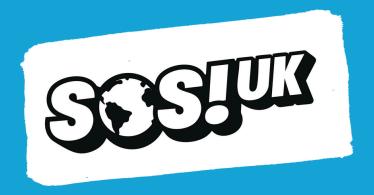
THREE WAYS



to stay safe on your next night out



TAKE IT SLOW Manual School Manual

Did you know?

83% of students agreed that drinking too much too quickly can cut short a great night out



TAKE IT SLOW

Drink plenty of water to prevent dehydration

Alternate between alcoholic and non-alcoholic drinks

Avoid getting caught up in rounds



STAY CONNECTED

Did you know?

An alcohol blackout occurs when a person drinks enough alcohol to temporarily block the transfer from short-term to long-term memory



STAY CONNECTED

Avoid drinking too quickly - opt for 'long drinks'

Keep track of how much you're drinking

Eat before you go out to slow down the effects of alcohol



MAKE A PLAN MONOMENTAL MONOM

Did you know?

27% of students took risks with their personal safety while under the influence of alcohol



MAKE A PLAN

Plan your journey home - you could even pre-book a taxi

Stick with your friends and look out for each other

Make sure your phone is fully charged

