



## Party survival guide - A night out

- Plan how you're going to get home before you leave. Make sure you've got numbers for taxis and keep aside enough money to get home safely.
- Eat before you go out, or during the evening.
- Ideally avoid getting involved in a round. Alternatively, limit rounds to 2 or 3 friends. If you find yourself in a round but feel that others are drinking faster than you – or over recommended limits - it's OK to skip a drink. Also feel free to remove yourself from the round altogether.
- Drink water regularly to stay refreshed and hydrated
- Use soft drink beverages to pace yourself.
- Don't accept drinks from strangers and never leave your drink unattended - it's all too easy for someone to spike your drink..... with more alcohol, for example.
- Look out for your friends and make sure they look out for you.

## Is it worth it?

You're far more likely to be involved in an accident, a violent incident or to get in trouble with the police if you drink to excess. If you end up with a criminal record, it affects your chances of a good career and you could lose your licence through letting things get out of hand. Even drinking to get drunk occasionally can have serious consequences. It affects your judgement and can increase risky behaviour, which could result in:

- Injuries and accidents
- Unsafe sex, which could result in sexually transmitted infections and unplanned pregnancies
- You being robbed or going home with a stranger
- Fights, arguments and relationship problems
- Getting into trouble with the police and getting a criminal record.