

# Party Hard Think Safe

## Young Women, Alcohol and Safety Project Summary



This summary was written by Youth Solutions and includes contributions from the On Track Youth Leadership Project Team. The summary gives an overview of the Project as well as containing useful information that may assist other communities who may wish to implement a similar project.

The On Track Youth Leadership Project Team members consisted of the following people:

Debbie Roberts: Student Supervisor, Manager, Youth Solutions  
Ashleigh Norman: TAFE Student, Youth Work Diploma  
Cheryl Martin: TAFE Student, Youth Work Diploma  
Melissa Baker: TAFE Student, Community Welfare Diploma

NB: Rebecca Whitford, Senior Project Officer at Youth Solutions also provided support to the On Track Youth Leadership Project until mid 2004.

#### Acknowledgements:

- Foundation for Young Australians
- Department of Community and Family Services
- Youth Solutions
- Campbelltown TAFE
- Participating Young Women from the Campbelltown Local Government Area (LGA)
- Participating High Schools, students and their contact teachers
  - ❖ Eagle Vale High School
  - ❖ Ambarvale High School

#### Contact Details

For more information contact: **Debbie Roberts**  
Manager  
Youth Solutions

Address: PO BOX 112  
Macarthur Square NSW 2560

Phone: (02) 4628 2319 Fax: (02) 4626 7844

Email: [info@youthsolutions.com.au](mailto:info@youthsolutions.com.au)

For more information about Youth Solutions or to download a PDF version of this report log onto [www.youthsolutions.com.au](http://www.youthsolutions.com.au)

Please note that positions and organisations referred to in this report were correct at the time of their participation in this project.



## Overview

The On Track Youth Leadership Project *"Party Hard Think Safe"* was a fourteen month **youth participation** project funded by The Foundation for Young Australians (FYA) and Youth Solutions, a non government youth drug prevention service located in Campbelltown, New South Wales, Australia.

The Foundation for Young Australians (FYA) targeted 25 communities Australia wide; seeking organisations to encourage young people in their local government areas to participate in this opportunity. The FYA aimed to provide young people in their communities with the opportunity and resources to develop a project and/or service to meet the needs of their chosen target group.

Youth Solutions was successful in receiving funding to coordinate this project at a local level and provide support to the young people with their project. Support included the provision of resources, guidance, contacts with the local community and experience.

This project evolved into a young women, alcohol and safety project *"Party Hard Think Safe"* targeting young women in the Campbelltown local government area (LGA) aged 18-25 years. The FYA had previously defined the parameters of the project to be the Campbelltown area while YS defined the parameters of drug and/or alcohol issues.

Throughout the course of this project the three young women team members developed and increased their individual skill level in a variety of ways such as project management, public speaking, drug education, product and resource development, computer skills, budget management, working with the business community, decision making, conflict resolution and communication skills.

Following completion of this project by the On Track team in December 2004, Youth Solutions has promoted the project outcomes and process throughout the community, with local Liquor Accords interested in developing this project further.

This summary aims to provide a very real account of project outcomes both expected and unexpected, while also revealing the challenges and benefits experienced along the way.



