

# Top tips for staying safe on a night out

## Before you go out

Make sure you eat a decent meal before you go out. Drinking on an empty stomach is a recipe for disaster.

Decide how you're going to get home and who you need to go home with beforehand. Have a plan in place in case your group gets split up.

Book a taxi journey there and preferably make arrangements for your return trip. Take their business card and write your address on it. Some universities have a safe taxi scheme, so remember to check this out.

Don't pre drink too much. We know this is part of the fun but it makes sense: you don't want the last thing you remember to be leaving the house, where's the fun in that?

If you've got friends-of-a-friend or course mates you don't know very well coming over for pre- drinks, make sure you lock away all of your valuables.

Pack your bag early and go through it with a friend to ensure you've got everything you need to take with you; ID, cash, card (for emergencies), keys and phone. Make sure your phone is fully charged!

## While You Are Out

Never leave your drink unattended. Keep your thumb over your bottle neck between sips and if something tastes odd, don't drink anymore!

If somebody you don't know well, or trust, offers to buy you a drink, you should decline or accompany them to the bar and watch that nothing is added to your drink.

Keep your possessions, especially wallets, mobiles and cameras hidden in a secure bag or in zipped pockets.

If you go to the toilet, leave your bag with your friend or keep it close to you. Leaving it on the cubicle floor makes it easy for somebody to swipe it from under the door and you aren't in the best position to run after it!

Don't drink too much. We don't want to sound like a nagging parent, but getting too drunk can affect your judgment and ability to take care of yourself. This makes it easier to lose things and makes you an easy target. Know your limits and stick to them.

Avoid using a cash machine when alone at night.

Try not to draw attention to yourself by looking lost – go into a shop if you need directions.

## Getting Home

Stick with people you know. Don't wander off on your own at the end of the night, and wherever possible, go home together. If you're planning to walk home, stick to the main roads and try to avoid shortcuts and unlit areas. Never walk home by yourself.

Be aware of what's happening around you and don't listen to your iPod on the way home.

Use a taxi that is licensed and recommended by your university/ college. You still have the business card, right?

Always make sure you have enough money for a taxi home, don't spend it on that last drink of the night. Keep an emergency tenner somewhere if you need to.

When you get out of the taxi, always check behind you to make sure you've left nothing on the seats or the floor, especially if you've been looking at your photos from the night on your way home.

If you're travelling home by public transport, find out the times of the buses/trains so you're not waiting about too long at the station/bus stop or miss the last one altogether.

Remember to lock all doors behind you on your way in. Sounds simple but it's easy to forget.