



## Scenarios from training:

1. You are out with your gig buddy and he is buying his sixth drink. He then appears to be unable to walk straight.

- How could you have helped to **prevent** the scenario from occurring?

Setting the tone for your night out can help avoid this potentially. When organising the night out, mentioning that “you have work the next day so won’t be drinking much” (or words to that effect) could be a subtle way to indicate that your buddy may not want to drink much either.

You will have an idea of your buddy’s drinking habits from your initial pair meeting. If your buddy has a tendency to drink a lot of alcohol, perhaps suggesting events/catch-ups that avoid consumption of alcohol could be a good idea.

During their drinking, you can also subtly suggest breaking up the alcoholic beverages with water or soft drink (e.g. “I’m going to get a water, do you want one too? You must be thirsty after those beers!”)

- What's the best course of **action** to take in this scenario?

Going for a walk or having some food to sober up is a good way to remove yourselves from the alcohol environment. It also means you don’t necessarily have to cut your night short then and there.

However, if your buddy is looking like they might need to go home, ensuring they get home safety is the best thing. Also letting their parents/support know would be good too.





2. You queue for 15 minutes to get inside a venue. You and your buddy finally get to the front of the line. The bouncer sees that your buddy has a disability and denies you entry.

- How could you have helped to **prevent** the scenario from occurring?

Not necessarily 'preventable', however there have been suggestions of checking that venue out via Google Reviews to see if they have a history of this type of discriminatory behaviour.

- What's the best course of **action** to take in this scenario?

This is a tricky situation and really depends on how comfortable you feel with confrontation. It also depends on if your buddy is uncomfortable or has realised what is happening.

The best thing you can do is check to see if your buddy has realised they are being discriminated against. Sometimes, buddies may advocate on their own behalf and explain themselves to the bouncer. Other times, buddies may want to move away from the situation. It's very dependent on them and what they want to do.

The best thing you can do is be a good ally and support them and empower them to carry out their decision.

You can also suggest going somewhere else or do something else instead. Trying to keep the mood light and not letting this experience ruin you and your buddy's time together.

We would also appreciate if you could let us know if this happened. We have no problem getting in touch with the venue to hopefully provide some education around disabilities to the venue, in the hopes that this is prevented from happening to someone else in the future.





3. You and your buddy are sitting down, having a drink inside a pub. You then go to the toilet, and when you return your buddy is nowhere to be seen

- How could you have helped to **prevent** the scenario from occurring?

If you think your buddy is a “flight risk” or has tendencies to wander around, then suggesting for them to mind the table/your seats while you go to the toilet is a subtle way of asking them to remain where they are.

You may also feel comfortable inviting them to go to the toilet too (this tends to be more of a comfortable thing for people using the female toilet, rather than the male toilet!)

- What's the best course of **action** to take in this scenario?

It's never a good feeling if your friend goes missing! Of course, checking around the area and the venue to see if they have wandered into another area is the first step.

Asking staff if they have seen your buddy is also a good tactic.

Giving your buddy a call/text to see where they have headed.

Having a look outside the venue too.

Worst-comes-to-worst, calling their support to explain the situation and ask if they have heard from your buddy.

Failing all these things, emergency services might be the best people to call if you are worried for their safety.

Please let us know this is does happen on a night out when you can.





4. You're at a footy match and someone in the crowd behind you starts swearing. Your buddy tells you they're uncomfortable with the foul language.

- How could you have helped to **prevent** the scenario from occurring?

Not necessarily 'preventable', however if you know that foul language and swearing is a triggering thing for your buddy it could be a conversation that you have prior to the match. Explain to them that there may be people swearing/using foul language and are they going to be ok with that. This gives them the option to consider how they would like to approach it, and gives them a heads up. It could also be a conversation that you have with their parents/support.

- What's the best course of **action** to take in this scenario?

