

Staying safe on a night out



**SUPPORTING
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UNIVERSITY OF SUNDERLAND
**STUDENTS'
UNION**

www.sunderlandsu.co.uk/advice

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Staying safe on a night out

Sunderland is a safe city to live in, however we all need to be aware of how to ensure our own safety, as well as manage our more risky behaviours!

For some students, coming to university is your first time living away from the family home or in an unfamiliar place. It might be the first time that you are experiencing a lot of freedom and this in itself can present a lot of opportunities and challenges.

Below are some tips to help keep you safe:

1. Make sure you have numbers of some local, registered taxi firms in your phone to ensure that you can travel home safely. Ideally, make a plan of how you will get home before you go out.
2. Keep an emergency taxi fare in your room at home, so that if you get caught out you can always get home and pay your fare.
3. Eat food before you go out and drink plenty of water both before and whilst you are out.
4. Don't leave your drinks unattended or accept drinks from strangers, to avoid getting 'spiked' (a drug or alcohol being added to a drink without the person's knowledge).
5. Always try and stay in the company of friends if it's late at night or you've been drinking alcohol. Even if you live nearby, it's not a good idea to try and walk home alone.
6. Put some safety plans in place with your friends. Arrange to text/call each other when you arrive home and have a plan in place if you don't hear from each other.
7. Think about whether you should carry a condom with you when you go out. You might not be planning on having sex, but sometimes stuff happens that you didn't plan and even if you don't need it, a friend might.
8. It's important to take care of yourself, but don't forget about your mates. Stick with them on a night out, particularly if they are drunk, upset or in need of support. You might be the protective factor they need.
9. Carrying a personal alarm can offer reassurance to both men and women. Visit SU reception if you require further details.
10. If you have concerns about safety on campus, visit www.sunderland.ac.uk/studentlife/support/safety/ for advice, useful numbers and how to report concerns.

Remember!

You can always come to the Students Union if you want to talk to someone or you need support.

Peer coaching is a great way of talking through a problem and finding a solution that suits you. Call the SU on 0191 515 3030 or visit www.sunderlandsu.co.uk/peersupport for more information.

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