



# partying without violence

[www.weekwithoutviolence.ywca.org.au](http://www.weekwithoutviolence.ywca.org.au)

Parties usually mean having a good time. Parties also often mean the consumption of drugs and alcohol which can affect people's ability to make decisions & pleasant social occasions can become intimidating & violent. Whether you're partying at home or in a pub or club there are steps you can take to reduce violence.

## **If You're Throwing the Party**

- Know who you have invited to the party and plan what you will do if there are gatecrashers
- Provide food & non-alcoholic drinks
- Offer to organise taxis for your guests & make a note of the taxi company you have called
- Create a safe atmosphere, if you know that someone is harassing or intimidating someone else, then do something about it - ask the person to stop or leave & find the victimised person a safe place.
- Stay safe yourself and ask for help if you need it
- Don't be afraid to call the police

## **If you're out partying**

- Manage how much you consume by pacing yourself, keeping an eye on the time since your last drink & using drink spacers such as water
- Be aware of drink spiking – it's rare but it does happen. Always get your own drink or watch it being poured & don't leave it unattended. Don't taste anybody else's drink
- Encourage people who are drunk to drink water or eat something & keep an eye on them
- If you are going home with someone introduce them to your friends
- Friends should keep an eye on each other develop a code word for danger situations that you can use with friends to get out of potential danger
- Go to the bouncers or bar staff at the first sign of trouble
- Make sure you have enough money or a safe way to get home at the end of the night

## **More info:**

Visit: <http://www.urge.org.nz> for more on partying safe at home & out.

**Imagine a week of open minds not closed fists  
– let's make it a reality**

