learn at the P.A.R.T.Y Program**

What a risk taking activity is





What your choices are



What the possible consequences are



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**Every choice has a consequence.**

The majority of the time the consequences of our actions are harmless, however sometimes the consequences are disastrous.

YOU make your own choices and have to live with the consequences that result.

How would your life change if you broke both of your arms and couldn't feed yourself or go to the toilet by yourself?

How would your life change if you injured your spine and couldn't move or feel your legs?

How would your life change if you injured your brain and you had to live in a nursing home?

How would your family and friends lives change if you were killed doing something risky and stupid?

Every choice has a consequence – make your choices good ones.

**Live Once, Think Twice**

**Should you require any further information prior to your visit, please do not hesitate to contact the program coordinator on the details below.**

**Kate Roberts**

**P.A.R.T.Y Program Coordinator**

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