

Top tips for a safer night out





FIRST PRINCIPLE

norfolk.police.uk/firstprinciple
suffolk.police.uk/firstprinciple

Suffolk is one of the safest counties in which to live, work and enjoy yourselves, but crime can occur even in the safest of locations.

Taking extra precautions can reduce the risk of you becoming a victim of crime.

Safety in numbers	You are safer with friends. Try to stay with people you trust and know well.
Travel licensed taxi or arrange a lift with someone you trust	Using a licensed taxi should ensure you arrive home safely. Do not accept lifts from people you do not know well. If travelling by bus sit as close to the driver as possible. 
Be #Spikeaware	Try not to leave your drink unattended, and keep glasses and bottles covered, especially around strangers. If someone offers to buy you a drink, go to the bar with them. If you think you have been spiked, tell venue staff and your friends. More advice can be found by clicking here .
Use well-lit and CCTV covered areas.	When walking at night where possible use well-lit residential areas and areas covered by monitored council CCTV. Plan your route and let someone know when you are expected home. Avoid secluded short cuts. 
Keep valuables hidden	Perpetrators are often looking for a bigger pay off. Phones, watches, and jewellery are often targeted by pickpockets and thieves. Where you can keep them out of sight.
Keep away from hostile situations	If you see a violent or threatening incident stay away from it and get help from either licensed door staff, or the police.
Domestic Abuse	Domestic violence can affect anyone. What is often hidden at home may come to light on a night out. If you see someone being abused, safely raise the alarm to venue staff or police. Do not challenge the abuser, this could make things worse for the victim and/or you.

PREVENT CRIME

PROTECT COMMUNITIES



NORFOLK
CONSTABULARY
Our Priority is You



SUFFOLK
CONSTABULARY

Ways to identify that you are really talking to a police officer:

- Police Officers always carry identification.
- It would be rare for an officer in plain clothes to be working alone. If they are, you can request they call for another officer to join them.
- Officers should be carrying their radio and can allow you to seek verification from the force control room using this.
- Officers should be tolerant of those who wish for reassurance and explain who they are, what they are doing and why.

If you think your friend has been **spiked**, they may display signs of nausea, vomiting, confusion, loss of balance/inhibition, or have visual problems:

- Stay with them and keep talking to them
- Call an ambulance. If their condition deteriorates call bar or security staff
- Don't let them go home on their own
- Don't let them leave with someone you don't know or trust
- Don't let them drink more alcohol - this could lead to more serious problems

Further Relevant First Principle Advice

[Personal Security & Safety](#)

[Drink/Needle Spiking](#)

[Drink/Needle Spiking advice for venues](#)

[Taxi Driver Safety](#)

[Domestic Abuse Advice](#)

Further advice and information

[Alcohol and mental health](#)

[How to help someone who has drunk too much](#)

[Alcohol poisoning](#)

[Worried about someone else's drinking?](#)



Other Links you might find helpful

Crimestoppers

0800 555 111

Victim Care

0300 303 3705