# Youth Solutions

## Vision

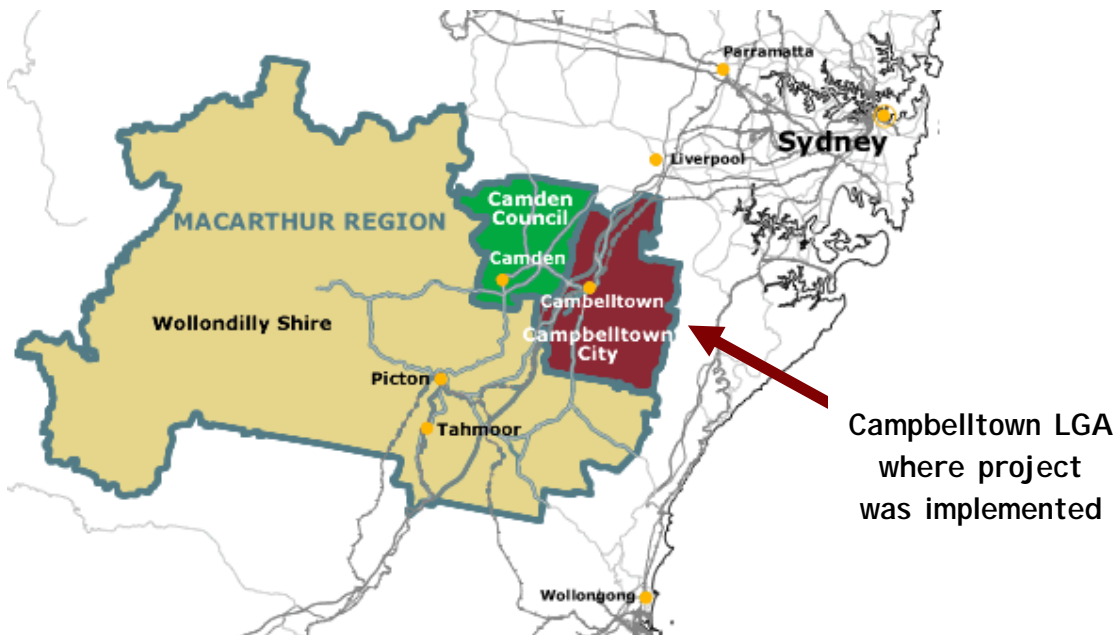
Supporting young people to make safer life choices to achieve their full potential.

## Mission

Creating solutions with young people, families and the community to promote positive life outcomes by preventing harmful drug use.

In summary:

- Youth drug prevention agency
- Established in 1988 as Macarthur Drug and Alcohol Youth Project and changed the service name to Youth Solutions in 2003
- Non-government charitable organisation
- Cover the Campbelltown, Camden, Wollondilly and Wingecarribee Local Government Areas of NSW
- Target group: Young people 12-25 years living, studying or recreating in our region. We also support those who have an impact on this age group eg: parents, teachers and youth workers.



(Map sourced from [www.macroc.nsw.gov.au](http://www.macroc.nsw.gov.au))



# Party Hard Think Safe Project Philosophies

## Harm Minimisation

Acknowledges that while no drug use is an ideal outcome for young people, some young people despite prevention efforts will continue to experiment, take risks or use drugs regularly. Consequently, a range of strategies (including those that promote no drug use) must be utilised so as to prevent or delay transition to further use, and reduce the harms for those young people who are currently using. Harm minimisation also incorporates a range of strategies that promote the safety of those who choose not to use drugs but may be affected by another person's use.

## Youth Participation

Acknowledges that young people must be directly involved in identifying drug related issues of concern, development and implementation of resulting strategies and evaluation of outcomes.

## Whole of Community Participation

Recognises that the prevention and reduction of young people's drug use and related harms are the responsibility of the entire community. Risk factors for problematic drug use are lodged in all aspects of the community including schools and families. This approach recognises that a holistic approach is required to address these issues.



## Who Supported the Project?

- The Foundation for Young Australians provided \$13,200 (GST inclusive) to fund the project
- Youth Solutions provided in kind support in the form of project coordination, supervision and administrative support
- Campbelltown TAFE provided in kind support in the form of student supervision
- Wests Leagues Club, Campbelltown offered their venue for project implementation
- Local printing company printed posters free of cost

## Stages of Project

### October 2003

**Receipt of funding from FYA.** Youth Solutions (YS) received \$13,200 (GST inclusive)  
\$6,600 was paid to YS as a management fee (includes financial audit, contribution to staff salaries, staff travel). The remaining \$6,600 was managed under supervision by the On Track team for their project.

### October-November 2003

#### **Recruitment of Young People**

YS approached the Community Welfare Department of Campbelltown TAFE to be a partner in this project. YS regularly take TAFE students for workplace learning experiences and speak to students during the course of their studies.

