



ACTIVITIES

Party Smart with Tobias Trunke!

A Safer Drinking & Anti-Spiking Campaign.

Party Smart with Tobias.

Party Smart with Tobias is a student-friendly safer partying campaign led by the Activities Department, aiming to promote safer drinking practices and raise awareness around drink spiking at student events. This specifically targets high-risk periods such as O-week, Start of Uni Party (SoUP), and large alcohol-based activations outside the university precinct.

As a department that organises large-scale social events that often includes alcohol, Activities aims to not only be the hub for fun and inclusive experiences, but to proactively support student safety, informed choices, and student wellbeing on and off campus. Whether you're a first-year student or an international student new to local social norms, Tobias is here to help you make informed choices without any shaming or "lecturing".

Tobias's Tip: Safety should be embedded into the social culture. It's not a disciplinary issue; it's about looking out for each other.

Safer Drinking.

Tobias loves to keep the vibes high and the risks low.

- **Pace Yourself:** Learn how to pace your drinking, so the night lasts as long as the fun does.
- **Stay Hydrated:** Safe alcohol consumption means knowing your limits and staying in control.
- **No Judgment:** Our goal is to promote safer drinking behaviours without judging your choices.
- **The Buddy System:** We want to normalise looking out for your friends and seeking help if someone seems "off".

What's a "Standard Drink" ?

In Australia, one **standard drink** is defined as any drink containing exactly **10 grams** of pure alcohol.

It's a bit tricky, because one *serving* (like a large glass of wine or a pint of beer) is almost always **more** than one standard drink. Keeping track helps you stay in the "sweet spot" where you're having fun without the nasty next-day regrets.

Tobias's Top Tips:

- **Check the Label:** By law, all alcohol containers in Australia must show the approximate number of standard drinks they contain. Look for the little logo!
- **Eat First:** Food slows down the absorption of alcohol into your bloodstream.
- **Space it Out:** Try to have a "spacer" (water or soft drink) between every alcoholic drink to stay hydrated.
- **The Guideline:** For healthy adults, the NHMRC recommends no more than **4 standard drinks** on any single occasion to reduce the risk of injury.

<https://www.health.gov.au/topics/alcohol/about-alcohol/how-much-alcohol-is-safe-to-drink?language=en>

Drink Spiking and What You Need to Know

Drink spiking refers to the adding of drugs or alcohol in your drink, without your consent. Your safety is our priority, and being aware of the risks is the first step in looking out for yourself and your mates. Drink spiking isn't always about extreme cases; it can happen in many ways and to anyone.

Physical Safety Tools

To help you stay in control, UMSU Activities is providing tangible safety tools at our events:

- **UMSU-Branded Drink Covers:** We provide covers to physically protect your drink from being tampered with.
- **Testing Kits:** We are also exploring the use of drink spiking detection strips to give you extra peace of mind.

Spotting the Signs

Spiking can be hard to identify because symptoms often look like heavy intoxication. Keep an eye out if you or a friend start:

- **Struggling to talk or having "glazed eyes".**
- **Acting strangely or out of character.**
- **Feeling dizzy, nauseous, or starting to vomit.**
- **Losing balance, falling over, or feeling unusually sleepy.**

Tobias's "Vibe Check"

- Never leave your drink unattended. If you have to hit the dance floor or the bathroom, ask a trusted friend to watch it or take it with you.
- Don't accept drinks from strangers. Only take drinks directly from the bartender or a friend you trust.
- If it feels "off," it probably is. If your drink tastes, looks, or smells different, or if you suddenly feel much more intoxicated than you should, stop drinking it and tell someone immediately.

<https://www.betterhealth.vic.gov.au/health/healthyliving/drink-spiking>

Knowing When Something is Fishy

Sometimes, despite our best efforts, things go wrong. It's important to know the difference between a "rough night" and a medical emergency. If you or a friend are in trouble, **never be afraid to ask for help.**

Call **Triple Zero (000)** immediately if someone is exhibiting any of these symptoms:

- **Losing consciousness** and cannot be woken up.
- **Vomiting uncontrollably** or while they are unconscious.
- **Having seizures** or uncontrollable shaking.
- **Slow or irregular breathing** (long gaps between breaths).
- **Low body temperature**, looking very pale, or having blue-tinged skin/lips.

Tobias's Action Plan:

1. Stay with them: Never leave an intoxicated or unwell friend alone to "sleep it off."
2. If you are at an UMSU Event, quickly reach out to the organiser.
3. The Recovery Position: If they are passed out but breathing, roll them onto their side so their airways stay clear.
4. Be Honest with Medics: Paramedics are there to save lives, not to get you in trouble. Tell them exactly what the person has had to drink or any other substances they might have taken. It could save their life.

https://www.police.nsw.gov.au/_data/assets/pdf_file/0005/781394/15456_Crime_Prevention_Fact_Sheet_-_Drink_Spiking.pdf

