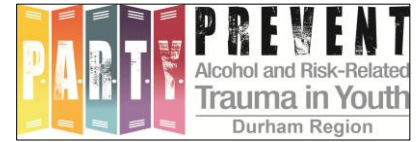




## Durham Region P.A.R.T.Y. Program



Dear Parent/Guardian,

P.A.R.T.Y., an acronym for Prevent Alcohol and Risk-Related Trauma in Youth, is an injury prevention program, introduced to Durham Region by *Heads Up!* Durham: <https://www.headsupdurham.ca/>.

P.A.R.T.Y. began at Sunnybrook Hospital in Toronto in 1986 and has now spread around the world: <http://partyprogram.com/>.

The P.A.R.T.Y. program is delivered to secondary school students in grades 10 – 12 to educate them about the outcomes of making poor choices. Durham Region P.A.R.T.Y., which follows the course of a Motor Vehicle Collision, seeks to give the students a snapshot of the possible traumatic, and usually preventable, consequences of risk-related behaviours that can lead to injury (eg distracted driving, impaired driving, speeding etc).

Injury is the leading cause of death and disability for anyone aged 1 to 44.  
Motor Vehicle Crashes are a leading cause of brain injury.

Our program is typically 3.5 hours long and is offered at various locations in Durham Region. Students learn about brain and spinal cord injury and hear from a variety of speakers including Durham Regional Police Service, Ajax Fire, Paramedic Services, and an injury survivor. Together we bring the students face-to-face with the reality of poor choices and emphasize ways to stay safe.

If the young person you are sending has experienced recent personal trauma, or trauma within the family, please assess whether this program is appropriate at this time.

Students may be provided with a light lunch (please confirm with your teacher). If there are dietary restrictions, we ask that they provide their own lunch. Students are asked to bring water bottles and any snacks.

Please complete our Media Consent form to indicate your preferences.

We ask that you visit the Durham Region P.A.R.T.Y. Program website in order to familiarize yourself with our program and to open a discussion with your teenager regarding injury prevention:

<https://www.headsupdurham.ca/durham-region-party-program.html>. This site includes the report from our program in 2023. Parents/guardians will be sent resources at the conclusion of the program to help keep the conversation going.

Thanks for being part of our team to enhance teen safety and wellbeing!

Kind regards,

Linda Lowery, Chairperson, *Heads Up!* Durham  
Durham Region P.A.R.T.Y. Program Coordinator  
E-mail: [DurhamRegionPARTYprogram@gmail.com](mailto:DurhamRegionPARTYprogram@gmail.com)  
Phone: (905) 259-8846