

# Think Safe to Drink Safe



## Trust your instincts.

- Let your friends know if you feel worried or uncomfortable
- If you feel unsafe, try to get somewhere that feels safer
- Find someone you trust that can help like a friend, bar staff, security or police

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and search 'Think Safe'



# Think Safe to Drink Safe



**Protect yourself  
& your mates**

## **Look out for each other.**

- Let your friends know where you're going, even if it's just to the bathroom
- Keep an eye on each other and check in throughout the night
- Recognise when you or your friends might need help
- Seek help if something doesn't feel right

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**Protect yourself  
& your mates**

## **Know what you're drinking.**

- Don't accept drinks from others, always buy your own and watch it get made
- Don't leave your drink unattended
- Avoid shared drinks, like cocktail jugs, containing unknown ingredients or alcohol content

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