



## Lets face it girls,

blokes don't always take responsibility when it comes to sex.

Carrying condoms is an easy way to make sure at least one of you is prepared.



## Say when...

A night to remember should be just that, not something you can't remember or that you just want to forget. Drinking just to get drunk, it's not sexy or glamorous.



The more you drink the more you smoke. Ask yourself, did you really want that last cigarette?

Value your money, imagine you didn't drink for a week or even a whole month. What could you buy with the money you'd save? A new pair of shoes, a new handbag, both perhaps or more?



## If you can take your drink,

then take your drink with you! Drink spiking is becoming more common so never leave your glass unattended but be aware, most drug assisted sexual assaults involve nothing other

...than alcohol itself!



Alcohol can affect your judgement, stay in control and look after your mates.

Go to the back page for useful local numbers.

## Take care and have fun

Drinking too much can be extremely dangerous. What starts off as a good night can lead to embarrassment, regret and even harm.

If your mate has too much, don't leave them alone in this state. Make sure they get help and stay with them.

In an emergency call 999. Don't panic! Lay them down on their side, make sure they can breathe and keep them warm.

## If you're having a drink, look after yourself!

- Eat something before you go out.
- Stay in control - know when you've had enough - know when to stop.
- Be careful at parties, party measures can be strong.
- Alcohol does not warm you up. If you fall asleep in your party outfit, you could wake up with hypothermia!
- Stay with your mates and people you can trust.

## AlcoFacts

- Alcohol is a drug. It causes all sorts of problems and can lead to depression.
- Fizzy alcoholic drinks affect you quicker, pace yourself.
- Take a Break. Have a soft drink now and again.
- The ONLY thing that sobers you up is TIME. It takes your body 1 hour to deal with 1 unit of alcohol, that's one vodka or just half a bottle of an alcopop.

## Stay Safe

- Don't walk alone and use a well lit route. Keep alert, be aware.
- If you shout "FIRE" it will attract more attention than shouting "HELP".
- Always keep some spare cash to get home safely and make sure your phone credit is topped up.
- If getting into a "Taxi" make sure it is licensed. Don't accept a lift from a stranger.
- Dress for the elements - alcohol lowers your body temperature and Scotland gets cold.

## If you're on the pull

- Sex isn't always planned when you've been out drinking.
- Carrying condoms doesn't mean you're "EASY", it's better to be prepared.
- If you've been drinking your more likely to forget your pill or not use a condom. Think about this before you go out.
- Get good condoms. The ones from machines are often just a novelty and can easily burst.
- Using a condom protects you from unplanned pregnancy, sexually transmitted infection including HIV.
- If you need it you can get Emergency Contraception (the morning after pill). You have up to 72 hours to use it but it's more effective if it's taken sooner. It's extremely important not to let the 72 hours elapse.
- Condoms and emergency contraception can be bought at the chemist, or are free from your G.P. or Family Planning Clinic. See 'contacts' for details.
- If you're worried about anything to do with sex, if you need something checking or if you're just anxious, you can get good advice from any of the listed contacts.

## Booze and Fags

- If you drink you are more likely to smoke even if just socially.
- Smoking isn't cool or attractive, it doesn't calm you down, it doesn't make you lose weight. It does give you wrinkles, stained teeth and bad breath.
- Smoking is expensive and you pay with your health.

## Drink Spiking

- The most common drug used in drug assisted sexual assault is alcohol.
- Any drink can get spiked, not just alcohol.
- Do not leave your drink unattended at ANY time.
- Just who has bought you that drink, can you trust them?
- If you feel odd or unwell in an unusual way tell someone you can trust.
- Look out for your mates and don't let them go off with a stranger (even a fit one).
- If you suspect or know that you have been assaulted, sexual or otherwise - TELL SOMEONE A.S.A.P

## Contacts

Emergency: 999

### HELPLINES:

West Lothian Women's Aid:

01506 777 404

Shakti Women's Aid:

0131 475 2399

Victim Support:

01506 635 050

Lesbian Line: (mon/thurs

7.30pm-10pm) 0131 557 0751

Rape Crisis:

0131 556 9437

HEALTH SERVICES:

St Johns Hospital:

01506 419 666

Royal Infirmary of Edinburgh:

0131 536 1000

G.U.M. clinic Howden

Health Centre: 01506 464 668

Family Planning (morning after pill): 0131 332 7941

OTHERS:

Taxis: 01506 44 44 44

01506 43 43 43

West Lothian Drug & Alcohol

Service: 01506 430 225

ELCA: 01506 414247

Libra: 0131 661 0111

Alcohol Problem Service

01506 419666 Ext. 5401