**What is a good night out?**

Through these activities, students will discuss situations where they will make decisions about alcohol and other drugs. They will propose how to have a good time, celebrate and socialise with others. Students will be offered opportunities to challenge peer expectations about the role of alcohol and other drugs in social settings.

Duration: 120 minutes

**Focus of the learning**

* Recognise that young people like to socialise, and this may involve situations where alcohol and/or other drugs are present.
* Understand that people can have a good time without using drugs and alcohol.
* Describe responsible behaviour in situations that may involve drugs and alcohol.
* Identify and assess skills and strategies to avoid potentially harmful situations when celebrating or going out.
* Recognise potential risks associated with travelling to and participating in end of school celebrations.
* Formulate strategies that will reduce harm to themselves and others in a range of situations where alcohol and/or other drugs may be present.

**What you need**

* access to the internet and laptop/tablet/phone

## Activity

What is a good night out?

Use a [T chart](https://app.education.nsw.gov.au/digital-learning-selector/LearningActivity/Card/599) to respond to the following questions.

* Column 1 – in your opinion, what makes a good night out or celebration? What does it look like, sound like and feel like?
* Column 2 – how would parents or family members describe a good night out or celebration for young people? What does it look like, sound like and feel like?

What are the similarities and differences between the two lists?

What can young people do to have a good time and stay safe?

What role does alcohol or other drugs play in changing the outcomes and risks associated with a night out or celebration?

Propose strategies to increase the positive outcomes for yourself and others when celebrating, socialising or going out, whether alcohol was used or not.

Strategies

Select an environment where young people might socialise, celebrate or go out, but where alcohol and/or other drugs may be present. Possible examples include:

* parties
* pubs, clubs, nightclubs and other licenced premises
* end of school celebrations, e.g. Schoolies week, overseas trips
* concerts and music festivals.

Use an online whiteboard space or paper and markers to record ideas. Draw a large box in the centre of the space.

* Inside the box, record the factors that improve a night out or celebration in that environment, e.g. friends only, food.
* Outside the box, record strategies that could be used to maximise safety and enjoyment and increase positive outcomes for everyone involved, e.g. organise a caterer, alert police when you are having a party.
* Highlight the strategies that are most useful or most important.
* Draw a circle around the strategies you are likely to need to use most often.

Planning for Schoolies celebrations

This activity is designed to assist students who are planning to travel to locations which hold large end of school celebrations for Year 12 school leavers.

Research and design educational and promotional materials to inform Year 12 school leavers about Schoolies week. Educational and promotional materials could include a series of social media posts, a poster, a road side billboard, a website, a video or advertisement or custom gifs. You could use online platforms such as [Canva](https://www.canva.com/q/pro/?utm_source=google_sem&utm_medium=cpc&utm_campaign=REV_AU_EN_CanvaPro_Branded_Tier1_Core_EM&utm_term=REV_AU_EN_CanvaPro_Branded_Tier1_Canva_EM&utm_content=78_control&gclid=Cj0KCQjwkbuKBhDRARIsAALysV7ESMwtbftVRJLvFQoViMp3Yj1m4-9EaEj1GyHwHkuR07zod-VHvFYaAtdOEALw_wcB&gclsrc=aw.ds) for the creation of the material if you have access. You may also choose to use offline methods to create the material.

The focus of the educational and promotional materials should be providing strategies for staying safe while celebrating the end of school.

It could focus on general information for all school leavers, or have specific details for students visiting particular locations that provide venues and events for school leavers, e.g. the Gold Coast or popular locations, e.g. Bali.

Here are some sample topics. You should select issues and topics that are relevant to your interests, needs and contexts.

* Planning before you leave
* Identifying your values, expectations and limits before you go away
* Strategies for looking after your friends
* Preventing drink spiking
* Sexual health, access to condoms and condom use
* Protecting yourself from unwanted sexual experiences
* Protecting yourself and others from aggression and violence
* Managing relationships and maintaining respectful relationships
* Looking after your mental health and wellbeing
* Safe travel
* Seeking help if something goes wrong
* Identifying and accessing services
* Legal issues, including laws related to drugs and alcohol in locations where end of school celebrations occur, consent laws, sharing information online, sharing images
* Extra preparation and precautions for travel to overseas locations e.g. protecting yourself and others, protecting your possessions, who to inform about your travel, accessing services, seeking help.