

Tips for a safe night out

PLAN YOUR TRIP HOME AHEAD OF TIME

Make a decision ahead of time about getting home. Always take enough money to get home and always have a back-up plan such as phone numbers in your wallet, just in case your mobile phone is down. Carry emergency contacts in case one of your mates gets sick or hurt.

Talk about your plans for getting home with your friends or parents.

LOOK OUT FOR EACH OTHER AND LOOK AFTER YOURSELF

Stick together and agree that no one gets into a car with a driver who has been drinking, or walks home alone. Do not get separated from your friends and do not let one of your friends become separated from the group.

Agree that if you don't feel safe at a party, you will tell each other and leave.

If your friend is drunk and wants to drive, do something to stop them.

DON'T DRINK AND DRIVE AND DO NOT TAKE DRUGS (PRESCRIBED MEDICATION OR ANY OTHER TYPE) AND DRIVE

If you are going out and need to drive, do not drink alcohol. Change plans and leave the keys at home.

If you are driving, be aware that some prescribed medications can affect your ability to control a car, react and see things quickly, and make safe decisions.



HELP SOMEONE IF THEY ARE IN TROUBLE OR SICK

If a friend is affected by alcohol or drugs, don't leave them alone. If they pass out or are about to, contact a doctor or call an ambulance immediately and get help from an adult.

While waiting for help, lie your friend on their side and stay with them.

AN UNCONSCIOUS PERSON NEEDS AN AMBULANCE IMMEDIATELY

If your friend is unconscious, call an ambulance. They need help immediately!

You don't need to be afraid to tell ambulance officers if your friend has taken an illicit drug. The ambulance officers need accurate information to help your friend.

The police won't be called unless that person dies or if the situation is violent and ambulance officers feel they or other people around them are in danger.