



BE SAFE AROUND TOWN

Your night out in St.Helens should be fun.

But sometimes too much alcohol can turn a good night, into a bad one.

Make it a night to remember for the right reasons! Here are some tips to keep you safe:

Don't drink on an empty stomach

The levels of alcohol in your blood go up a lot quicker when you don't eat before drinking. Take some food out with you, or better still get your mates together and grab a bite to eat first!

Stay in control

The best way to look after yourself is to stay in control of your drinking. Set yourself an upper limit and stick to it. The government advice is 3-4 units of alcohol a day for men (equivalent to a pint and a half of 4% beer) and 2-3 units a day for women (equivalent to a 175ml glass of wine).

Avoid trouble

The majority of people who drink are never violent, however, alcohol can reduce your ability to think straight and affect the way you process information. You are more likely to misinterpret other people's behaviour and this could be the reason why so many drunken fights start over little more than a 'dirty look'.

Don't be drawn into arguments or problems. The smart thing to do is to walk away, and enjoy your night. If you feel like you are in danger, go somewhere you feel safe, where there are lots of people around. If you still don't feel safe or you run into trouble, call the Police. CCTV is prominent in the Town Centre, and there will be extra Police Officers out and about to help keep you safe.

Getting home

Before you go out, make sure you have plans to get home. Tell someone where you are going, and what time you expect to be back. Book a taxi before you go out and take the taxi firm's details. You can always arrange a time to be picked up. Don't wander off on your own, stay with your mates and arrange to go home together.

If you're travelling home by public transport, find out the times of the buses/trains so you're not waiting about too long at the station/bus stop or miss the last one altogether.

For more information, and advice, visit: www.safersthelens.org.uk or like us on Facebook: www.facebook.com/safer.sthelens

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ONE.PUNCH.CAN.KILL.

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