

**SAFE NIGHT OUT**

Don't put yourself at risk on a night out.  
Follow the top tips here and make sure you and your friends have a great – and safe – night out.

**PLAN AHEAD**

- Make sure your phone is charged and you have credit.
- Keep a small amount of money in a pocket in case you lose your purse or wallet.
- Plan how you're getting home. Do you have a taxi number? What time is the last bus or train? Keep your fare separately. Don't drink and drive.
- Eat something before you go out, or eat early on in the evening.
- Carry a condom, the only way to protect yourself against STIs and unwanted pregnancy.

**STAY IN CONTROL**

- Avoid drinking in rounds – this puts you under pressure to keep up with the fastest drinker. You'll end up drinking and spending more.
- Drink non alcoholic drinks between alcoholic drinks.
- Never leave your drink unattended or accept drinks from strangers.
- If you're drunk you may lack the capacity to consent to sex. This means that any sexual contact could be unlawful.
- Take it turns to stay sober and look after your friends.

**LOOK AFTER EACH OTHER**

- Stay with your friends and never leave anyone behind or let them wander off with someone they don't know.
- Don't be drawn into problems or arguments, it will only ruin your fun.
- Think carefully before going to someone's house or inviting anyone back to yours.
- Avoid walking alone at night and keep to well-lit roads where possible.
- If you need to speak to the police call the non emergency 101 number – but call 999 in a real emergency.

**PLAN AHEAD STAY IN CONTROL LOOK AFTER EACH OTHER HAVE FUN**

Source: <https://safecornwall.co.uk/wp-content/uploads/2013/10/Top-Tips-web-revised.png>