



Liverpool
City Council

Student Night Out

SAFETY GUIDE

- Stay Safe
- Look After Your Friends
- Enjoy Your Night

liverpool.gov.uk

**ask
for**

Angela

Feeling unsafe, threatened, harassed, or uncomfortable on a night out?

Ask for Angela is a discreet way to get help in participating bars, pubs, clubs, and venues.

How it works:

Approach a member of staff.

Ask for "Angela".

Staff will understand you need support and will help you safely leave the situation or access further assistance.

You do not need to explain your situation or be in immediate danger to use the scheme.

**Trust your instincts. If something doesn't
feel right, seek help.**

Angela



Call it.

Enjoy
more
Drink less



ENJOY MORE, DRINK LESS

A great night out doesn't have to mean drinking to excess.

Top Tips:

- Eat before drinking.
- Alternate alcoholic drinks with water or soft drinks.
- Keep hydrated throughout the night.
- Set a spending limit before you go out.
- Know your limits and pace yourself.
- Never leave friends behind.
- Plan how you will get home safely.

Remember: Drinking less often means enjoying more of your night and staying safer.

liverpool.gov.uk/enjoymoredrinkless



EMILY SPURRELL
MERSEYSIDE POLICE
& CRIME COMMISSIONER



Protect yourself from drink spiking

Drink spiking is when alcohol, drugs, or other substances are added to someone's drink without their permission.

Help keep yourself safe:

Never leave your drink unattended.
Don't accept drinks from people you don't trust.
Keep hold of your drink in crowded venues.
Stay with friends and look out for each other.



Warning signs of drink spiking:

- Feeling much drunker than expected.
- Dizziness or confusion.
- Difficulty speaking.
- Sudden drowsiness.
- Memory loss.
- Loss of coordination.

Spiking testing kits are available in licensed premises in City Centre. If you believe your drink may have been tampered with:

- Preserve the drink if possible.
- Tell venue staff immediately.
- Bar staff will use a testing kit if available and take appropriate steps
- Seek medical attention if you feel unwell.
- Report the incident to the police.

KNOW THE RISKS OF

KETAMINE

Ketamine is a powerful anesthetic drug which can have serious and unpredictable effects.

Risks include:

- K-hole
- Panic attacks and paralysis total disconnection
- Mixing alcohol with other drugs risky and unpredictable
- Bladder damage

Advice:

- Stick with your friends
- Stay hydrated
- If someone becomes unresponsive, struggles to breathe, or is seriously unwell: **Call 999 immediately**
- Get support through River - Liverpool's Drug and Alcohol Support Service

River

Liverpool Drug & Alcohol Support Services

NIGHT TIME SAFETY CHARTER

Look for the Night-time Safety Charter logo in venues. It shows the venue has committed to keeping customers and staff safe. If you're considering night-time work, ask whether the venue has signed up to the Charter. It's a recognised mark of good practice in safety, wellbeing and venue design.



Liverpool has held Purple Flag status since 2010, recognising its commitment to a safe, vibrant and well-managed night-time economy. Awarded by the Association of Town and City Management (ATCM), Purple Flag is the national standard for destinations that offer a secure, diverse and enjoyable night-time experience for residents, visitors and workers.



**Whatever
you're facing,
support is here.**

SOS Liverpool connects you with trusted local services for mental health, housing, domestic abuse, addiction, and more.

SOS
SEARCH | ONLINE | SUPPORT



**If you're not ok
we are here for you**



scan or search
SOS-liverpool.co.uk

LOOK AFTER YOURSELF AND YOUR FRIENDS

- Stay together.
- Share your location with trusted friends.
- Charge your phone before going out.
- Plan your journey home.
- Trust your instincts.
- Seek help if something feels wrong.



Remember:

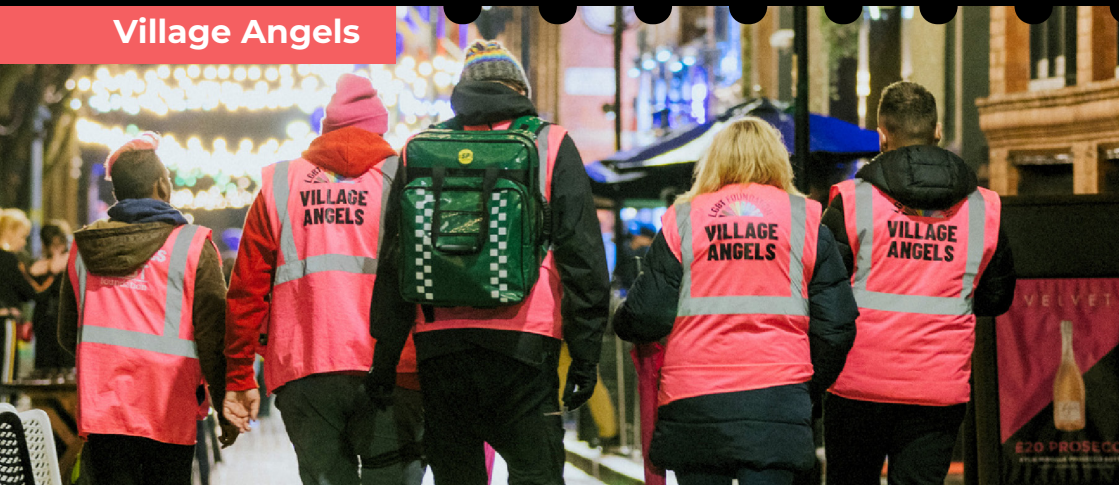
If you see something, say something. If someone needs help, get help.

Clean up Crews:

Do not get into a car with a person you don't know. So-called 'Clean-up Crews' prey on women and girls who just want to get home after a night out. If you have run out of money, your phone has died or your friends have left you, you can speak with door staff, look out for Village Angels (pink high-vis) or press a Halo Point for help.

If you're in town on a Friday or Saturday and need help, look out for the Village Angels. They will be in Pink High-Vis and are there to help.

Village Angels



Download the NHS Drink Free Days app:



GET IT ON
Google Play



Download on the
App Store

**Have a great night!
Stay safe,
stay together,
and look after
each other**

