A NIGHT OUT SHOULD ALWAYS END SAFELY!

Five Simple Rules for Protecting Yourself and Your Friends

For young adults entering Nova Scotia's licensed bars and nightclubs, enjoying a night out also means understanding the importance of personal safety.

Drink tampering and drug-facilitated sexual assault are serious dangers. A few simple precautions can help reduce your risk.

RULE #1 — DON'T ACCEPT DRINKS FROM STRANGERS
Never accept an open drink from someone you don't know or trust.
If someone offers to buy you a drink, accompany them to the bar and watch the bartender prepare and serve it.

RULE #2 — NEVER LEAVE YOUR DRINK UNATTENDED
Not while you're dancing. Not when you're going to the washroom. Not even for a few minutes.

Keep your drink with you and within sight. If you leave it unattended, don't drink it again. Get a new one.

RULE #3 — TRUST YOUR INSTINCTS. YOU KNOW YOUR BODY.
If you suddenly feel different than you normally would after drinking, don't ignore it.

Unusual dizziness, confusion, extreme drowsiness, or feeling unexpectedly intoxicated could be warning signs.

Immediately seek assistance from security, a bartender, or another staff member.

Don't assume you've simply had too much to drink. Get help.

AXE MANAGEMENT GROUP

RANS RESTAURANT ASSOCIATION of NOVA SCOTIA

RULE #4 — NEVER LEAVE WITH SOMEONE YOU DON'T KNOW OR TRUST

- Regardless of how friendly, helpful, or convincing someone may seem, don't leave a licensed establishment with a stranger.
- If you're not feeling well or need to get home safely, ask staff to help you contact a trusted friend, family member, or arrange appropriate assistance.

RULE #5 — ALWAYS USE THE BUDDY SYSTEM

- Go out with friends you trust, look after each other, and make sure everyone gets home safely.
- Never leave a friend behind, particularly if they've been drinking or aren't feeling well.
- And here's an important lesson: If your buddy repeatedly abandons you during a night out, find a new buddy to go out with.

A true friend doesn't leave someone vulnerable or alone.

ONE FINAL MESSAGE

Going out, meeting people, dancing, and enjoying Nova Scotia's nightlife should be fun.

But looking after yourself and your friends must always be part of the evening.

To patrons: Stay alert. Trust your instincts. Look after your friends. Ask for help when something doesn't feel right.

To licensed operators: Take every concern seriously. Train your employees to recognize warning signs and intervene immediately.
To anyone considering tampering with another person's drink: This behaviour is criminal, dangerous, and will not be tolerated.

And remember: These safety precautions are intended to reduce risk.
Responsibility for drink tampering or sexual assault always belongs to the person committing the act, never the victim.

AXE MANAGEMENT GROUP

RANS RESTAURANT ASSOCIATION of NOVA SCOTIA