

Being Safe!

The condition of being protected from or unlikely to cause danger, risk, or injury.



CAUTION

What is Safety?

Being safe is always important but what does safety actually mean. Everyone can view the term safety very differently from each other. Safety is about making sure you and your friends are not at risk or in danger.

“Barriers to prevent dangers and protecting yourself and others.”

Where to get help?

If you or a friend needs help or for more information:
Log on: www.ourguideto.co.uk
Text: 07781 472 746
Tel: 0121 569 2201
Email: dqa1000@hotmail.com



Drug Education, Counselling and Confidential Advice

The DECCA Team

DECCA (Drug Education, Counselling and Confidential Advice) are Sandwell's Young People's (18 & under) drug service.

“Taking caution of possible threats and making responsible decisions.”



“Safety is a bit like traffic lights”

Tips on Keeping Safe!



SAFETY FIRST!

- Tips on keeping you and your future self-safe.

1. If your gut instinct is telling you something is not right, GET OUT OF THERE straight away. Speak to an adult you trust.
2. Get your own drink and keep it with you. If it is left it could get spiked.
3. Do not mix alcohol and drugs together as this can be EXTREMELY DANGEROUS and can make you more VULNERABLE – i.e. both alcohol and cannabis slow the body down, so using them together makes it more likely for the person to pass out.
4. Always inform someone you trust (preferably an adult) of where you are and give them an estimated time of when you will be back.
5. Always keep your phone in charge, turned on and in credit.
IF IN DOUBT WRITE A NUMBER ON YOUR HAND!
6. Set up a trusted adults number as an emergency contact in your phone.
7. Always know how you are getting home i.e. pre-book a taxi or arrange someone to pick you up at a set time.
8. Never walk home alone or with someone you have just met or do not fully trust.
9. Know your limits and stick to them! **NEVER DO OR TAKE SOMETHING YOU DON'T WANT TO.**
10. Set up a drunk lock on your phone – it will save the embarrassment of dodgy texts, pictures and Facebook posts.

Big Guide to... Safety

Partied too much?

Something going wrong?



WARNING SIGNS:

- Pale, bluish or clammy skin
- Blue Lips
- Confusion
- Unusual (too fast/too slow) or irregular heartbeat/pulse
- Unusual temperature (too hot/too cold)
- Unusual breathing (too fast/too slow) or having difficulty breathing
- Numbness in arms and legs

YOU SHOULD:

- Attempt to keep them awake and sitting up if possible
- Talk to them and reassure them
- Give them small sips of water but **ONLY** if they are able to drink it
- Stay with them and monitor the situation
- Try to keep them as comfortable as possible

Ensure you call for help from an adult, if in doubt CALL FOR AN AMBULANCE!

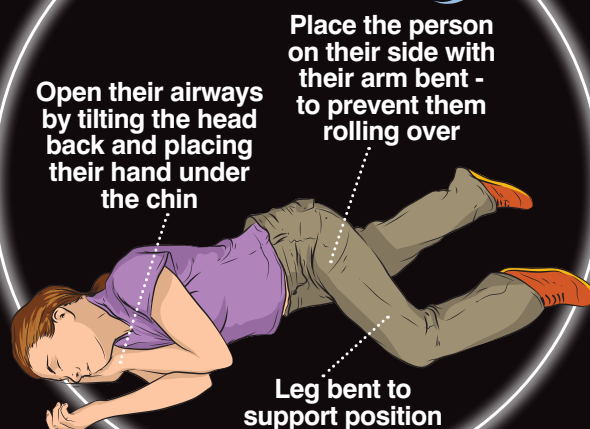
HOWEVER IF THEY ARE:

- Passing out and won't wake up
- Passed out and/or being sick
- Not responding in any way
- Fitting

PUT THEM IN RECOVERY POSITION AND CALL FOR AN AMBULANCE!

"IT'S ALWAYS BETTER TO BE SAFE THAN SORRY"

THE RECOVERY POSITION



Vulnerability

Taking drugs and/or alcohol can make a person more vulnerable. The term vulnerable means being exposed to the possibility of being attacked or harmed whether it be emotionally or physically.

Alcohol and drugs sometimes can play a big part in the abuse of children and young people. They might be invited to parties with older people and where drugs and alcohol are used. Sometimes children and young people are tricked into believing they are in loving, consensual relationships and friendships. They may be given items and gifts such as alcohol, cigarettes, drugs, food, money etc. in order for them to perform and/or take part in sexual acts. Children and young people may also be persuaded to send sexual images through the use of the technology and the internet.

For more information on this topic visit <http://www.nspcc.org.uk>



ASSESSMENT QUESTIONS

1. Have you ever ridden in a car driven by someone (including yourself) who was under the influence of alcohol and/or drugs? **YES or NO**
2. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in? **YES or NO**
3. Do you ever use alcohol or drugs while you are by yourself? **YES or NO**
4. Do you ever forget things you did while using alcohol or drugs? **YES or NO**
5. Do your family or friends ever tell you that you should cut down on your drinking or drug use? **YES or NO**
6. Have you ever been in trouble while you were under the influence of alcohol and/or drugs? **YES or NO**

NOTE:

Drugs could mean cannabis, cocaine, crack, heroin, legal highs and just about any other drug you can think of!

What was your score?

Did you answer YES to more than ONE question?

Give us a call if you feel you would like to talk to a member of DECCA on

0121 569 2201

Worried about someone you know?

- They should speak to someone they trust – preferably an adult.
- They can visit our website or get in touch with us to find out details on where and how they can get support, advice and needed help.

