

Activity: 9-10.15.1

Key Messages

- There are many positive experiences associated with attending parties. However, there are also potential issues which can arise in terms of sexual safety and personal wellbeing.
- It is important to recognise the impact that alcohol can have on sexual behaviour and thinking, and to develop skills which can minimise the harm that may be associated with parties and sexual safety.

Activity Details

Victorian Curriculum

Health & PE Plan, rehearse and evaluate options for managing situations where their own or others' health, safety and wellbeing may be at risk VCHPEP144

Capabilities VCPCSE046

Time 30 minutes

Levels 9 & 10

Equipment

- a class set of *Stepping out-partying* cards
- *Stepping out-partying* Teacher reference sheet

Adapted from an activity used in NSW Department of School Education 1994, *Mates: HIV and AIDS related discrimination*, NSW Department of School Education, Sydney.

Stepping out-partying

Purpose

To identify some potential sexual risk factors around partying and actions students can take to minimise these risks.

Teaching notes

This is a good energiser as it gets students up and moving. Allow plenty of time to debrief at the end. You will need a large space to conduct this activity - it could even be done outside.

Procedure

1. Clear a space in the centre of the room. Ask the students to form a line across the centre of the room, facing you. Students will need space to move backwards and forwards.
2. Distribute a character card to each student, asking them not to show it to anyone else. Students are to imagine being that character in each scenario as it is read out to them.
3. Explain that you will read a series of situations and they have to decide whether or not the situation poses a risk for their character. They should take a step forward for 'yes' it is a risk and a step back for 'no' it is not a risk.
4. Emphasise that the situation should be addressed according to what the students think would really happen, not what would happen in an ideal world. Further, the students may not have all the information for each scenario so they will have to base their responses on assumptions.
5. Using *Teacher scenario sheet* read out the scenarios. At the end students should be spread across the room.

Debriefing:

- Ask the students closest to the front to reveal their character. Do the same for students at the back. Work towards the middle until all students have revealed their characters and situation.
- Identify which situations are risk/ which are lower risk and why they think this.
- Encourage students to verbalise how they felt about the exercise and what they learnt from it.
- Draw out differences for any students who had the same character. Look at the scenarios that they responded to differently and discuss why a character could react differently and the factors that influence students' decision-making.
- Identify what factors make a situation more risky at parties. Summarise actions students can take to ensure they are safe at parties and when out socialising.

Stepping out: partying—teacher scenario sheet

You go to a small house party with some of your friends. You know everyone there and nothing gets out of control. You have one to two drinks across the whole evening, which makes you tipsy.

You go to your friend's house with some other mates you don't know very well. Their parents are not home, so you all have quite a bit to drink and end up very drunk. You don't leave the house and everyone spends the night there.

You and your friends are really bored, so you roam the streets and end up drinking in a park. You have two to three drinks each (which makes you tipsy) to try and make the night more exciting.

You go to a massive party in the area. It seems like the whole state is there. You have never met most of the people who are there. You drink a whole bottle of vodka, play drinking games and enter a sculling contest.

You are invited to a party by the hot guy/girl you have been chasing for ages. None of your other friends are invited, so you go on your own. You want to impress your date and end up drinking so much that you are really, really drunk.

You attend a party in the local area. You don't know many people there and use this opportunity to chat to a group of girls/guys and make some new friends. You drink no alcoholic drinks.

You and some close friends' head into the city for the night. You take drink bottles full of alcohol and start drinking on the train, before you have had anything to eat. You and your friends spend the night wandering aimlessly around the city in a drunken haze. At one stage, you throw up on the footpath.

You are invited to a party by the hot guy/girl you have been chasing for ages. None of your other friends are invited, so you go on your own. You want to impress your date and the two of you share a couple of premixed drinks. You get a little tipsy.

You attend the school formal with your friends. You have such a great time you continue parting afterwards at a guy from school's house. You have a joint to celebrate.

You go on a date with your new boyfriend/girlfriend. You have a really romantic evening and end up staying out really late. You have no alcoholic drinks.

You go on a date with your new boyfriend/girlfriend. You have a really romantic evening and end up staying out really late. You have quite a few drinks together to relax, and you end up quite drunk and sleeping at his/her house.

You go to a party with your friend to celebrate their sister's 18th birthday. Your older cousin buys you a six pack of beer/pre-mixed vodka-based drinks for the night. You drink them all in about two hours and end up really drunk.

Your parents allow you to have some close friends over for dinner to celebrate your birthday. They buy you all the food you want and allow each member of the group to have one, low-alcohol mixed drink each. You drink your one mixed drink with dinner.





3.
A gay 15 year
old who is not
'out' yet.



4.
A young
lesbian.





5.
A 17 year old
male.



6.
A 17 year old
female.





7.
A bisexual girl
in a steady
relationship.



8.
A 12 year old girl.





9.
A 12 year old
boy.



10.
A 15 year
old with a
boyfriend.





11.
A 15 year old
with a girlfriend.



12.
A 14 year old girl.





13.
A 14 year old
boy.



14.
A bisexual boy
in a steady
relationship.

