**SESSION FIVE: WORKSHEET ONE: FACILITATOR INFORMATION FOR INTRODUCTORY ACTIVITY**

**Staying safe on a night out**

***Remember there are no recommended safe alcohol limits for under 18s. However if you do choose to drink follow these tips below;***

**Eat before you drink:**

Eating a meal, like pasta or pizza before drinking can help slow down the absorption of alcohol and help you to stay in control. **But it will not stop you from getting drunk!**

**Top up:**

Make sure that you have enough credit on your mobile phone in case you need to meet up with friends or call a taxi or your parents.

**Drink smarter:**

If you choose to drink alcohol, make sure that you drink soft drinks in between the alcoholic drinks. This will help you avoid getting drunk, and keep you hydrated therefore reducing some of the effects of a hangover!

**Don't mix:**

Try not to mix drinks, it’s harder to keep track of how much you've had. Finish one drink before you start the next so you can keep count and avoid drinking in rounds, drink at your own pace.

**Keep an eye on your drink:**

At parties, unattended drinks can be spiked with alcohol or worse. Always keep an eye on your drink and don't accept drinks from strangers.

**Get home safely:**

* Plan how you're getting home so that you can stay safe.
* Make sure that someone knows where you are in case you get into difficulties.
* Stay with your friends.
* Keep enough money for a taxi and always make sure that it's a licensed cab before getting in as illegal cabs can be risky.
* If you're getting a lift, make sure that the driver hasn't been drinking - drunk drivers put themselves, their passengers and other people on the road in danger.

**Look out for friends:**

Watch out for your friends on a night out and make sure that they're OK at all times. If anyone gets into difficulties, call an adult or if the situation is dangerous call **999**.

**Where to go for further information and advice**

Head to The Site for regularly updated guides that take a comprehensive look at alcohol, drugs and much more. [**www.thesite.org**](http://www.thesite.org)

Drinkaware has all the information and advice you need to make more informed choices about alcohol

[**www.drinkaware.co.uk**](http://www.drinkaware.co.uk)

Worcestershire NHS site excellent for young people and sexual health information [**www.playinitsafe.co.uk**](http://www.playinitsafe.co.uk)

Lancashire sexual health information site [www.best2know.co.uk](http://www.best2know.co.uk)