

Christmas and New Year's Survival Guide

1. Pace yourself

Start drinking alcohol later in the day
Drink water or soft drinks in between alcoholic drinks

2. Set limits

of how much you will drink or use
How drunk or high do you really want to be?

3. Stick together

If you're out with friends, don't leave anyone on their own

4. Carry condoms

you can get FREE condoms from most youth services
+ doctor's surgeries

Check www.swish.org.uk for a full list

5. Choose lower % booze

e.g. Smirnoff Ice rather than vodka; Carling rather than Stella

6. Don't share banknotes

if you snort drugs
It puts you more at risk of getting Hepatitis C

7. Don't mix

your drugs, or mix drugs with alcohol -
you could become seriously ill

Turn over for more tips... ➔

8. If you freak out

ask a friend to take you somewhere safe to chill out

9. Don't try something new on New Years Eve

Big crowds can make it a nasty experience

10. Sip lots of water

Keep hydrated - you'll be less destroyed the next day!

11. If things go WRONG:

If someone is seriously sick, collapses or passes out

CALL AN AMBULANCE,

CLEAR THEIR AIRWAY,

PUT THEM IN THE RECOVERY POSITION

+ DON'T LEAVE THEM

Do tell the paramedic what they have taken -
you won't get into trouble.

12. If you overdo it

contact RU-OK for free, confidential support and advice
to help you feel safe and in control again

RU-OK

Young Person's Substance Misuse Service

2nd Floor, Ovest House, 58 West St,

Brighton, BN1 2RA

01273 293966 www.ruokservice.co.uk



Have a great Christmas and New Year!