

Personal Safety on a Night Out

Enjoying Victoria's world-class pub, bar and nightclub scene with your friends should be fun and free from violence and other dangerous situations.

By looking out for each other and taking some simple precautions, you can help ensure a safe and enjoyable night out for you and your friends.

Key Safety Tips

- **Plan** your night
- **Drink Safely** and within your limits
- **Take Care** of your friends
- **Stay Alert** and walk with others in well lit, populated areas.

Plan Your Night

- Take your ID, phone and enough money for food and transport
- Make sure you have safe transport to and from the venue before leaving
- Nominate a designated driver if necessary
- Check public transport times before leaving so you don't have to wait at the platform
- If in Melbourne, consider using the NightRider bus or a taxi
- Tell friends or family where you are going and when you will be home. Keep them updated.

Drink Safely

You are more vulnerable to violence and accidents when you've had too much to drink. Alcohol affects everybody differently so get to know your personal limits and stick to them. Save yourself from regrets, and remember that how much you drink is up to you.

- Drink within your limits
- Eat substantial food before and while drinking
- Drink slowly and drink water throughout the night
- Never mix alcohol and drugs
- If you can't remember how many drinks you've had, it's time to slow down
- Never drink and drive or get into a car driven by somebody who has been drinking.

Drink Spiking

- Never accept a drink you haven't seen the bar staff pour
- Don't leave drinks unattended and keep an eye on your drinks and your friends' drinks
- Remember that even soft-drinks can be spiked.



Take Care of Your Friends

Staying together and looking after one another is one of the best ways to stay safe.

- Stop your friends from getting into fights
- Walk away from dangerous or conflict situations and take your friends with you
- Don't leave friends alone with somebody they've just met
- Recognise when a friend has had too much to drink and encourage them to slow down
- Never leave someone who is drunk or passed out – get them immediate medical help.

One Punch Can Kill

- Do not underestimate the dangers of a single punch
- A single head injury can lead to death or serious brain damage if left untreated
- Call for an ambulance on Triple Zero (000).

If You Feel Unsafe

- Make sure you are not isolated – stay with your friends and head to a well-lit, populated area
- Call Triple Zero (000) in an emergency.

Additional Resources

For more alcohol advice, visit DrinkWise Australia at: www.drinkwise.org.au

If you or someone you know has been a victim of crime, call the Victims of Crime Helpline on 1800 819 817 or visit www.victimsofcrime.vic.gov.au

For public transport timetables, visit Public Transport Victoria at: www.ptv.vic.gov.au



VICTORIA POLICE

