



Partying and having fun with an ABI

Trying to fit in

“It can be really difficult trying to fit in sometimes. You want to be popular and you want to enjoy the same sorts of things that your friends or classmates do.

If your friends like going out and getting mashed you can sometimes feel like you have to go out and get wasted too just to fit in. This can be hard if you have an ABI because you have bigger things to think about. You have to try and think about the consequences of hurting your head again or becoming really drunk and disinhibited. You may fall over or get into a fight and hurt someone or yourself. After having your ABI you might have to look at different ways of having fun to some of your friends. An ABI doesn't necessarily mean you can't go to parties, but you will have to be more careful than your mates.

It is easy to think that drinking is part of having fun. This isn't really true; some people like to drink, other people get really aggressive and tearful when they drink. Although it might not seem like it at first there are lots of other things going on that you can join in with. Some people like to go to a football match, others like to go shopping, some people like going out for a meal with friends.

Sometimes trying to fit in can make you miserable. We all do it from time to time and everyone will have a story of when they tried to fit in and wish they hadn't bothered.

Being a teenager is about finding out who you are. You sometimes have to try things before you know if you like them or not. It is the same with having fun.

Things to think about when going out to parties

If you are going to a party, talk to your parents about the following things. If you can both agree on things it might help you to stay safe when you go out:

Where will the party be and what time will you be home?

Are any of your close friends going?

Will they look out for you?

Can you drink any alcohol? If so, how much can you have?

How will you get home?





What happens if something goes wrong and you want to come home?
If you have any medical problems, what will happen if you get sick or have a seizure?
Will there be any adults around?

Trying new things and keeping safe

It is true, trying new things can sometimes lead to us having a lot of fun. You need to trust your gut instinct though. If you don't like things it is OK to say no and not do it again. Sometimes we try to like things that our friends do just to fit in. It is good to try but you shouldn't keep doing things just to please other people. Having fun isn't about trying to please other people. It is about finding things you like to do.

Have a think...what do I find fun?

Have a think about the sort of things you find fun. Maybe you have an interest or a hobby. Having fun is unique to you. We all have something we like to do.

When you think about having fun, think of the kind of people you want to have fun with. This is different for everyone and there are no right or wrong answers.

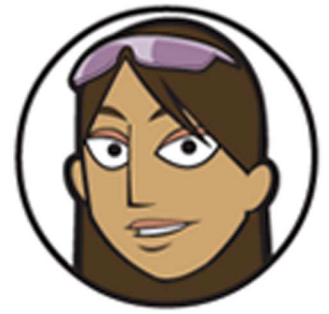
Sit down with a friend or someone you trust and think of ways of having fun. You can print this page out and write them down here. They should be:

Safe Suitable Supervised

Supervised doesn't mean having an adult or a parent breathing down your neck. It is about having someone you know and trust to look out for you.

The next page is for your to write your ideas on.





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Fun things to do on your own:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

Fun things to do with on your friends.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

