

## The P.A.R.T.Y. Program...

The **Prevent Alcohol and Risk-Related Trauma in Youth** or P.A.R.T.Y. Program is a dynamic, interactive injury prevention and health promotion program designed for senior high school students. The P.A.R.T.Y. Program is designed to show students first hand some of the tragic consequences that can occur if they participate in risk-taking behaviour, as well as the choices they can make to avoid trauma and injury.

The Program aims to show you the students the possible consequences that can and do happen to people who make risky choices. We would like to help students recognise risk and make informed choices about activities and behaviours in the future.

## What happens at the hospital?

If you are given permission to attend the P.A.R.T.Y. Program, you will spend a full day with various trauma services at Canberra Hospital and Health Services. You will meet the people that care for trauma patients- paramedics, doctors, nurses, allied health professionals and volunteers.

Through DVD and PowerPoint presentations, interviews with patients and real-life clinical scenarios, you will be exposed to the painful journey of a trauma patient. You will learn about trauma injuries, and have hands-on experience with some of the equipment used in trauma care and rehabilitation.

At the end of the day, you will meet a trauma survivor. They will talk about the choices and events that led to their injury. They will also tell you about what their lives are like now. You will have an opportunity to ask the injury survivor questions and learn what life is really like after an injury.

## What can I do if I feel overwhelmed?

It is quite usual for students to find parts of the Program difficult for various reasons. You may feel uncomfortable or confronted by things you see or hear- **this is normal**. However, if you feel you are becoming overwhelmed during the day and want some time out, or to speak to someone about how you feel, there will be people that can help you at the hospital. You just need to let your teacher know that you need some assistance. None of your classmates need know. It is sensible to say something rather than go home feeling overwhelmed. Hospital staff who work with trauma patients everyday will tell you that they sometimes experience those feelings too. The hospital has a counsellor for them to speak to when this happens because we know that trauma can be confronting.

If you find that the weeks/months following your attendance at the Program there are issues you would like to discuss that have arisen based on something you saw or heard on the day, speak with your teacher so that follow up can be arranged for you to talk to someone.

## Other useful information for parents/guardians...

Some common questions are:

**Q: What should my child wear on the day of the excursion?**

**A:** The school will instruct you about what they should wear but it will be a school uniform or sports uniform- it is not a uniform-free day (unless your school does not have a uniform) as it is important for staff to be able to identify each student as part of their school group.

**Q: How will my child get to and from the hospital?**

**A:** The school will arrange a bus to transport the students to and from the hospital.

**Q: What will happen if my child is ill on the day of the excursion?**

**A:** Notify the teacher who has been allocated as the P.A.R.T.Y. liaison- this name and number will appear on the cover letter you have received with the information and consent forms.

**Q: Who will supervise my child during the day?**

**A:** At least one adult (teacher, school nurse, school staff member) per ten students will be attending the excursion with the students to provide supervision and support during the day. When the class is split into smaller groups, one adult from the school will stay with each group at all times. At Canberra Health Services, The P.A.R.T.Y. Program Coordinator, clinical presenters, allied health staff and specially trained volunteers, all play a role in ensuring your child's needs are met. They have all the appropriate checks and clearances to ensure your child's safety and wellbeing.

**Q: What happens if my child is physically or emotionally overwhelmed by the Program content?**

**A:** All care has been taken to ensure that the Program, whilst confronting, is physically and emotionally manageable by students of the age attending. However, procedures are in place to care for any student who becomes overwhelmed during the day. These include Standard Operating Procedures for illness (including fainting or dizziness), or emotional trauma (panic attacks, feeling overwhelmed, becoming very upset).

**Q: Is there anything my child should bring on the day?**

**A:** Yes- your child will need to bring their lunch (morning tea will be provided).

**Q: Is there anything my child needs to do to prepare for the day?**

**A:** Yes- they will need to eat breakfast. The program can be confronting and students who eat breakfast have been shown to be better prepared to deal with the program content.

**Q: On the consent form you ask if you can use photos of my child for promotion- why and how?**

**A:** Most schools like to keep a record of the excursion to P.A.R.T.Y. We also sometimes take photos of certain patient/student/staff interactions and activities. These photos need to have your consent prior to us using them in our brochures or in any other way. Except when used in the print or TV media (when special consent will be obtained), your child's name would not be

used. If you decide you do not want your child to be in any photos, we ensure your wishes are respected by placing them in a group that will not be photographed. Their visitors badge is also marked in a specific way to alert your wishes to the staff.

### **I still have questions about the program...**

If you still have questions about your child's involvement in the program after reading through the information pack please contact the teacher at the school responsible for the P.A.R.T.Y. Program liaison.

Alternatively, you can contact the P.A.R.T.Y. Program Coordinator directly:

**P.A.R.T.Y. Program Coordinator**  
Nardine Johnson  
**Phone:** (02) 5124 2638  
**Email:**  
P.A.R.T.Y.Canberra@act.gov.au

Thank you for your time.

The P.A.R.T.Y. Program team.

**\*\*Child refers to your biological child or a child for whom you are responsible as a guardian.**