



# BE SAFE

Out on the town? Celebrating a special day?  
Having a laugh and a few drinks with your friends can be great fun but remember **BE SAFE - BE SENSIBLE** and follow the Telford & Wrekin **BAR-CODE**.



## USE THE TELFORD & WREKIN BAR-CODE

- If you go out in a group try to stay together, never leave your friends alone
- Designate someone in your group who will look out for you and make sure you get home safely
- Don't use unlicensed cabs or accept lifts from strangers
- Never leave your drink unattended
- Keep your valuables well hidden
- If you have sex make sure you use a condom
- Avoid confrontations and always try to walk away from trouble



# BE SENSIBLE

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- Try to alternate alcoholic drinks with water or soft drinks
- Pace yourself throughout the evening
- Never mix booze with drugs. It can kill!
- Don't feel you have to keep up with your mates
- Try not to buy in rounds, it will save you money too!
- Know YOUR limits, Know when to stop
- If you've overdone it lay off the booze for at least 48 hours to give your body time to recover

**FOR MORE INFORMATION CALL: 01952 582659**  
**WWW.SAFERTELFORD.ORG.UK**