YS staff spoke to students enrolled in community welfare, youth work and drug and alcohol courses as a mechanism for recruitment.

Five young women were interested in being involved in this project.

Students enrolled in TAFE could use this project for workplace learning therefore being mutually beneficial to the student, YS, TAFE and FYA.



December 2003

**Orientation**

YS orientated all team members to the Service while also undertaking team building activities

December 2003

**One day training** with FYA occurred in Campbelltown. Two YS staff members and the five young women participated in a one day training workshop at YS.

January -March 2004

**Coordination and implementation of community mapping activities.**

YS worked intensively with the young women to develop a project concept and process that suited FYA, YS and TAFE requirements. Participants as a team undertook a process to determine the priorities for young people within their community.

Three community mapping focus groups were conducted with high school students and a women's group - a total of 56 aged between 15-25 years. Group work and the use of collage were the chosen form of community mapping.

During this process On Track team members also recorded each groups "story" about the collage content. Discussion within each group while developing the collage was integral to identifying key issues and concerns.

March 2004

**Collation and analysis of community mapping.**

Collages were analysed by On Track team members. Discussion regarding collage processes and group work observations were also regarded in analysis.

March 2004

**Development of project idea.**

On Track team members developed a presentation for the National Gathering (an intensive five day residential conference) that noted their learning. This activity involved significant group work, decision making and training in development of a Power Point presentation, and learning presentation and public speaking skills. The information was shared at the



National Gathering. This information was also shared with key community stakeholders. These activities were designed to ensure an increase in the connectedness to community and the active development of leadership skills in a team working environment.

NB: One team member left to go overseas - 4 team members remaining.

### March-April 2004

#### **Completed training with FYA at National Gathering.**

Each team had to choose three team members to attend the National Gathering. These team members had taken on key roles within the group and were identified by YS as potential community change makers and leaders. As only three team members could attend the Gathering these members were chosen by means of drawing names out of a hat. Two YS project support workers also attended the Gathering for three of the five days.

Each team presented their outcomes to the other 24 projects from across Australia.

Leadership skill development was integral to the workshops. Skills developed during the Gathering included thinking strategically, communication, decision making, and project planning.

The Gathering concluded with the development of community project plans. Task allocation and final design took place within one week of the Gathering.

### April 2004

#### **Development of project action plan.**

### April-November 2004

#### **Implementation of project action plan.**

The On Track team began implementation of their project. Creation of logo and slogan "Party Hard Think Safe", timeframe, product development i.e. drink holder, t-shirts, promotional posters, safety poster and tips cards and On Track summary leaflet.



Liaison with Wests League Club, Campbelltown regarding implementation of project. Development of surveys for club promotional nights. Gathering of quotes for promotional products. Liaison with business sector regarding sponsorship.

Ongoing for term of project

Evaluation of project.

FYA required regular reports to be submitted. These reports included process, impact and reflective evaluation by YS and team members

February 2005

Completion of project summary.

Ongoing post project

Dissemination of information regarding the project to other communities and services eg: conferences, network meetings



Young women and men participating in community mapping activities



Youth Solutions staff and the On Track Team members participate in training at The National Gathering



## Project Outcomes

- To promote safety for young women aged 18-25 years
- To obtain the attitudes and views of the young women themselves
- To raise awareness within the community of the issues facing its young women while out partying

## Implementation of Party Hard Think Safe Campaign

- Products developed: T-Shirt, Drink Holder, Safety Tip Cards and Safety Tip Posters
- Two promotional nights held on consecutive Friday evenings at Wests League Club Campbelltown. On the night promotional T-shirts, drink holders, safety tip cards and drug and alcohol information were disseminated to those young women 18-25 years who completed surveys
- Distribution of products also occurred through local services, at local events and YS activities



Two On Track team members, Cheryl and Ashleigh hard at work

### Interesting outcomes of surveys

- 85 young women were surveyed during two promotional nights
- Drink spiking, rape and assault/violence identified as major concerns
- 82% organised transport home prior to going out
- 62% would never leave a venue without their friends
- 50% said that they had taken "party drugs"



Party

Hard

Think

Safe



- 53% said they knew someone who had their drink spiked

NB: Please note that the surveys developed and implemented by students were not statistically significant, but did provide students with the opportunity to develop, implement and analyse a survey and hence contribute to their learning.



