



# Tahlia and Jasmin plan a party

A story about staying safe and having fun



Mary Koolhof

Illustrated by Kyan O'Rourke



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# ***Tahlia and Jasmin plan a party***

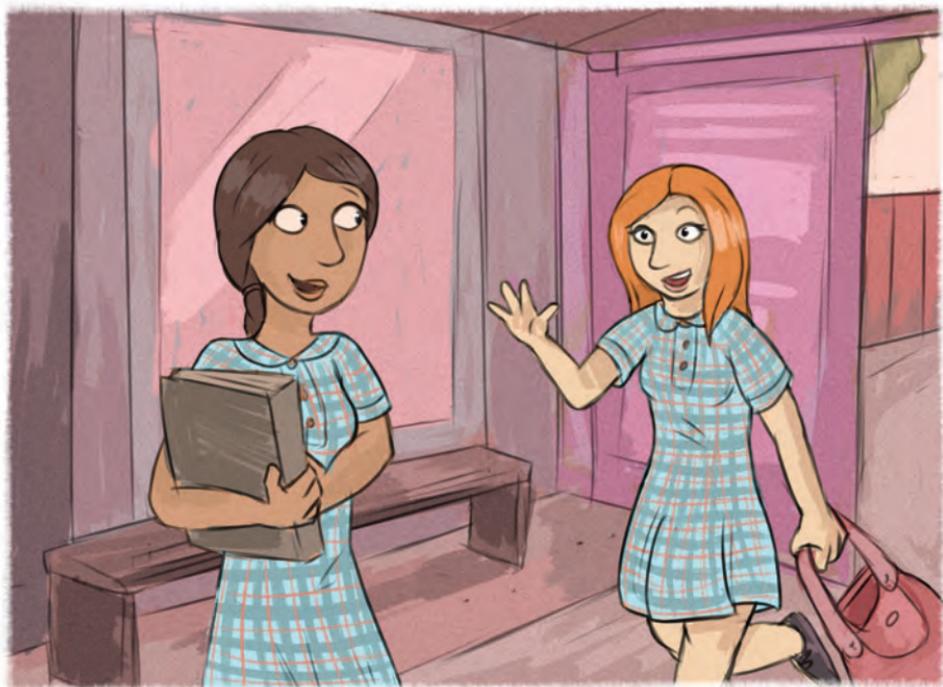
A story about staying safe and having fun

*Mary Koolhof*

*Illustrated by Kyan O'Rourke*

Tahlia rushed up to Jasmin at the bus stop, dragging her school bag behind her.

'Sorry I'm *late!* I could hardly get into the bathroom this morning. My cousin Ashley was in there for ages, blow drying her hair! She's staying with us so she can go to her *friend's 18th* in town tonight,' Tahlia said.



'And she keeps hogging the bathroom, trying out new hairstyles and make-up for the party!' Tahlia continued.

'She's **older** than you, isn't she?' asked Jasmin.

Tahlia nodded. 'She turned eighteen in May. Remember I showed you photos of the barbecue?'

'Oh, yeah. She's got long blonde hair, hasn't she?'



'Yes, but she keeps changing the colour every five minutes!' Tahlia smiled. 'I really like Ashley, though. She's cool.'

*The next day ...*

'Is Ashley still staying with you?' asked Jasmin.

Tahlia nodded.

'So how did the *party* go?' Jasmin wanted to know.

'Don't ask! She was home really late and mum's mad at her. Ash looked really pale and upset this morning.'

***'What happened?'***



Tahlia said slowly, 'I don't know. I heard her on the phone this morning saying she wished she hadn't done something or other, but I don't really know what it's about.'

'Maybe she had **too much** to drink at the party?' Jasmin suggested.

'Could be,' said Tahlia. 'Ash told me her favourite drink tastes pretty much like lemonade. But it's got a fair bit of alcohol in it.'



'She was going to the party with her friend Jess, wasn't she?' asked Jasmin. 'You'd think Jess would've looked out for her a bit.'

