

## Going Out, Staying Safe

Follow some simple tips to reduce the risk of becoming a victim of crime on a night out.

### Night Out:

- Make sure someone knows where you are going, who you are meeting and when you expect to return.
- Don't leave your bags, coats or mobiles unattended.
- Always carry a fully charged phone and enough money for a taxi home.
- Keep some cash in your pocket in case you lose your purse or wallet.
- If you are with a group of people, watch out for each other.

### Getting Home:

- Always plan how you are going to get home - carry the phone number of a trusted, licensed taxi or use a Hackney cab. Never take an unlicensed minicab. These are unchecked and uninsured.
- Stay Alert! Chatting on your mobile phone or listening to music will distract you and stop you from hearing potential danger signs.
- Use a personal safety alarm. Keep it easily accessible and carry it in your hand if you feel at risk.
- Stick to busy streets and near other people.
- Avoid poorly-lit areas, deserted parks, or quiet alleyways.
- Avoid shortcuts that may be fine during the day but unsafe at night.
- Always check the times of the last train, tube or buses.

### Drink and Drugs:

- Eat before you go out or buy food on the way.
- Watch your drinks being poured – don't accept drinks from anyone you don't trust.
- Never leave your drink unattended.
- Alcohol can seriously affect your ability to make safe judgements. Have a safe upper limit for how much you are going to drink and stick to it.
- Drink water or soft drinks between alcoholic ones to keep hydrated.
- If you feel drunk, dizzy or disorientated, ask for help from a friend or the pub or club staff.
- Remember that mixing alcohol and drugs can be extremely dangerous.



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