PERSONAL SAFETY

A GREAT NIGHT OUT IS A SAFE NIGHT OUT

You and your friends can make a great night out, a safe night out, by following these simple tips:

Plan your night out
- Take your ID, fully charged phone and enough money for the evening.
- Organise safe transport to and from the venue before going out.
- Nominate a designated driver if necessary.
- Do not get into a vehicle with a driver who has been drinking alcohol or taking drugs.
- Ensure you tell family or friends of your plans and keep them updated with any changes.

Know your limits
Drinking alcohol can put you at risk by reducing your ability to recognise danger. It can decrease your judgement and your ability to remain alert.
- Ensure you eat before and while 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 and don't leave your drink unattended.
- Never accept drinks from strangers.

Look after your friends
- Stay together with your friends. Do not leave a friend with somebody they have just met.
- Take care of friends who have drunk too much, never leave them alone and seek immediate medical attention if needed.
- Avoid conflict or dangerous situations - just walk away. Remember, one punch can kill.

If you feel unsafe
- Trust your instincts, move away immediately and be prepared to call for help.
- Head to a well-lit and populated area.
- In an emergency call Triple Zero (000) or call 131 444 for non-urgent police assistance.

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

SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES

Government
of South Australia