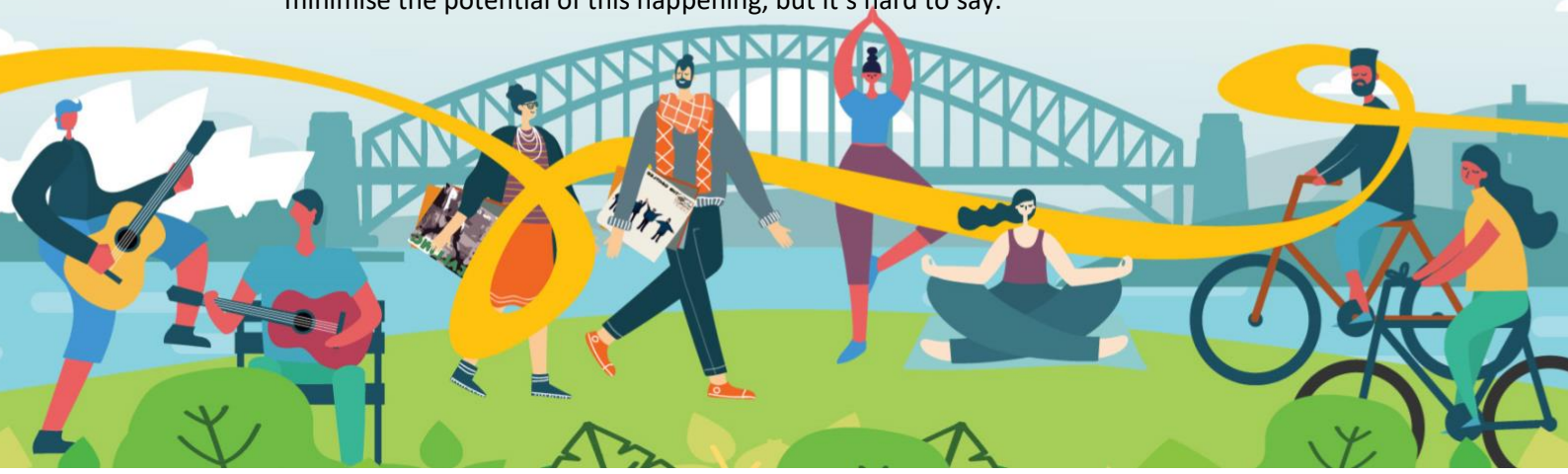
If this happens while you are there, there could be a few options:

- You could ask a security guard or staff member to speak with the person who is swearing to ask them to calm down
- You could look to move to a different area (e.g. the grassy area)
- You could explain to your buddy that the swearing is not directed at them, and it is the way that particular person is expressing themselves and their excitement/passion for the game. (This is based on a real scenario that happened at a past Gig Buddies social event. My colleague took this approach and it seemed to put the buddy at ease)

5. You've contacted your buddy several times to go to a gig, but you've had no response.

- How could you have helped to **prevent** the scenario from occurring?

Not necessarily 'preventable'. You would have already met your buddy and exchanged numbers in the pair meeting. Perhaps sending texts or calling just to check in could help minimise the potential of this happening, but it's hard to say.







- What's the best course of **action** to take in this scenario?

The likely situation is that your buddy is feeling nervous or that they've been busy with other things in their life. Try to reach out to your buddy's support network (e.g. parent/sibling/support worker) to see if they can help encourage your buddy to respond to you.

If this doesn't work, reach out to Gig Buddies. We keep in regular contact with buddy's/their families so could help prompt communication or shed light on their current situation.

## 6. It's getting to the end of the night and your buddy has had a couple of glasses of soft drink. He suddenly looks quite panicked, and you realise that he has missed the toilet.

- How could you have helped to **prevent** the scenario from occurring?

Not necessarily 'preventable'. This is a very worst-case situation and has never happened with one of our buddies!

However, if it is an issue that has been raised during your pair meeting – prompting throughout the night in a subtle way could help. For example, "I'm going to go to the toilet, did you need to go?" or if you're about to head home for the night "we've got a bit of a journey ahead, I might go to the toilet before we head off. Did you need to go?"

- What's the best course of **action** to take in this scenario?

It's likely your buddy might be embarrassed that this has occurred. Try to reassure them and help them clean up as best you can.

Best thing to do would be to head home so they can change.





7. You and your buddy are at a venue and a member of the public approaches you; that person compliments you for going out with somebody who has a disability, and then talks to your buddy as if they were a child.

- How could you have helped to **prevent** the scenario from occurring?

Not necessarily 'preventable'. We can't control members of the public.

- What's the best course of **action** to take in this scenario?