'Yeah, it's *not cool*,' said Tahlia. 'I used to think Ash was really great. But the way she looked this morning, I'm not so sure...' Her voice trailed off.

'Maybe her drink was *spiked*,' said Jasmin.

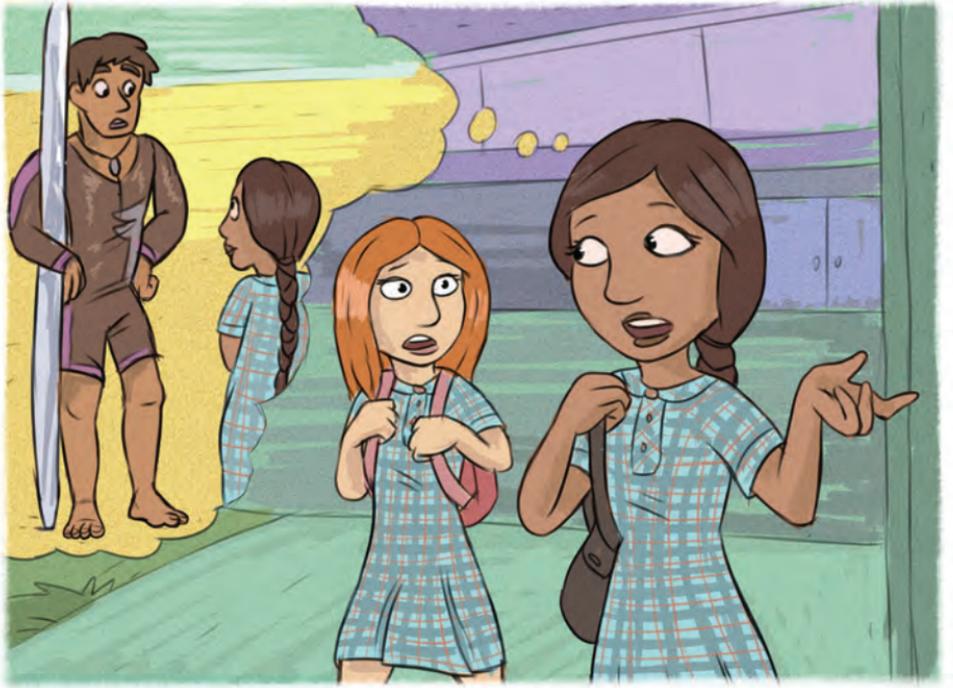
Tahlia looked confused. 'What do you mean, spiked?'



'Zac told me about it,' said Jasmin. 'He said that sometimes at parties, someone might slip vodka or even a drug of some kind into your drink. And you don't know it's there, so you can end up feeling really *strange* pretty quickly.'

'That's really mean! And it's weird!' Tahlia was horrified.

'It is,' said Jasmin. 'Apparently you can't taste that something's been added. But it really *affects you*.'



'Zac said at a big party you should get your own drink and hang on to it. And don't put it down and come back to it later because someone might've slipped something into it,' Jasmin said.

'That's *crazy*!'

'Yeah. Zac said you have to watch out, and you have to look out for your friends, too.'

'What do you mean?' Tahlia asked.

'Well, Zac told me that last weekend some of his friends were at a party on Saturday night.'



'They got really drunk. He had to call a taxi for two of the guys just so they could get home.'

'So they'd been *binge drinking?*' asked Tahlia.

'What do you mean, binge drinking?' asked Jasmin.

'It's when someone drinks a whole lot of alcohol in one go,' Tahlia said.

'Well, that's what they were doing,' said Jasmin. 'Next day they couldn't even remember what had happened at the party.'



