










Handout – Ways to keep safer!

	<p>The best way to keep yourself safe is to not use any alcohol or any substance.</p>
	<p>Try to make sure you are in a safe place with people you know.</p>
	<p>Always have your phone charged and topped up with credit.</p>
	<p>Make sure your parents know where you are, and who you are with.</p>
	<p>Never walk home alone.</p>
	<p>Always plan how you will get home before you go out. When you are going home is not the time to take shortcuts!</p>
	<p>Avoid risky situations, such as being close to water, heights, a road, railway, and secluded areas. with the following: Avoid risky situations, such as being close to water, up on balconies or heights, roads, railway, and secluded areas.</p>
	<p>Never get in a car with someone who has been drinking alcohol or taken other drugs.</p>
	<p>If someone feels/appears unwell, stay with them and call a responsible adult to help. You will not get into trouble. Consider calling 999/112. Keep the person sitting up. Keep the person awake.</p>