

safenightout.party

Ouch



Ladies - 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.



'Ker Ching'

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

Ooops



Pick a venue right for you - if you feel out of place, leave! Most fights start over something minor - someone knock you, spill 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.

Aarrgghh



Always stay with your friends, don't go off alone, have their contact information on you somewhere other than your phone and over a big dinner beforehand try to think about your drinking limits for the night and stick to them!

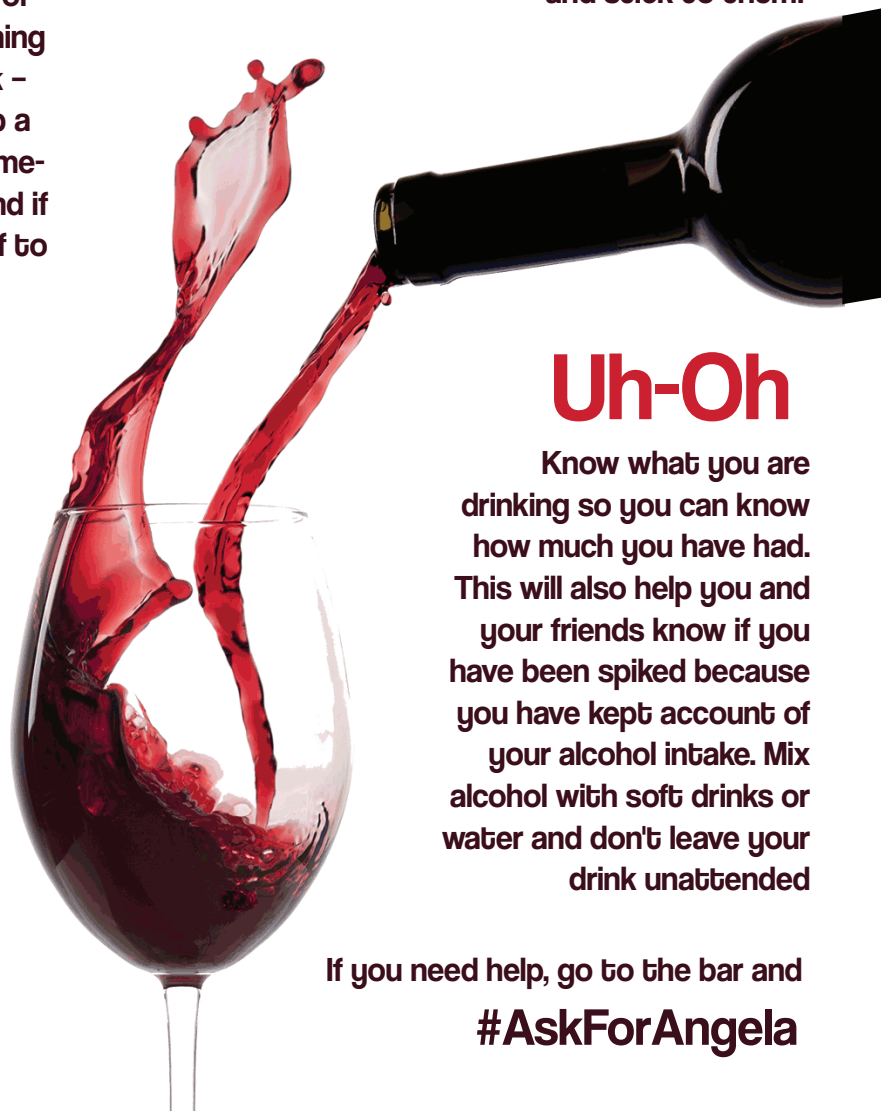
Fill Up



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!

Uh-Oh

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



If you need help, go to the bar and **#AskForAngela**

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