

My decisions, my destination

Activity 1

In this video we meet James. He is on the phone to his Mum and tells her that he is leaving the party and will be home soon. Having a plan to get home safely is important, as well as considering what other options there are if that plan doesn't work out. Having more than one back up plan in mind can help you get home safely when you are faced with a range of circumstances. Answer the questions below.

1. Can you recall the last time you went to a party or were hanging out with friends and had to make plans to get a lift home? Describe the situation here:

2. Looking back, what was your plan to get home?

3. Thinking about your plan, what could have changed that would have made your plan unsafe or fall through?

4. What other plans could you make that would ensure you get home safely?

Your Plan A is your first option, it might be getting a lift from a friend who is the designated driver. If that doesn't work out, what would be your next option? This is your Plan B and it might look like organising a lift through a ride hailing app or calling home.

Taking action - It is always a good idea to come up with a safe plan A and a series of backup plans to get home safely from wherever you are. What could be your Plan A, B, C and D for the next time you are out?

Take it further - To develop your Plan B, visit our '[Fatal factors on the road](#)' webpage, read the factsheet in the drugs and alcohol section and complete the activity - 'Develop your plan B'.