
YOU
BOOZE,
YOU
LOSE.
Alcohol. Your brain.
Consent. Your safety.

BOOZE SMART?

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A VOICE AGAINST CHILD ABUSE



YOUR BRAIN

Alcohol affects judgement, impulse control, memory and your ability to recognise danger.



GIRLS: KNOW THE RISKS

Alcohol can increase your vulnerability to sexual assault and make it harder to recognise danger or get to safety.



BOYS: TAKE RESPONSIBILITY

Alcohol can impair judgement and self-control. Being drunk is never an excuse for sexual aggression or assault.



CONSENT IS ESSENTIAL

Being drunk, unconscious, or too intoxicated to make a voluntary decision is not consent. Flirting or kissing is not consent to sex.

DRINK SMART. RESPECT CONSENT. LOOK OUT FOR EACH OTHER.

BUZZED 2 BLACKOUT

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JUDGEMENT STARTS TO SLIP

As alcohol begins affecting the brain

You may feel more confident or relaxed, while judgement, attention and decision-making are already becoming impaired. You may underestimate risks or misread a situation.



CONTROL AND COORDINATION DECLINE

As intoxication increases

Impulse control, reaction time, balance and coordination can worsen. It becomes harder to assess consequences and respond quickly to danger.



MEMORY CAN FAIL

With heavy intoxication

Alcohol can disrupt the hippocampus, preventing the brain from properly storing new memories. A person may remain awake and interact with others but later remember little or nothing. This is an alcohol blackout.



CONSCIOUSNESS AND BREATHING AT RISK

Severe intoxication or alcohol poisoning

Confusion, vomiting, seizures, unconsciousness and slow or irregular breathing can occur. Alcohol poisoning is a medical emergency. Call for emergency help and never leave the person alone.

WHERE CAN IT END?
RAPE. INJURY. DEATH.



FOR GIRLS:
UNDERSTAND YOUR VULNERABILITY

Alcohol can make it **harder to recognise warning signs**, judge someone's intentions, communicate clearly, or get away from a dangerous situation. The **more intoxicated you become, the greater the potential risks**. Someone may take advantage of your impaired state, particularly if you are separated from your friends or unable to protect yourself.

Being at a party **is not consent.**

Flirting, kissing or accepting a drink **is not consent to sex.**

Being in a relationship **is not automatic consent.**

Saying yes earlier **does not mean yes later.**

Being drunk **does not mean you have agreed to sexual activity.**

Someone who is unconscious or too intoxicated to understand what is happening and make a voluntary decision **cannot meaningfully consent.**

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If someone sexually assaults you, the **responsibility belongs to the person** who chose to assault you. Your clothing, your choices, how much you drank and whether you knew the person **do not make it your fault.**



FOR BOYS:
ALCOHOL IS NOT AN EXCUSE.

Alcohol can impair judgement, reduce inhibitions and weaken impulse control. Research associates intoxication with an increased risk of sexual aggression in certain circumstances. Alcohol does not, however, make every person aggressive or remove their ability to be held responsible for their actions.

When drinking, you may misread social cues, ignore warning signs, or **make decisions you would not make when sober.** Peer pressure, entitlement and beliefs that someone is owed sex can make these risks worse.

DRUNK DOES NOT MEAN WILLING.
Never assume that a girl wants sex because she is drinking, flirting or kissing you.

UNCONSCIOUS MEANS NO CONSENT.
Neither an unconscious person nor someone too intoxicated to make a voluntary decision can meaningfully consent.

SILENCE IS NOT CONSENT.
Neither is freezing, failing to resist or being unable to communicate.

CONSENT CAN BE WITHDRAWN.
If someone changes their mind, stop.

YOU ARE RESPONSIBLE FOR YOUR ACTIONS.
Being drunk does not excuse rape, coercion or sexual assault.

LOOK OUT FOR YOUR FRIENDS.
If a friend is trying to take advantage of someone who is very drunk, intervene safely, get help and do not encourage the behaviour.

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Never use someone's intoxication as an opportunity to get sex. If you are unsure whether a person can freely and clearly agree, **stop.**



HOW 2 REDUCE RISKS ?

