

# REDFROGS AUSTRALIA

## PARENT GUIDE - SCHOOLIES EDITION -



## WHO ARE RED FROGS?

It all started in 1997 when Red Frogs Australia founder Andy Gourley hit Schoolies Week on the Gold Coast with his skateboarding mates and realised the need for a designated sober person at massive drinking parties.

Since then, Red Frogs has become one of the largest volunteer support networks for young people in Australia and our footprint has expanded to include high schools, universities, festivals, skate parks, sporting events - positively influencing 1.4 million people every year.



**At Schoolies, Red Frogs assist young people in many different ways: offering pancake cook-ups, room visits & games, room cleans, emotional support, walk home and Red Frog lollies!**

## IN THIS GUIDE:



### HOW TO START THE CONVERSATION



### 5 TOP TIPS FOR PREPARING YOUR TEEN



### PARENT CHECKLIST

**WATCH OUR TRUE STORY VIDEO HERE!**



# START THE CONVERSATION...

## THE BIG FIVE

It's important your teen knows that Schoolies is an artificial environment with a lot of "hype". Below are the "Big 5" issues you can chat about before Schoolies to help them make positive choices (remember, you don't want to lower their excitement but rather help them form realistic expectations). So, Let's get started!

**#1**

### ALCOHOL

- Encourage them to set a limit the the number of drinks they will have, and to keep count of their intake.
- Suggest that they go one-for-one with a cup of water for every cup of alcohol they consumer.
- Make sure the know how important it is that they eat sufficient before drinking.

**#2**

### DRUGS

- Emphasise there is never a good time or 'safe environment' to experiment with drugs, let alone at Schoolies (fine for drug possession can also impact many future goals your teen may have).
- Encourage them to make a decision here and now, about the person they will be at Schoolies or parties in the future.
- Ensure they know to call 000 in a drug-related emergency - the ambos will come to provide medical support, not get them into trouble.

**#3**

### VIOLENCE

- Encourage them that the best response to a fight.taunt is to walk away from the situation - don't be a "hero."
- If your teen does see violence erupt close to them, encourage them to move away from violence so there is no crowding/accidental injury.
- Remind the one punch can kill, and it's not worth it.



**#4**

## SEXUAL ASSAULT

- Remind your teen that sexual assault is never the victim's fault, and that they shouldn't feel embarrassed or ashamed to seek support or medical attention if this was to happen to them or a friend.
- Emphasise the importance of sticking together and looking after each other; not walking through dark areas alone and calling the Red Frogs for a walk home are both great ways to stay safe.
- Discuss consent with your teen. Here is a great video that communicate what consent means.

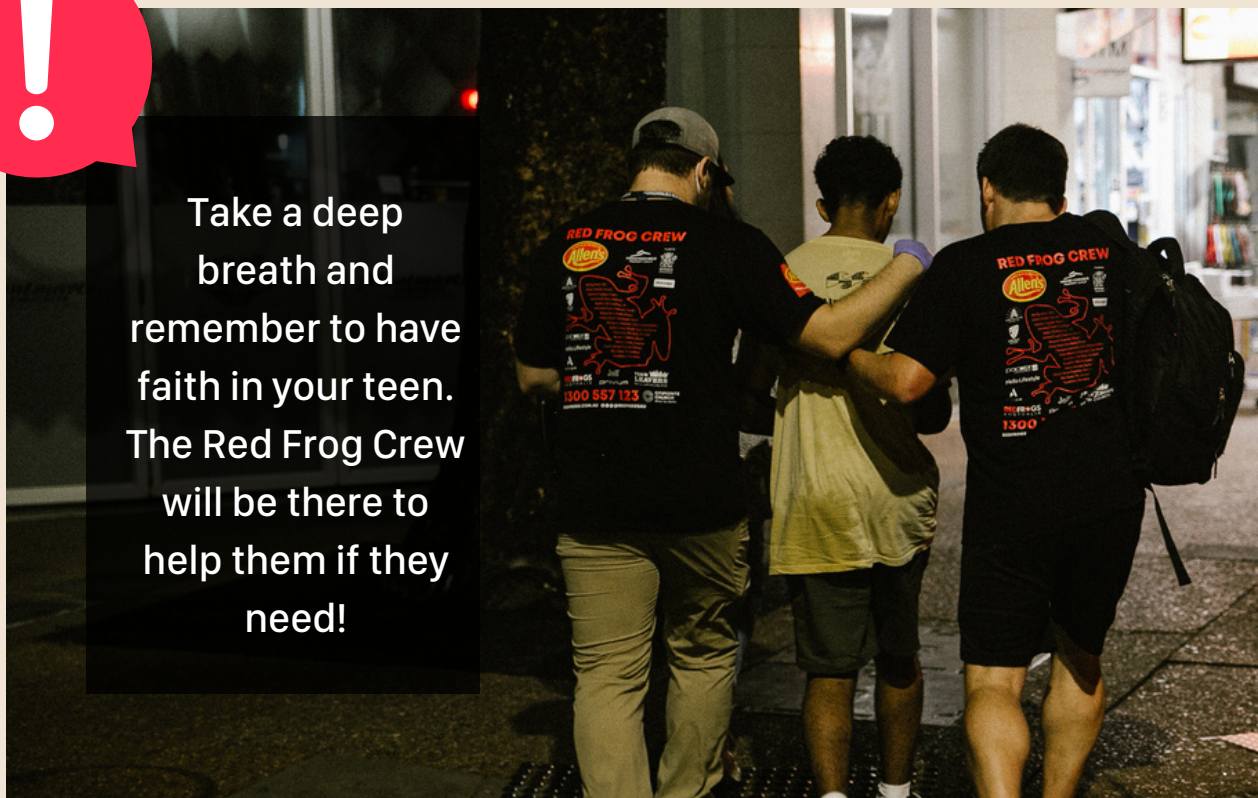
**#5**

## MENTAL HEALTH

- Keep letting your teen know that you are available and willing to talk to them about any issues that concern them, including mental health - and also that you love them no matter what issues they may be dealing with.
- Most teens don't want advice, they just want someone to listen. So try and just lend an ear and let them know it's ok (and healthy) to have emotions, and it's great they are taking the time to acknowledge and express them
- If you notice that you teen is really struggling, encourage them to seek professional help, either by talking to their doctor or booking them in with a counsellor. Remind them there is nothing to be ashamed of in doing this.



