

# Ke Dezemba boss

## How to keep safe when you are partying

It's that time of the year when we forget about projects and tests and start creating memories with friends, cooler boxes, braais and parties. These are lekker times but partying can mean different things to different people, and you should always try to stay safe when you're partying.

**“You should always try to stay safe when you're partying”**

### Things that could go wrong:




- Drink spiking can put you at risk of violence, sexual assault and rape.
- Fighting can land you in jail or in the hospital
- Rape/sexual assault: rapists often target party-goers and attack them when they are drunk.
- Car accidents: often caused by drunken driving

### What can you do to avoid getting into trouble?

- Remember that you don't have to use drugs or alcohol to have fun.
- Eat well before you leave home to slow the absorption of alcohol.
- Stay in groups of friends that you trust, and watch over each other.
- Order or pour your own drinks and don't accept drinks from others. If you're scared that your drink has been spiked, throw it away.
- Don't let a fight get physical, no matter how angry you may get.
- If there is a chance you will have sex, carry condoms and use them - it will protect you from HIV, other sexually transmitted infections and pregnancy/getting someone pregnant.
- Arrange a safe ride home: Be sure the person driving hasn't been drinking.
- Keep your phone charged so you can call someone if you need help.
- Trust your instincts, if you feel unsafe or unsure about something. Don't let peer pressure make you do something you don't want to do. It's okay to say no.

**Happy 'safe' partying boss!**

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