

I don't feel great. I can't see my friends anymore and everything is so loud. I really need to sit down, I'm so tired. This person keeps trying to get me a drink and I'm just not interested. How am I going to get out of here?








1. How might someone know that this person didn't feel well, or wasn't safe?
2. Who could this person ask for help? What might help them ask for help, if they were worried about doing so?
3. What could someone do to help if they saw this person become unwell, or continue to be pressured to accept a drink?
4. What could this person, or someone else, do to help them stay safe?

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Character	What signs might there be that the character is unwell, unsafe, or uncomfortable?	What potential risks are there to their wellbeing and/or safety?	What might they or another person do to help stay safe and well?
<p><b>A</b> “Whatever I took earlier is making me feel weird. I’m so thirsty, but I’ve already had so much water!”</p> 			
<p><b>B</b> “Is this my drink? I think I picked up the right one.”</p> 			
<p><b>C</b> “If I finish this drink, I’m not going to keep it down... I want to go home.”</p> 			
<p><b>D</b> “I’ve tried to tell everyone to slow down, but no one’s listening to me. I don’t drink and this game is making me uncomfortable.”</p> 			
<p><b>E</b> “I lost my phone. I don’t think I’ll hear it ringing over all the music...”</p> 			

- Messaging or calling someone (e.g. a family member, or a friend) to say they are leaving the party and making their way home, giving an estimated time of arrival.
- Getting a non-alcoholic drink in a new cup.
- Using a joke to ease the pressure or expectation to drink or use substances.
- Slowly drinking a cup of water.
- Putting the drink down or pouring it away.
- Telling a friend that they are feeling unwell.
- Keeping an eye out for a friend who isn't behaving like they normally would, e.g. is behaving more frantically, or whose movements are very slow.
- Checking to see if a friend is feeling comfortable, e.g. by asking if they are alright, if they would like some time outside, or if they are able to get home safely.
- Calling a responsible adult to help if a friend appears unwell or upset.

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<p><b>A</b> “Whatever I took earlier is making me feel weird. I’m so thirsty, but I’ve already had so much water!”</p> 	<p>A change in behaviour, e.g. if their movements have slowed down or if they can’t stay still, if they can’t communicate clearly, a change in mood, or physical signs such as drinking lots more water than they might usually, or excessive sweating.</p>	<p>Some substances, such as ecstasy, can make someone want to dance and move around more than usual, while feeling less aware of their body, so they may become dehydrated and overheated. They might feel tempted to drink more water than their body can process, as chemicals in the substance interfere with a person’s ability to produce urine. This can lead to water intoxication or water poisoning, where too much water in the body poses a risk to life.</p>	<p>They can let another person know that they are feeling unwell.</p> <p>They can slowly drink water to stay hydrated. It is important to make sure that when drinking water, or helping a friend to stay hydrated, this is done slowly over a period of time, drinking no more than a pint of water or non-alcoholic drink every hour.</p> <p>It’s important that anyone who has taken a drug, such as ecstasy or MDMA, takes regular breaks from activities, such as dancing, to cool down.</p>
<p><b>B</b> “Is this my drink? I think I picked up the right one.”</p> 	<p>A change in attitude or behaviour if they have had a drink containing a high level of alcohol, or an unknown substance, e.g. if their movements have slowed down or if they can’t stay still, if they can’t communicate clearly, a change in mood, showing less control over their decisions or actions.</p>	<p>The drink may contain an unknown substance, or more alcohol than the person is aware of.</p> <p>Because it can be hard to know what is in the drink, there might be unpredictable effects such as the person becoming very ill. If there is alcohol in the drink, they may also have a negative reaction to this due to other factors, for example if they are using medications or other substances.</p>	<p>They should never leave a drink unattended, pick up a drink that is not their own, or accept a drink from someone if they haven’t seen it being poured. This can help to stay safe from the risk of a consuming a drink that has been tampered with, with unknown substances added (known as ‘spiking’), or containing more alcohol than the person drinking it is aware of.</p>

