

THREE WAYS



**to stay safe on your
next night out**



TAKE IT SLOW



Did you know?

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

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TAKE IT SLOW



**Drink plenty of water to
prevent dehydration**

**Alternate between alcoholic
and non-alcoholic drinks**

**Avoid getting caught up
in rounds**

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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

The logo for SOS!UK, featuring the text 'SOS!UK' in a bold, black, sans-serif font. The 'O's are stylized to look like globes, with the first 'O' showing the Americas and the second 'O' showing the Europe/Africa region. The logo is set against a white, torn-edge rectangular background.

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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**

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MAKE A PLAN



Did you know?

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

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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**



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