



Most of us like a drink or two but remember that alcohol will affect your judgement - don't let it endanger your personal safety.

- The most common date rape drug is alcohol, with victim being given drinks with a far higher alcohol content than they think.
- Watch your drinks and food to ensure that nothing is added to them.
- Never leave your drink unattended, even if you are going onto a dance floor or to the toilet
- If your drink has been left unattended, do not drink any more of it.
- If something tastes or looks odd, do not eat/drink any more of it. Be aware though that some date rape drugs are colourless and tasteless.
- If someone you don't know or trust offers to buy you a drink either decline or accompany them to the bar and watch that nothing is added to your drink.
- Know your own limit.
- If you met someone new at a party, don't go home or accept a lift from them. Arrange a second date in a public place to get to know the person better.
- Pay attention to your instincts, if you feel uneasy about someone, there may be a reason.
- When it is time to go home, carry your keys, mobile phone and some money in your pocket, so you can give up your handbag or wallet and escape quickly if necessary on the way home.

IF POSSIBLE CARRY A PERSONAL ALARM AND KNOW HOW TO USE IT TO SHOCK AND DISORIENTATE AN ASSAILANT SO THAT YOU CAN GET AWAY. PERSONAL ATTACK ALARMS ARE AVAILABLE TO PURCHASE FROM FLINTSHIRE NEIGHBOURHOOD WATCH ASSOCIATION AND OTHER OUTLETS



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