On Track team at Campaign promotion nights at Wests League Club, Campbelltown



Drink holders, T-shirts and safety tip cards were distributed at the venue and a variety of local community events



Party

Hard

Think

Safe



# YOUNG WOMAN?

Party Hard  
Think Safe

Take a look @ some safety tips....



## Safety Tip #1:

### Transport

- Make sure you don't drive under the influence of drugs or alcohol
- Organise a designated driver or transport before you go out
  - Don't venture out on your own

## Safety Tip #2:

### Take responsibility for your actions

- Drink responsibly to stay in control

## Safety Tip #3:

### How to prevent your drink being spiked

- Keep your drink with you at all times
- Don't accept drinks from strangers

## Safety Tip #4:

### Watch out for your friends

- Don't let them leave with strangers
- Stay together, so you don't lose people
- Tell someone where you're going at all times

will help in having a safe night out



For more information and/or a referral contact  
Youth Solutions on 4628 2319  
Funded by The Foundation For Young Australians

This Safety Tip Poster was developed by the On Track Team and placed in all women's toilets at venue



Party

Hard

Think

Safe



# Benefits and Challenges of this Youth Participation Project included:

## Benefits

### Youth Solutions

- Youth Participation in action
- Money to support project implementation
- Leadership opportunities for young women
- Project met needs previously identified in our community
- Access to 18-25 year target group
- Partnership project with TAFE

### Young Women

- Learning new skills
- Improved public speaking skills
- Improved leadership skills
- Job References
- Workplace Experience
- Conflict resolution skills learnt
- Opportunity to participate
- TAFE placement requirements met
- Learnt Budgeting skills

## Challenges

### Youth Solutions

- Time to supervise team members
- Lack of Money
- Lack of Resources
- TAFE Requirements
- Attendance of two staff members at National Gathering was difficult with work and family commitments

### Young Women

- Time to complete project
- Other commitments eg: family, work
- TAFE workload
- Attendance at National Gathering was difficult with work and family commitments
- Public speaking
- Conflict within the group



# Project Reflections

Meeting timeframes proved to be challenging for the On Track team members as they were not used to meeting deadlines. On Track team members were each required to complete 240 hours to fulfill their requirements for TAFE. Other obstacles around time consisted of one member's work commitments, one becoming a new mum and the third member's health problems. Trying to consistently have meetings to discuss project tasks and make group decisions was sometimes very difficult and time consuming.

While working on the project the On Track team members also faced many challenges that became benefits. All three members started the project with limited public speaking skills and some with an overwhelming fear of speaking in front of other people. Through practice, and training provided by Youth Solutions, all young women became more confident in public speaking and were provided with many opportunities to practice and refine their skills.

At the National Gathering they learnt many new skills. This included team building skills, teamwork, improved leadership skills, active listening skills and conflict resolution. The National Gathering was beneficial to the group's completion of their project. Learning conflict resolution skills was particularly relevant as conflicts arose within the group throughout the twelve months they worked together.

Some weaknesses of the project were unbalanced workloads, some members taking over tasks and limited resources eg: availability of computers. Originally the team had five members but two members left to travel and seek employment which meant that workloads became heavier than originally intended.

The project also gave members of the On Track team the opportunity to raise awareness of alcohol and safety issues for young women in our area and provided them with leadership opportunities not previously offered.

NB: these reflections were primarily written by members of the On Track team with only a small contribution by Youth Solutions staff.

