

Responsible drinking

Helping people make informed choices about alcohol.



Safety on a Night Out

It's fun to meet up with friends for a beer, but drinking to excess may compromise your safety.

If you drink to excess on a night out, your judgement may become impaired and you may become less observant and unknowingly put yourself in a position of risk.

Drink spiking

Drink spiking is the illegal placement of a substance into a drink with the intention of causing harm to the drinker:

Symptoms of drink spiking depend on the substance added to the drink. Signs that someone's drink has been spiked include disorientation, dizziness, hallucinations, nausea and vomiting.

Any drug can be used to spike a drink. One drug that is commonly used is flunitrazepam, also known as Rohypnol or the 'date rape' drug.

To protect yourself against drink spiking, drink beer from a bottle or can – it's harder to drop a drug into a bottle or can. Also, never leave your drink unattended nor accept a drink directly from someone you don't know and trust and be cautious with communal, unattended punch bowls.

If you begin to experience symptoms of drink spiking, ask a trusted friend or a responsible member of the establishment's management for help and immediately seek medical attention.

Aggression

No one should have to endure unwanted aggression that may lead to abuse or violence. When having a night out, it's important to drink moderately so that you maintain control over yourself and are observant of your surroundings at all times. Heavy drinking increases a woman's risk of becoming a victim of sexual assault or other forms of violence.

The following are a few suggestions to think about before meeting up with your friends:

- Plan your night out in advance. Think about where you are meeting. You are more likely to drink moderately if you meet at a restaurant to enjoy a drink with a meal than if you meet at a packed, noisy bar
- Have a plan for the end of the night. Carry numbers for reputable taxi companies. Don't get into unlicensed cabs. Another alternative is to have a designated driver, someone who you can depend on to not drink and drive

- Try to travel in groups
- Always carry a mobile phone

The best protection is to make sure you don't drink too much and avoid people you do not want to associate with. If someone is aggressive towards you, reply politely and walk away. When leaving an establishment, do not leave alone. It may be helpful to carry a personal alarm. And of course, never drink and drive – make other arrangements.

Take action

Know your limits, drink responsibly and take precautions when having a night out. Keep an eye on your drink at all times, stick with your friends and, of course, don't drink and drive.

www.aboutalcohol.com

These sites contain further information that you may find useful.

Other websites

www.alcoholinfo.nl
www.jellinek.nl
www.trimbos.nl
www.drinkaware.co.uk
www.aa-nederland.nl
www.tactus.nl

www.alcoholondercontrole.nl
www.spreekbeurten.info/alcohol
www.alcoholenik.nl
www.stichting-be-aware.nl
www.verslaving.nl
www.laetzenietverzuipen.nl



For people above legal drinking age only



Don't drink and drive



Don't drink while pregnant

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