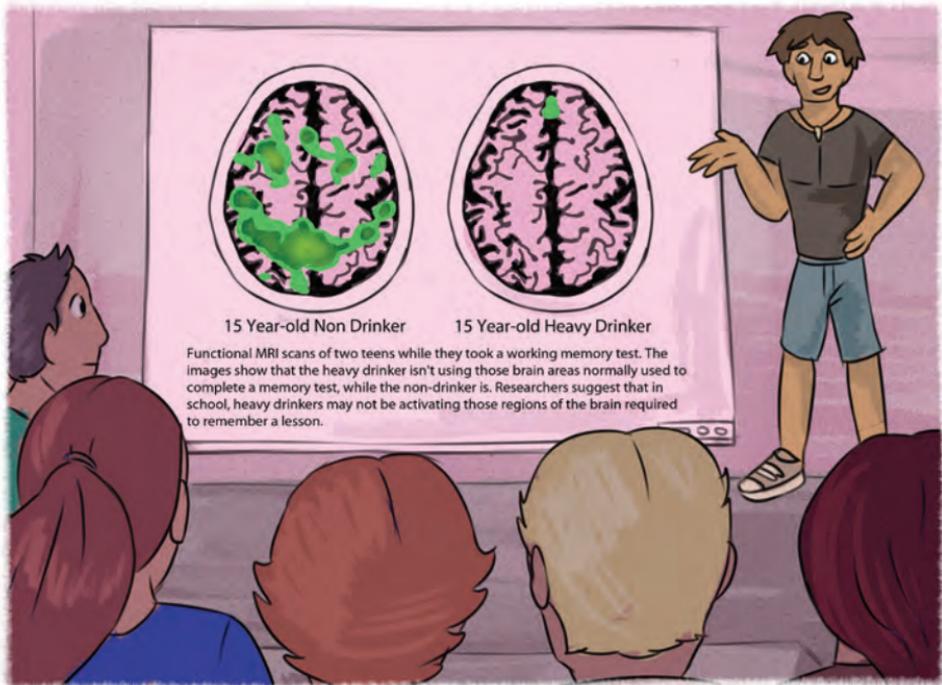
'And they were feeling too sick to go surfing. Zac was really **annoyed** with them, because it was the club championships. He felt let down.'

'Zac's a pretty cool brother, isn't he?' asked Tahlia.

'Yep!' agreed Jasmin. 'He's doing psychology at college.'

'He said that when you drink alcohol, the part of your brain that **makes decisions** is the bit that gets affected first.

'He also said that teenagers' brains can be more affected by alcohol than an adult's - even if they're drinking the same amount.'



Tahlia was interested in this. 'So that's why people sometimes do *stupid* things when they've been drinking?'

'That's right,' Jasmin said.

'I wonder if that's what happened to Ashley? She sure looked *unhappy* this morning,' said Tahlia.



'Could be. At least your mum's good,' said Jasmin. 'She might be mad at Ashley for coming home late, but she'll help her *sort out* whatever it is.'

'Yeah, Mum stayed up for ages *talking* to Ashley last night. It's lucky Ash was at our place. Her mum, Auntie Kelly, goes off really quickly. I don't think Ash tells her too much.'



'Well, I'm looking forward to *my party*,'  
said Tahlia, 'even though it's ages away.  
And we can look out for each other, so we  
can have a really good time, too!'

'Yeah,' said Jasmin. 'I love dancing.  
No-one's going to spike our drinks!'

The girls *smiled* at each other.



An orange circle containing the text "Talk to someone you trust" in a white, italicized serif font.

*Talk to  
someone you  
trust*

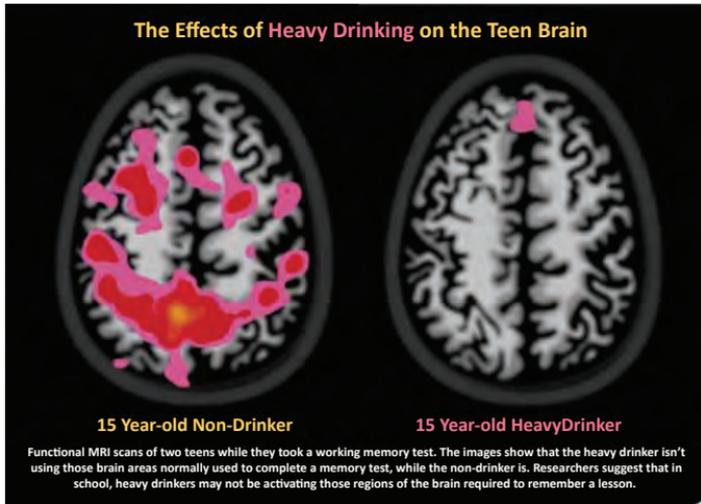
If you need to sort something out, talk to:

