

safenightout.party



HELPFUL TIPS SO YOU HAVE A SAFE NIGHT OUT!

FRIENDS



Always stay with your friends, don't go off alone, have their contact information on you somewhere other than your fully charged phone. Over food try to think about your drinking limits for the night and stick to them!



OUCH

Fan of a heel? Carry a pair of slip-on shoes in your handbag so that when your high-heels are no longer comfortable you don't need to walk bare-foot.



FILL UP

Always eat before a night out – never drink on an empty stomach. Get a takeaway before you go home - don't start cooking once you get home especially in a chip pan!

MIX IT

Know what you are drinking so you can know how much you have had. This will also help you and your friends know if you have been spiked because you have kept account of your alcohol intake. Mix alcohol with soft drinks or water and don't leave your drink unattended. Feel unwell - tell your friends.

LEAVE IT

Pick a venue right for you – if you feel out of place, leave! Most fights start over something minor – someone knocks into you, spills your drink – apologise! Don't get involved in breaking up a fight – that's the job of the door-staff! Someone pestering you – try and ignore them and if that doesn't work ask the bar or door staff to help you.

KER CHING



Download a Uber/Taxi app and make sure it is linked to a card. Just in case your phone dies keep your taxi money in another part of your handbag/wallet so you don't spend it. Always sit in the back of a taxi if you're travelling by yourself. Take a photo of your taxi drivers ID and text it a friend.



WALKSAFE



As a group download the Walksafe.io app to your phone - it has loads of features to help you have a SafeNightOut.



ASK FOR ANGELA



If anything goes wrong in a bar or club go up to the staff and Ask For Angela- the bar staff will know you need some help.

You can also find the Street Angels or Street Pastors who work weekend nights in many towns and cities or use Walksafe to find a local safe place.