Take a deep breath and remember to have faith in your teen. The Red Frog Crew will be there to help them if they need!



# 5 TOP TIPS

## FOR PREPARING YOUR TEEN FOR SCHOOLIES WEEK

### 1. READ THE ACCOM AGREEMENT

Schoolies is a time when hotels will oftend have additional policies, so it's a good idea to read through the agreements so you both understand what the hotel expects - and what could potentially lead to being evicted mid-celebrations. Some hotels require an adult to be present at check-in, so knowing this beforehand will save you an unexpected car trip. If you have any questions about the agreement, give your hotel a call and ask for clarification to ensure your young person's check-in and stay is as easy as possible for everyone!



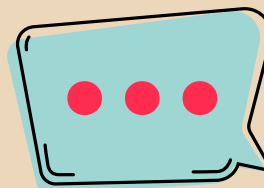
### 2. COOK AND FREEZE MEALS

Lack of cooking skills means many school leavers end up eating noddles for the week - not ideal! In our Schoolies Program delivered in high schools, we encourage students to do a grocery shop for easy-to-prepare-but-nutritious meals (such as avo on toast, taco and fruit salad!) and also suggest asking parents or family members to prepare and freeze meals they can take with them to Schoolies. This can even turn into a fun family activity by preparing meals ahead of time together.



### 3. HAVE A MEANINGFUL CONVERSATION

There are a number of issues young people may be challenged with in environments like parties or Schoolies. At Red Frogs, some of the more serious call outs we receive often involve alcohol, sexual assault or mental health. Using "The Big Five" information, make sure you sit down and have meaningful conversations with your teen so they have set realistic expectations and boundaries prior to Schoolies Week.



# 5 TOP TIPS

## FOR PREPARING YOUR TEEN FOR SCHOOLIES WEEK

### 4. ORGANISE A CHECK IN DAY

Even if they don't admit it, your teen will definitely miss you while they are away! Before they head off, organise a day (or days) you can check in with each other. It will help you feel less anxious and your young person will appreciate the love!



### 5. ADD AN 'IN CASE OF EMERGENCY' (ICE) NUMBER AND THE RED FROGS HOTLINE NUMBER INTO YOUR TEEN'S PHONE

An ICE number is a number that first responders can access to contact the next of kin of someone they are attending. Decide with your child who their emergency contact should be, and then add this into their phone as a Lock Screen. You can learn how to do this for iPhones, Androids and Samsungs through [this link](#).

Our Red Frogs Hotline (1300 557 123) is open 24/7 over Schoolies Week, allowing young people to contact us if they want to hang out, need someone to walk them home, are craving a midnight pancake, would like to talk to someone, or many be facing a more serious issues. In case of an emergency, Schoolies are urged to always call 000 first and then call Red Frogs for further support. Having out number in their phone before heading to Schoolies means we're basically on speed dial for any of the above situations!



# SCHOOLIES CHECKLIST FOR PARENTS

## IN THE LEAD UP TO SCHOOLIES

- Follow 'Red Frogs Schoolies Advice for Parents' on Facebook, for ongoing advice regarding Schoolies.
- Encourage your teen to follow @redfrogsau on Facebook and Instagram for information and support services available during Schoolies.
- Speak to your school about booking a Red Frogs Schoolies Safety Program for the year 12 cohort.
- Have an honest conversation with your teen about drinking, drugs, violence, sex and the importance of consent, and peer pressure.
- If your teen has a medication condition, or takes medication, make sure they understand how alcohol and other drugs may affect their medication.
- Make sure you and your teen have read through the accommodation House Rules and clearly understand the requirements

## ONE WEEK BEFORE SCHOOLIES

- Talk to your teen about their expectations of Schoolies and consequences that could occur from risk taking behaviour.
- Make sure your teen is aware of what support is available; save the Red Frogs hotline in their phone (1300 557 123) and download the Red Frogs App.
- If you can, check to see how social relationships are going within the group and talk about some conflict management techniques.
- Agree on how/when you are going to stay in touch during Schoolies. Set a day and a time for a quick 10 minute phone call!
- Talk to your teen about the importance of sleep, hydration, nutrition and mental health during Schoolies Week (and every day life too.)
- Touch base with other parents. Coordinate meals, drop off times/carpooling to help you feel at ease.
- Encourage your teen to download the Emergency+ App to identify their location and seek assistance in emergency situations.
- Let them know you trust them and will be available to help them at any time.

## DURING SCHOOLIES

- Breathe.
- Make sure your teen knows to call Triple Zero (000) in an emergency and stress the importance of this especially if drugs are involved - the ambos won't do them into the police.
- Reiterate you are contactable at any time, day or night.
- Take some time to acknowledge your own transition from parenting a teen to young adult and beyond!





**f** **FOR MORE INFO, JOIN:**  
**'RED FROGS SCHOOLIES ADVICE FOR PARENTS'**  
**OR CALL 1300 557 123**



**REMEMBER, THE RED FROGS HOTLINE IS THERE FOR PARENTS TOO. IF YOU ARE CONCERNED ABOUT YOUR TEEN, PLEASE DON'T HESITATE TO CALL US!**