

MEDIA RELEASE

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SILLY SEASON SURVIVAL

With the silly season about to get into full swing, the [Alcohol and Drug Foundation](#) is urging Australians to look after themselves and one another.

Chief Executive Officer Dr Erin Lalor AM said despite this time of year being notorious for risky-drinking, there are simple steps everyone can take to help maintain their health and wellbeing and reduce the risk of alcohol-related harms.

“The Alcohol and Drug Foundation wants everyone to be healthy and safe this holiday season,” Dr Lalor said.

If you’re heading to an office party, the Alcohol and Drug Foundation’s top tips include:

- Set a drinking limit before the event and stick to it.** Don’t feel pressured to drink heavily just because your boss is covering the bar tab. The [National Health and Medical Research Centre](#) recommends drinking no more than four standard drinks on a single occasion to avoid injury or illness.
- Eat before and during the event.** Don’t consume alcohol on an empty stomach. [Alcohol](#) takes longer to be absorbed by the body when there is food in the stomach.
- Pace yourself.** Drink water or other non-alcoholic drinks between alcoholic beverages.
- Don’t drink and drive.** [Alcohol impacts your ability to drive safely.](#) If you are consuming alcohol, the safest option is to organise alternative transport home, such as a rideshare, taxi, or assigning someone to be designated driver.
- Don’t use illicit drugs.** There is no safe level of drug use. Use of any drug carries risk of harm, including injuries, overdose and death. Remember, an office party is a workplace event and most [workplaces have a policy](#) that outlines expected behaviour and explains consequences for breaches of conduct.

If you are organising a work party, it’s important the event is safe and inclusive. The Alcohol and Drug Foundation’s top advice includes:

- Consider the time of your event and the venue.** Schedule your office party for the daytime, rather than the evening. Consider organising your party at a venue other than a bar; like a cinema, escape room, bowling alley or park.
- Provide food.** Ensure there’s plenty of food provided, preferably substantial hot food rather than salty or sugar-laden snacks.
- Provide entertainment.** Ensure alcohol is not the primary focus of the party. Plan non-alcohol-related activities such as karaoke, lawn bowls, trivia, dancing or games.
- Impose a limit on the bar tab if your workplace is providing alcohol.** An unlimited bar can encourage people to drink more than is recommended. Instead, consider offering each staff

member one or two tokens that can be exchanged for a drink and instruct bar staff that any additional alcohol must be purchased by individuals.

“The main focus of end of year parties should be on achievements and successes, not alcohol,” Dr Lalor remarked.

People can find more safe celebration tips [here](#) on the Alcohol and Drug Foundations website.

For drug information or support, people can visit www.adf.org.au or call the Alcohol and Drug Foundation’s DrugInfo line on 1300 85 85 84. The confidential service provides drug information and puts people in touch with relevant support and health services in their state and territory.

ENDS

For media enquiries please call the Alcohol and Drug Foundation’s media team on 0430 948 380 or email media@adf.org.au

About the Alcohol and Drug Foundation: Celebrating 60 years of service to the community, the Alcohol and Drug Foundation is one of Australia’s leading bodies committed to preventing and minimising alcohol and other drug harms in communities around the nation. The Foundation reaches millions of Australians in local communities through sporting clubs, workplaces, health care settings and schools, offering educational information, drug and alcohol prevention programs and advocating for strong and healthy communities.