

# YEAR 10 EXCURSION AT ROYAL NORTH SHORE HOSPITAL

## “P.A.R.T.Y” - PREVENT ALCOHOL AND RISK-RELATED TRAUMA IN YOUTH

As a teacher it is always rewarding when you walk away from an excursion a think --- that was so informative and relevant to our young people. It was truly the best program I have seen.

On Thursday 5<sup>th</sup> October, myself, Mr Askew and Mrs Bates had the privilege of accompanying 30 Year 10 students to Royal North Shore Hospital to participate in the P.A.R.T.Y program. P.A.R.T.Y is an in-hospital injury and trauma prevention program run by Royal North Shore Trauma Service. Royal North Shore is the first hospital to implement the program in NSW and Pittwater High School was the first state school to take part.

Attending this program enabled our students to see first-hand the consequences of risk taking behaviours in everyday life. Throughout the day students heard from doctors, surgeons, police, allied health staff and paramedics on the harsh reality of poor choices. Students then spent time in interactive sessions in the Emergency Room, Intensive Care and Rehabilitation Units to further understand how it feels to have a severe disability. The students heard from a 26 year old by the name of Jake who had been in a fight and fell from a balcony. Jake was left a paraplegic and told the students how this severe disability has changed his life forever.

I am very proud of the way our Year 10 students conducted themselves throughout the day. Many of them found the experience confronting and an eye-opener. The staff at Royal North Shore and facilitator Maura Desmond went out of their way to make our students feel supported and gave them every opportunity to debrief and ask questions. Our students at all times were respectful and demonstrated empathy towards others.

Following are some student reflections that demonstrate how powerful the P.A.R.T.Y program was.

Thank You to Year 10, Maura Desmond and Royal North Shore Hospital. Our students are still talking about their experience.



## P.A.R.T.Y - Year 10 Student Reflections

"I found the PARTY program very confronting but beneficial. The things I witnessed on the day really made me think about the destruction of family life or just life in general when a trauma occurs. Participating in a program like this will always make me think twice before taking a risk." (Lachlan Rose)

"I found going to RNS hospital really insightful and it was such a reality hit. Hearing stories about people's risk-related injuries was interesting and intense but actually seeing people around the hospital and talking to victims was very confronting. I am so thankful that I had the opportunity to go to the hospital and learn about the consequences of our actions." (Emma Vetisch)

"The main points I like about the P.A.R.T.Y program were the hands on activities. It gave you an experience on how the doctors and nurses have to deal with trauma patients every day. Walking through ICU was probably the most graphic thing about the day. Seeing burn victims just lying there, not being able to do anything for themselves was horrible. Participating in this program has really opened my eyes on what actually goes on behind the scenes of a tragic accident and I've learnt even more to think before I do things because in a split second you could be a quadriplegic or dead." (Chris Pollock)

"I thought the day was super fun and a great experience. I would definitely recommend going on this excursion. It was eye-opening and got me thinking about being more careful in life and appreciating the fact that I have a working body and happy family." (Sami Little)

"The excursion was a real eye opener to what can happen when you're out drinking, on drugs or when others around you are acting out doing these things. The visuals of the aftermath, the stories and hearing from a victim of an alcohol related incident really opened my eyes to what can happen when you can't make good decisions. I would recommend the program to anyone." (Anonymous)

"I'm so glad I got to have the opportunity to go to this program. I was already known as Mr Cautious by a couple of my friends but I think the day made everyone realise how easily taking any risk can harm your life forever. I would definitely recommend this day to student that is willing to listen and participate. It really was a great wake up call for everybody. Something that made it great for our group was that everyone was so eager to listen and partake in the small activities, whether it was pretending you're a quadriplegic person trying to get out of bed or talking to someone who has had their own experience of a life changing injury. All of it was really worth the two trips we did in 37 degree heat. Thanks Ms Fleming for putting this together for us. Really was a great experience!" (Sam Groom)

"The presentations were really upfront and confronting for a lot of us because they showed scenarios and consequences that we had never considered before. It taught me a lot and showed me that the decisions I make affect people around me, even people I don't know." (Mel Porter)





**P.A.R.T.Y**  
 Prevent Alcohol and  
 Risk Related  
 Trauma in Youth  
 Year 10 attend  
 Royal North Shore  
 Hospital



Students experiencing what it would like  
 to be a trauma victim – learning to walk,  
 dress and eat again.

