



SOUTH AUSTRALIA POLICE
KEEPING SA SAFE

PREVENTING
CRIME

PERSONAL SAFETY ON A NIGHT OUT

People drink alcohol to celebrate, relax and socialise. It has become a way of life and a part of the Australian culture. By looking out for each other and planning your evening, you can help ensure you and your friends have a safe night out.

Plan your night out

- Take your ID, phone and enough money for the evening.
- Organise safe transport to and from the venue before going out.
- Nominate a designated driver if necessary.
- Ensure you tell family or friends of your plans and keep them updated with any changes.

Drink safely

Excessive consumption of alcohol and binge drinking puts you at risk by reducing your ability to recognise danger. It decreases your judgment and your ability to remain alert.

- Ensure you eat before and whilst drinking alcohol.
- Set a drinking limit for yourself, stick to it and have soft drink or water between alcoholic drinks.
- Say "NO" when you have had enough to drink, don't let others top up your drink.
- Be aware of drink spiking. Never leave your drink unattended.
- Never accept drinks from strangers.

Look after your friends

- Stay together with your friends.
- Avoid conflict or dangerous situations, just walk away.
- Do not leave a friend with somebody they have just met.
- Take care of drunken friends, never leave them alone and seek immediate medical attention if needed.
- Remember, a single punch can cause death or serious injury.

If you feel unsafe

- Stay with your friends.
- Head to a well-lit and populated area.
- In an emergency call Triple Zero (000).

For further information contact your nearest police station or visit www.police.sa.gov.au

South Australia Police (SAPOL) is committed to working in partnership with the community to prevent crime and reduce the fear of crime to ensure that South Australia is a safe place to live, visit and do business.

PERSONAL SAFETY

