



# Christmas Parties



## **ACCESS SIX MHA'S SUPPORT**

- Helpline – 07441 935 913
- Email – [helpline@sixmha.org](mailto:helpline@sixmha.org)
- App Code – BAR-615-869





## **Guide for Staying Safe at Christmas Parties**

Christmas parties are a time for celebration, but it's essential to prioritize your safety while enjoying the festivities. This guide provides practical tips for people to help ensure a safe and enjoyable time at Christmas events.

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### **Before the Party**

#### **1. Plan Your Night:**

- Let someone you trust know where you're going, who you're with, and your expected return time.
- Plan how you'll get to and from the venue. Pre-book a taxi or arrange a lift with someone reliable.

#### **2. Stick to a Buddy System:**

- Go to the party with a trusted friend or group. Agree to look out for one another throughout the night.

#### **3. Dress Comfortably:**

- Wear clothing and shoes that allow you to move freely in case you need to leave quickly.
- Keep a small crossbody bag for essentials like your phone, keys, ID, and money.

#### **4. Charge Your Phone:**

- Ensure your phone is fully charged before heading out. Consider carrying a portable charger.

#### **5. Prepare Emergency Contacts:**

- Save the numbers of local taxi services, emergency contacts, and helplines in your phone.
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### **At the Party**

#### **1. Be Mindful of Alcohol Consumption:**

- Know your limits and pace yourself with non-alcoholic drinks.





- Avoid leaving your drink unattended. If you need to step away, get a new one when you return.
2. **Watch Out for Spiking:**
    - Stick to bottled or canned drinks when possible.
    - Avoid accepting drinks from strangers or drinks that you didn't see being poured or prepared.
  3. **Stay with Your Group:**
    - Keep your friends informed about your whereabouts if you leave the main party area.
    - Avoid going anywhere alone, especially with someone you've just met.
  4. **Trust Your Instincts:**
    - If you feel uncomfortable or unsafe, leave the situation immediately.
    - Don't hesitate to excuse yourself or ask a friend for help if needed.
  5. **Keep Your Belongings Secure:**
    - Keep an eye on your bag, phone, and other valuables at all times.
    - Avoid displaying expensive items like jewellery or electronics.
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## Getting Home Safely

1. **Avoid Walking Alone:**
  - Stick with your group or call someone to accompany you. If walking is unavoidable, stay in well-lit and populated areas. It is wise to send a WhatsApp message when leaving the venue so you have a last known whereabouts and time.
2. **Use Trusted Transport:**
  - Pre-book a licensed taxi or rideshare service. Verify the driver and vehicle details before getting in.
  - If using public transport, sit near other passengers or the driver.





### 3. **Stay Alert:**

- Avoid distractions like headphones or excessive phone use while traveling.
- Keep your phone accessible in case you need to call for help.

### 4. **Have Emergency Funds:**

- Carry a small amount of cash or a backup card for unexpected expenses, such as a last-minute taxi ride.
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## **If Something Goes Wrong**

### 1. **Seek Immediate Help:**

- If you feel threatened or in danger, contact emergency services immediately.
- In the UK, dial 999 or use the Silent Solution by pressing 55 if you cannot speak.

### 2. **Find Support at the Venue:**

- Locate security staff or a trusted party organizer for assistance.

### 3. **Contact Trusted Individuals:**

- Call a friend or family member for support and guidance.

### 4. **Access Support Services:**

- Reach out to organizations specializing in women's safety or mental health for advice or help.
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## **Tips for Friends and Allies**

### • **Look Out for Each Other:**

- Regularly check in with your friends during the party to ensure everyone is okay.
- If someone seems unwell or distressed, offer support and help them get home safely.

### • **Intervene Safely:**

- If you notice suspicious behaviour or someone feeling uncomfortable, step in or alert venue staff.



## Support Resources

### In the UK:

- **Women's Aid:** [www.womensaid.org.uk](http://www.womensaid.org.uk)
- **National Domestic Abuse Helpline:** 0808 2000 247
- **Drinkaware:** [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

### General Safety Apps:

- **bSafe:** A personal safety app with location sharing and SOS alerts.
- **Hollie Guard:** Turns your phone into a safety device.