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<p><b>C</b> “If I finish this drink, I’m not going to keep it down... I want to go home.”</p> 	<p>A change in attitude or behaviour, e.g. showing less control over their decisions or actions, if their movements have slowed down or they seem unsteady, if they can’t communicate clearly, or if they appear upset. They may show physical signs of being unwell such as having been sick already or appearing very drowsy.</p>	<p>Consuming more units of alcohol than the advised limits might cause someone to feel very unwell in the short term, including feeling nauseous, vomiting, or losing consciousness. This might be upsetting for the person as well as being a risk to their health. If they are experiencing pressure to drink, this might negatively affect their confidence.</p>	<p>If someone feels unwell from consuming alcohol or other drugs, they should stop and let a trusted person know. This could be someone with them or someone they can call or message (for example, a parent or carer, family member or friend). Others can then help to make sure the person is safe and well, for example by helping them to stay hydrated, get home safely, find a quiet space to rest, or putting them in the recovery position if they fall asleep or become unconscious. Telling another person can also relieve pressure to continue consuming alcohol or other drugs.</p>
<p><b>D</b> “I’ve tried to tell everyone to slow down, but no one’s listening to me. I don’t drink and this game is making me uncomfortable.”</p> 	<p>Withdrawing from others, e.g. showing a change in body language, appearing upset or worried, not talking to others.</p>	<p>They might feel upset or distressed if they are not comfortable. They might feel isolated or separated from others, affecting their emotional wellbeing.</p>	<p>If someone seems uncomfortable in their surroundings, whether because they are on their own or are not comfortable around alcohol or in loud atmospheres, another person can help by checking in on them, making friendly conversation or suggesting an alternative. This might include reassuring them that it is OK to leave and go home, helping them to get home safely, or finding something to do that does not involve alcohol or other drugs.</p>

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<p><b>E</b> “I lost my phone. I don’t think I’ll hear it ringing over all the music...”</p> 	<p>A change in attitude or behaviour, e.g. if they seem panicked, worried or upset, if they seem distracted or withdrawn from others.</p>	<p>They might feel upset or distressed. If they can’t find their phone, they might feel less safe making their way home.</p>	<p>They might want to check information such as timetables for public transport, or numbers and prices for taxi and cab services. If someone’s phone has been lost or their battery has died, another person may be able to help by offering to go home with them if this is safe. They could also call a parent, guardian or another family member to pick them up or meet them, or help to arrange a taxi ride which can be tracked from a trusted person’s mobile. If they don’t feel safe or comfortable where they are, it is important to safely find a way home, letting a trusted person know where they are and how they are travelling.</p>

Towards the end of a party, Kiran sees his friend Morgan with car keys in her hand. Morgan said she wasn't planning to have any alcohol, but he has seen her with a bottle at different points in the evening. Kiran isn't sure how many drinks Morgan has had. She mentions that she will leave soon as she needs to get the car back home.

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Help to arrange somewhere Morgan can sleep for the night.	If Kiran hasn't had any alcohol or other drugs, offer to take Morgan home by going in a taxi with her or on public transport.	Tell Morgan she should probably find another way home.
Ask Morgan for her car keys.	Tell Morgan that her behaviour is reckless, and she will be breaking the law.	Call Morgan's parents/guardians/a n older sibling to come and get her.
Encourage Morgan to be safe and remind her why drinking and driving is dangerous.	Take the car keys, whether Morgan agrees or not, and give them back the next day.	Make sure others know and help to discourage Morgan from driving.

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It's my job to make sure people are acting safely on the streets. If someone starts to feel unwell on their way home from a night out, it's important they ask someone for help. An identifiable police officer can help make sure they get on their way safely, or get medical attention if they need it. If someone wants to check an officer's identify, they can call 101 or ask to see their warrant card.



If my child is out and starts to feel unwell, they can call or message me to let me know where they are. I might be a little annoyed, but I would rather know they're safe!



If someone thinks another person is behaving inappropriately, they can let me know and I'll work with my colleagues to monitor the situation and take steps to maintain a safe environment.



If someone thinks they're not safe, has drunk or taken something they aren't sure about, or if someone is pressuring them, they can talk to someone at the bar. Lots of bars will have a code like 'Ask for Angela', which someone can use to let us know they feel unsafe and need our help.