

PLAY IT SAFE!

SAFE CELEBRATION & RIDE HOME CHECKLIST

BEFORE THE MATCH

- Decide where you'll watch the game.
- Plan how you'll get home before the celebration starts.
- Choose a designated driver, rideshare, taxi, public transit, or sober friend.
- Save transportation apps and important phone numbers on your phone.
- Make sure your phone is fully charged or bring a portable charger.
- Set a budget for food, drinks, and transportation.

BEFORE HEADING HOME

- Confirm your ride home before leaving the venue or watch party.
- If you've been drinking, do not drive.
- Travel with friends when possible.
- Share your ride details or location with someone you trust.
- Double-check that everyone in your group has a safe way home.

DURING THE CELEBRATION

- Stay aware of your surroundings and keep personal belongings secure.
- Drink water regularly, especially in hot weather.
- Eat food throughout the event if consuming alcohol.
- Celebrate respectfully and look out for friends and family.
- Never pressure others to drink or participate in risky behavior.

ONCE YOU ARRIVE HOME

- Let a friend or family member know you've arrived safely.
- Drink water and rest.
- Help ensure any guests or friends have also made it home safely.



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PRACTICAL ACTIONS FOR PARENTS AND CAREGIVERS

1

ENCOURAGE OPEN CONVERSATIONS

about tobacco, alcohol and other substances as part of your regular discussions



5

HELP YOUR CHILD BUILD HEALTHY SELF-CONFIDENCE

and regularly discuss positive values.



2

ENCOURAGE YOUTH TO TAKE PART IN POSITIVE ACTIVITIES

as it can provide a positive environment to help youth make informed choices



6

BE PRESENT IN YOUR YOUTH'S DAILY LIFE

spend quality time and show genuine interest in their activities.



3

HIGHLIGHT THE BENEFITS OF A HEALTHY LIFESTYLE

and emphasise the importance of abstaining from substances



7

LEARN HOW TO IDENTIFY THE SIGNS

of substance misuse



4

ACKNOWLEDGE HEALTHY BEHAVIOR

and model healthy behaviors in your daily lives.



8

SEEK OUT RESOURCES AND PROFESSIONAL SUPPORT WHEN NECESSARY



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PRACTICAL ACTIONS FOR YOUTH

1

EDUCATE YOURSELF

Gain skills that will help you achieve your goals.



5

ADOPT A HEALTHY LIFESTYLE

by prioritising quality sleep, a balanced diet and regular exercise to maintain overall well-being and performance.



2

SEEK ADVICE

and reach out to trusted adults or professional for advice and support.



6

PRACTICE AND USE REFUSAL SKILLS THAT WILL HELP YOU MAINTAIN A HEALTHY LIFE



3

TALK OPENLY

about these topics with friends, family and trusted adults.



7

SURROUND YOURSELF WITH PEOPLE THAT WILL SUPPORT YOUR HEALTHY CHOICES



4

STAY ACTIVE

by regularly engaging in sport and activities you enjoy.



8

SEEK OUT RESOURCES AND SUPPORT WHEN NECESSARY.