- Mum, Dad or someone else in your family
- your teacher or school counsellor

**Find out the facts:**

- **[www.drinkwise.org.au](http://www.drinkwise.org.au)** – get the facts about alcohol
- **[www.au.reachout.com](http://www.au.reachout.com)** – information and online chat support
- **[www.den.org.au](http://www.den.org.au)** – drug education service, call 6211 2350
- **DHHS alcohol and drug service** 1800 811 994  
– 24 hours information

## Brain of a 15 year old



### non-drinker vs drinker

#### Get some help:

- [www.holyoake.com.au](http://www.holyoake.com.au) – family counselling service, call 6224 1777
- [www.bridgetasmania.org.au](http://www.bridgetasmania.org.au) - The Salvation Army Bridge Program, call 6278 8140 all hours for Youth and Family worker
- **DHHS Alcohol and Drug service** 1300 139 641 for support
- [www.headspace.org.au](http://www.headspace.org.au) – online chat support, call 6231 2927

*You  
can get  
help*

Sincere thanks to the children from the Brighton and Derwent Valley communities for their invaluable feedback incorporated into this book. Many thanks also to The Salvation Army Bridge Centre, Quit Tasmania, DEN (Drug Education Network), PCYC Bridgewater, Gabrielle Ashlin and Donna Simpkins for their valued support and contribution.

This is a Salvation Army and Communities for Children South East Tasmania initiative, funded by the Australian Government Department of Social Services and the Tasmanian Community Fund.

The Salvation Army – Communities for Children program aims to improve the health, development and wellbeing of children up to the age of 12 and their families through innovative early intervention and prevention programs. Communities for Children provides support for parents and children to improve children's safety as well as family functioning.

The program promotes social inclusion to ensure families are connected to local communities. Activities and resources focus on supporting parents to raise children who are confident individuals with the capacity to reach their full potential.

For further information about Communities for Children South East Tasmania, please see the website: [www.cfctas.org.au](http://www.cfctas.org.au)



**Tahlia and Jasmin plan a party** aims to develop young people's understanding of the effects of drinking alcohol. It is written to raise awareness of how alcohol affects the developing brain and can impact on life choices made by children and young people.

The book aims to promote discussion between children and adults about choices regarding alcohol. It includes strategies to help young people stay safe at parties. The book also provides details of places in the community and online where young people can seek help or find out the facts.

Other books available in this series developed and produced by The Salvation Army – Communities for Children South East Tasmania are:

**My brother Sam – A story about bullying**  
suitable for children under 7 years

**Alicia helps Bec take a stand** – A story about cyberbullying  
suitable for children 9-12 years

**Tom and Jamal speak up** – A story about cybersafety  
suitable for children 9-12 years

**Jake and Emily work it out** – A story about making decisions  
suitable for children 9-12 years



**Tahlia and Jasmin plan a party** is written for children and pre-teens to develop their awareness of how alcohol affects young people. It also includes strategies for keeping safe at parties.

**Tahlia and Jasmin plan a party** is suitable for children 9-12 years.

### Mary Koolhof

Author



Mary Koolhof is a teacher and writer who has been involved in many programs supporting children and young people in Tasmania. She has great respect for the work done by The Salvation Army through Communities for Children and is very pleased to be able to support this work.

### Kyan O'Rourke

Illustrator



Kyan O'Rourke is a Tasmanian illustrator and animator. She is working in children's television as an animator and designer. She is very passionate about being able to assist with projects through The Salvation Army - Communities for Children program that supports children.

This book does not support or make reference to under-age drinking.



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