

# **TEENAGE YEARS**

**A Teenagers guide to protecting  
yourself on a night out**



**Here are some tips to keep yourself safe!**



## WHEN YOU GO OUT AT NIGHT...

Be responsible for your own actions

Know how much money you want to spend

Do you know the law around alcohol?

Plan transport to and from event

Carry I.D

Make sure your phone is charged and has credit

Plan to be with friends you trust

\*ICE your phone

Remember you can ring an adult at any time for help or advice

Avoid bringing out debit/credit cards

Let your parents know where you will be and discuss your plans

Make sure you have eaten

Know what to do in an emergency

Always stay together - Never leave alone - Don't wander off

Respect each others decisions

### WHAT IS AN ICE NUMBER?

**\*ICE:** In Case of Emergency the phone number of someone responsible or next of kin (parent/guardian) should be saved to the contact list in your phone under the name 'ICE', Emergency services will know to look for this number in an emergency situation.

# ALCOHOL AND THE LAW

- It is an offence to sell alcohol to anyone under the age of 18.
- It is an offence to buy alcohol for people under the age of 18.
- It is an offence to give alcohol to anyone under the age of 18 unless in a domestic home and they have parental consent.
- If you are under 18, you cannot legally buy alcohol.
- It is also an offence to pretend that you are over 18 in order to buy or drink alcohol.
- Gardai have the right to remove alcohol from under 18's
- It is an offence for you to be drunk and disorderly in a public place

## BEING ALCOHOL FREE IS THE HEALTHIEST AND BEST OPTION

### THINGS TO CONSIDER BEFORE YOU TRY DRINKING ALCOHOL

#### ALCOHOL IS A DRUG AND CAN AFFECT YOUR:

- **HEALTH** – and not just a hangover, but other stuff like liver disease, memory and brain damage, and make you feel depressed.
- **EDUCATION** – drinking can make it difficult to concentrate on your work the next day, and even for days afterwards.
- **SPORT** – alcohol can affect your performance or your ability to train.
- **LOOKS** – drinking can ruin your complexion and affect your weight.
- **JUDGEMENT** – Alcohol affects decision making and you are more likely to compromise your personal safety by engaging in risky behaviour such as fighting and unprotected sex
- **FINANCE** – Are there better ways to spend your money?
- **CONSEQUENCES**: Being grounded, losing privileges, legal record.

### BE PREPARED FOR PRESSURE

If you're with friends who are drinking, you might feel pressured to join in. Be confident with people and say that you are not drinking. You don't have to explain yourself or lie, but it's just as well to have a few good reasons prepared:

- Say you're feeling unwell
- Make up a medical condition
- Parents wouldn't allow it
- Doctors appointment in morning
- Don't like the taste
- Can't afford it
- Sporting Commitment
- Working the next day
- Early start/family commitment
- Afraid you will get caught / consequences
- Taking medication/anti-biotics
- Do not want a hangover

# TIPS TO STAY SAFE IF YOU DRINK ALCOHOL

- Know your limits
- Pace yourself
- Never get into a car with someone who has been drinking
- Never mix alcohol and medication
- Don't drink alone
- Keep money aside for getting home
- More than 3 drinks is considered a binge
- Never mix drugs and alcohol
- Stay hydrated (water)
- Eat before you drink
- Never drink and drive
- Never leave alone
- Space out drinks with water, minerals or foods
- Avoid shots and caffeine mixers
- Drink lower strength drinks
- Never leave your drink unattended
- Know your surroundings
- Arrange a meeting point in case you get separated
- Mind your personal belongings
- Never stay in a place that feels unsafe
- Remember you can always go home
- You always have choices

## ESSENTIAL SAFETY INFORMATION

- Never leave a drunk person on their own, especially if they appear sleepy
- Don't give them food/caffeine drinks
- Don't give them medication
- Only offer them water
- Do not try make them vomit
- Get them to a safe place

### IF YOU CAN'T WAKE THEM:

- Get help or dial 999. Don't worry about getting into trouble. It's more important to get help.
- Turn the person onto their side (recovery position) so that if they're sick, they won't choke.
- Keep them warm and stay with them until help arrives.