

Welcome to the *November 2015 Edition* of **Dalgarno Institute (SA)'s E-News**

'Schoolies' the facts ...

Most people go to schoolies just to celebrate the end of school and have a great time with friends. Sadly, for some, it can go very wrong.

Here are some tips – or 'Care Facts':

- Historically drink spiking and drug use has been widespread in past years at all venues, including Victor Harbor, SA. Week. So watch out, as it could even be the staff serving the drinks ...
- Some people are also tricked when the perpetrators add drugs to cups of water that is freely given out. So be careful and make sure you are with friends who will watch out for you.
- Look for alternative activities that don't include beverages that concern you.
- Arrange for a 'phone-home' or texts to your loved ones/parents at specific times when you are away.
- **Don't be afraid to say 'no'** or walk away, if someone is pressuring you to do something that could be unwise or unhealthy. If they are truly your friends, they will come around and actually admire you for your stance. If not, maybe they are not really good friends?

What is Alcohol Poisoning?

- someone passes out from drinking too much or too quickly their system can be in real trouble, people have died this way. Calling an Ambulance could save their life (dial 000).
- If you vomit, it means your body can't cope with the amount of alcohol you have in your body and it needs to get out before serious damage is caused. So if you feel like you need to 'spew', **please do so**.
- If you can't remember part of the night before it means you have drunk enough to cause brain damage!

For more go to: http://www.schoolies.org.au/schoolies_survival_guide.htm



Check out these Dalgarno websites for more information

www.dalgarnoinstitute.org.au

<http://www.greaterrisk.com/>

www.21bethehere.org.au

<http://www.dontlegalisedrugs.org/>

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