

## A NIGHT OUT

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

### Plan

Plan your night out and tell someone that plan.

### Look after friends

Look after your friends and don't leave anyone alone.

### Arrange transport

Appoint a designated driver or pre-organise safe transport to and from your destination.

### Limits

Set a drinking limit and say no when you've had enough.



## Plan

- Tell family or friends about your plans and update them about any changes.
- Consider installing a personal safety app (application) on your phone. Most are free. Each has different information and services; like sending emergency alerts or sharing your location with trusted contacts, discreetly reaching out to, or calling, emergency services, or linking you to safety tips and resources.
- Share your live location with trusted friends or family.
- Take identification and a fully charged phone.
- Consider taking a charged power bank to keep your phone topped up.
- Have enough money for the whole evening and transport home.

## Look after friends

- Help your friends stay safe by looking after each other and staying in a group.
- Consider sharing your live location with friends before heading out. If someone gets separated, this can help keep them safe.
- Walk away from conflict or violence and take your friends with you.
- Recognise when a friend has had too much to drink and encourage them to slow down or get them safely home. They'll owe you one.
- Don't leave a friend alone or with someone they have just met.
- Be prepared to call for help.

## Arrange transport

- Organise safe transport to and from your destination before going out.
- Using a designated driver from your group who will stay sober? Take turns and own it!

- When using your car, set boundaries and communicate them clearly. Your car, your rules!
- Treat yourself to great non-alcoholic drinks that you like or splash out on mocktails to keep your night fun.
- Don't get into a vehicle with a driver who's been consuming alcohol or drugs.

## Limits

- Know your own limit and know when to say NO.
- Alternate alcoholic and non-alcoholic drinks.
- Ensure you eat before, and while drinking alcohol.
- Say NO when you have had enough to drink and don't allow top-ups.
- Be aware of drink spiking and never leave your drink unattended.
- Never accept drinks from strangers and watch while drinks are prepared or poured.