BEFORE YOU GO

The safest choice for teenagers is **not to drink alcohol.**
Plan how you will **get home**.
Arrange a trusted lift or reliable transport.
Tell someone you trust where you are going and who you are with.
Agree with friends that you will **check in on one another** and leave together where possible.
Keep your phone charged and make sure you can contact someone for help.

WHILST OUT

Never accept pressure to drink more than you want to.
Don't leave a drink unattended or accept one when you are unsure what is in it.
Stay with people you trust. Be cautious if someone tries to isolate you or take you away from your friends.
Never leave a very intoxicated friend alone or allow someone to take advantage of them.
Don't get into a car with someone who has been drinking.
If you feel unsafe, unusually confused, or much more intoxicated than expected, **get help immediately.**

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These steps **reduce some risks** but cannot prevent every assault. The **responsibility** for sexual violence always rests with the **person who commits it.**

LOOK AFTER YOUR FRIENDS



Being a good friend means stepping in when someone is vulnerable.

Stay with a very drunk friend and get help from a trusted adult, security staff, or emergency services.

Do not let someone take advantage of them or take them somewhere isolated. Don't assume sleeping it off is safe.

If they are unconscious, difficult to wake, having seizures, or breathing slowly or irregularly, **seek emergency medical** help immediately.

If they are unconscious but breathing normally, **place them on their side** and stay with them.

Never encourage someone to have sex with a person who is too intoxicated to consent.

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If you see someone trying to take advantage of an intoxicated person, intervene safely, distract the person, involve friends or security, or call for help. **Do not put yourself in danger.**

WHAT IF YOU THINK YOU HAVE BEEN RAPED



You may feel frightened, confused, ashamed, or uncertain about what happened. You may remember everything, very little or nothing at all.

You don't need to remember every detail to ask for help.

You don't need to be certain about what happened before seeking medical care.

1. Get somewhere safe. Contact a trusted adult or someone who will support you. If you are in immediate danger, call emergency services.
2. Get medical help as soon as possible. A healthcare professional can assess injuries, discuss emergency contraception and infection risks, and provide HIV PEP if needed. PEP must start within 72 hours of possible exposure.
3. Preserve possible evidence if you can. If possible, avoid washing or changing clothes before a forensic examination. Keep clothing in separate paper bags. If you have already washed, changed, or showered, still seek help immediately.
4. Ask for support with reporting. SAPS can assist with reporting sexual offences and arranging medical care. A trusted adult or sexual assault support service can help you understand your options.
5. Talk to someone you trust. You deserve to be listened to without blame or judgement. Recovery takes time, and you do not have to manage it alone.

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Medical care is important even if more than 72 hours have passed. **Do not delay seeking help.**

HELP YOUR TEENAGER STAY SAFE

WITHOUT FEAR OR JUDGMENT



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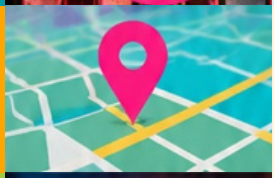
Make sure your teenager knows that if something happens, it is never their fault, regardless of whether they had been drinking, what they wore or where they went

1



DO NOT LET UNDERAGE CHILDREN DRINK ALCOHOL.
Alcohol impairs judgement, reduces awareness of risk, and makes young people more vulnerable.

2



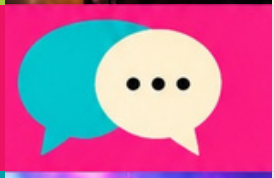
KNOW WHERE THEY ARE GOING.
Find out who they will be with, where they are going, and how they will get home.

3



AGREE ON SAFE TRANSPORT.
Arrange a trusted lift and make sure your child can call you at any time for help.

4



TALK OPENLY ABOUT CONSENT.
Explain that consent must be freely given, and that being drunk, unconscious, or unable to respond means a person cannot consent.

5



TEACH THEM TO LOOK OUT FOR FRIENDS.
Encourage them to act if a friend seems vulnerable, is being pressured, or needs help.

6



MAKE IT SAFE TO CALL YOU.
Let your child know you will prioritise their safety if they need help, even if they have broken a rule.

7



WATCH FOR CHANGES IN BEHAVIOUR.
If your child seems distressed, withdrawn, or unusually fearful after a social event, listen calmly and ask how you can help.