



Nights Out

You're sure to have lots of memorable nights out, but make sure they're memorable for all the right reasons.

Take a look at our tips to help keep you and your mates safe after dark.

- If you need to withdraw cash for your night out, try to do it during the day. If you have to use a cash point at night, do so in a group and avoid ATMS in quiet deserted streets.
- Try to plan your night out by thinking about where you are going, how you will get there and what transport you will use to get home. If you plan to get a taxi, store the numbers of some local firms on your phone and think about pre-booking a cab.
- Set aside some money at the beginning of the night to make sure you are able to get home at the end of the night. If, by the end of the night, you don't have enough money to get the whole way home, stay with a friend overnight and travel the rest of the way in the morning. Don't hitchhike or accept a lift from strangers.
- If you decide to get a taxi home, only get in a taxi that is clearly licensed by the local council. Never walk around at night on your own. Walk in groups and make sure you have all your friends before leaving a bar or club or making your way home.
- If you do ever have to walk alone at night, think about investing in a personal alarm, stick to busy well lit streets, avoid underpasses and walk facing the traffic so a car can't pull up beside you unnoticed. Have your keys ready so you can get into your house or car quickly.
- Don't leave your drinks unattended in a pub, bar or club. If you're heading to the dance floor or toilets, ask a friend you trust to look after them. Never accept a drink off someone you don't know and don't assume soft drinks can't be spiked. They can. If you think your drink may have been tampered with, don't drink it. It's not worth the risk.
- Be wary of casual requests from passers by. Someone asking for a cigarette or wanting to know what the time is could have ulterior motives. If a car stops and asks for directions, keep you distance.