

<p>Throwing up after drinking too much alcohol</p>	<p>Learning the skills needed for making healthy decisions about the use of alcohol</p>
<p>Lying to parents about going to a party where alcohol will be available</p>	<p>Drinking too much at a party and doing or saying something really embarrassing in front of people you know</p>
<p>Getting caught drinking alcohol at school or on a school camp</p>	<p>Being pressured by friends to drink alcohol with them at a local beach or park</p>
<p>Having an honest conversation with a trusted adult about drinking alcohol</p>	<p>Drinking too much and getting into a fight or major argument</p>
<p>Drinking too much and having a serious accident</p>	<p>Getting caught drinking on licenced premises under the age of 18</p>

Having a glass of water between each alcoholic drink

Having a sober friend with you to look out for you

Saying no to smoking cannabis when it is offered to you at a party

Sneaking out of school to go and smoke cannabis at a mate's place

Being caught at school with a joint in your bag

Smoking cannabis more than once a week

Being with a friend when the police find them in possession of cannabis

Taking alcohol or other drugs at a party that has been offered to you by people you don't know

Being at a party where lots of people are smoking cannabis and you are not

Smoking cannabis regularly from a young age and over many years

<p>Having an honest conversation with a trusted adult about cannabis or other drugs</p>	<p>Using cannabis every night to try get to sleep</p>
<p>Using a drug checking clinic to see if a drug is what you have been told it is and talk with them about ways to be safer</p>	<p>Not using multiple drugs at the same time (e.g. alcohol and MDMA)</p>
<p>Pressuring someone else to drink or take more drugs than they want to (including if they don't want to take any at all)</p>	<p>Drinking or using other drugs alone</p>