This is a tricky situation and really depends on how comfortable you feel with confrontation. It also depends on if your buddy is uncomfortable or has realised how they are being spoken to.

When this has happened in the past, and a Gig Buddies staff has been present – they have continued to emphasise themselves talking to our buddies in a very normal, non-patronising way. This sometimes means that the member of the public has fallen into line.

Sometimes, buddies may advocate on their own behalf and say something to that member of the public. Other times, buddies may want to move away from the situation. It's very dependent on them and what they want to do.

The best thing you can do is be a good ally and support them and empower them to carry out their decision.





8. You and your buddy have lined up to get into a nightclub and you're about to pay the entry fee. Your buddy then informs you that she doesn't have any money.

- How could you have helped to **prevent** the scenario from occurring?

Sending reminders via text about bringing money with them and perhaps guiding them on the amount of money they should bring could help avoid this situation. Looping in your buddy's support (parent/sibling/support worker) could also help this.

- What's the best course of **action** to take in this scenario?

Of course, sometimes people just genuinely forget things!

There are a few options that you could do:

- If it's not too much hassle and not too far away, you could help them get home to grab some money and then head back to the club.
- You could suggest to your buddy that you both do something else instead or reschedule
- You could offer to cover them this time. However, it must be made clear that they need to pay you back as soon as they can.

**IMPORTANT:** Gig Buddies as an organisation encourages everyone (buddies and volunteers) to pay for themselves whenever they are going out. This is to avoid awkward scenarios and people being owed money.

The last option is completely your choice and based on how comfortable you are and of course if you can afford to do this.

If you choose to do this and are struggling to get your buddy to pay you back – please let us know. We can help rectify the situation.

If this becomes a regular occurrence with your buddy (i.e. they continue to “forget” their money when out with you) then please also let us know.





9. You get a few text messages from your buddy saying they are depressed and/or anxious.

- How could you have helped to **prevent** the scenario from occurring?

Not necessarily 'preventable'.

- What's the best course of **action** to take in this scenario?

In a sense this goes to show that your buddy feels comfortable with you enough to confide in you which is lovely. But we can appreciate that dealing with this kind of conversation could be hard on you too.

At first, the best thing you can do is ensure your buddy is safe and listen to and reassure your buddy. It may be that they just need someone to talk to.

If the conversation steers towards suicide or self-harm; it's important that you remain calm and try to impress on your buddy the seriousness of what they are saying. Ensure that they are safe. You should also tell your buddy that you will need to let their parent/support worker/Gig Buddies know about this conversation as you're worried for their safety.

You can share with them the helplines, and perhaps help them to get in touch with them. Some of these helplines include:

Call Lifeline on 13 11 14 (for anyone)

Call BeyondBlue on 1300 224 636 (for anyone)

Call the Suicide Call Back Service on 1300 659 467 (for anyone)

Call Kids Helpline on 1800 55 1800 (for people aged 5 to 25)

Call Mensline Australia on 1300 789 978 (for men)

Call the National Counselling and Referral Service – Disability on 1800 421 468

Call 13YARN on 13 92 76 (for Aboriginal and Torres Strait Islander people)

Call Multicultural Health Connect on 1800 186 815 for health information and advice in your language







Please let us know ASAP if this is occurring with your buddy. Often, we will know if a buddy is receiving counselling or psychology services or not. We can often refer them to an appropriate mental health service too.

## 10. You at the cinema with your buddy, a group of young boys start harassing you and your buddy.

- How could you have helped to **prevent** the scenario from occurring?

Not necessarily 'preventable'. We can't control members of the public.

- What's the best course of **action** to take in this scenario?

This is a tricky situation and really depends on how comfortable you feel with confrontation.

Our suggestion would be to ensure you and your buddy are able to remove yourself from the situation safely. You can exit the cinema and go to the cinema staff to report the behaviour. They can then deal with the group of young boys appropriately.

They may choose to call emergency services if deemed appropriate.

Your buddy may also want to leave entirely and do something else. We would suggest perhaps taking a break, going somewhere else to calm down and then perhaps returning to the cinema if they would like to.

If your buddy would like to go home following this, then ensure they get home safely and explain to their parent/support what has happened.

Please also let the Gig Buddies team know what has occurred when you can.

