



## Information for Parents

### ***Did you know teenagers and young adults are at more risk of suffering a life-threatening injury than any other age group?***

Traumatic injury is responsible for 40% of deaths in the 15-25 year old age group worldwide and accounts for half of all male fatalities regardless of age. Even more alarming is that for those young people that survive their injuries, research and experience tell us that up to 30% of Australian young people will require formal rehabilitation and suffer profound and prolonged disability even after 5 years.

This high rate coincides with the complex interaction of physical, social and emotional development during adolescence, when young people begin to question the values of their immediate family and look towards those of peers. This in turn may begin to influence behaviour, including experimentation with drugs, alcohol and other risk taking activities.

Australian injury data collected in major trauma centres like The Canberra Hospital confirm that physical trauma in this age group is increasing every year despite the fact that in many situations, the circumstances causing injury are preventable but often happen through the combination of alcohol and/or drugs and risk-taking behaviour.

The 'Prevent Alcohol and Risk Related Trauma in Youth' (P.A.R.T.Y) program at The Canberra Hospital aims to help teenagers understand risks, choices and consequences.

P.A.R.T.Y. programs are run all over the world including Australia, Brazil, Canada, Germany, Japan, and the U.S.A.

**SO WHAT IS P.A.R.T.Y:** It is a targeted injury prevention education program that aims to help young people (>15 years) to recognise risky situations and behaviours and make informed choices.

**WHERE:** P.A.R.T.Y. Canberra is coordinated and run onsite at The Canberra Hospital

**WHEN:** During the school year, from 8:50am until 3pm

**WHO ATTENDS:** Students aged 15 and over accompanied by an adult leader from the school

**WHAT HAPPENS:** Students follow the typical journey of a severely injured young person from the time of the injury.

Students are given information about: basic anatomy, physiology and how injuries occur; the effects of alcohol/drugs on judgment, concentration and co-ordination; the nature of injuries that can be repaired, and those that can't; and the effect of injury on families, finances and future plans

The program emphasises that the choices they make can cause life-threatening injuries to themselves or others, which not only affects them, but you as their parent, the rest of your family and their friends.

If your child is coming to the hospital for the P.A.R.T.Y program, you can help us to reinforce the P.A.R.T.Y message by talking to your children after the program.

Ask them about what they saw, how it made them feel and how it might change their actions and decisions in the future.

Please help your children to spread the messages they learn on the program to their brothers, sisters and friends and encourage them to make good choices, to have a plan and to know what could go wrong.

**Contact: Program Coordinator Phone- 62442638 or email- [P.A.R.T.Y.Canberra@act.gov.au](mailto:P.A.R.T.Y.Canberra@act.gov.au)**

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