

Who's Looking Out For You during the Party Season?

Think...
If you are **drunk**
you could become a
TARGET!

robbery • assault • accidents • crime • what else?

**Think Before
You Drink
Alcohol...**

Stay In Control - Stay Safe

Make sure you don't **Lose It** during the Party Season

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Top Tips for a Merry Xmas...

Stay with friends...

don't get caught alone. Look out for each other

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2

Try not to get involved in arguments or disagreements.

If people have been drinking alcohol emotions can get out of control and situations turn nasty... walk away this time.

Top up and charge up your phone and keep it out of sight, **don't flash your stuff or cash about**

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Make sure you can get home safely.

Do friends and family know where you'll be and when to expect you back? Don't make yourself vulnerable.

Never carry a weapon - not even for 'protection' ...you could end up hurt, arrested or worse...so find other ways to avoid trouble

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If you do choose to drink alcohol, know your limits.

Why not pace yourself and drink plenty of soft drinks as well?

Alcohol can make you lose your inhibitions and may lead to you doing things you might regret... Think... could you be vulnerable to unplanned sexual situations? ...how will you protect yourself and be safe?

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Don't feel you have to do anything you are not comfortable with - or might regret - ask for help

If you are worried about anything (before or after going out) don't be afraid to speak to someone who can help.

www.ruthinking.gov.uk - for sexual health support services
Compass Young Peoples Drug & Alcohol Service 9248232
Crimestoppers 0800 555111

Remember Teachers, the School Nurse even Parents... they're all there to help

Stay Safe...Stay in Control.