

Alcohol and Drug Snapshot

December 2024



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Are you going a Christmas Night out?

Have fun and stay safe!



Plan your night out and how you will get home



Take your mobile phone with you and make sure it's fully charged

Stay with friends and don't leave with strangers

If you feel very drunk or unwell after a small amount of alcohol then ask a trusted friend or a member of the club / pub management for help

If you think you have been spiked, report it to the police and seek medical assistance. All reports will be investigated



Look after bags and valuables



Keep enough money to pay for your journey home

Use a trusted taxi company that you have used before, or arrange for a friend or family member to collect you



Stay alert at cash machines, be aware of who's behind you and keep money and your PIN out of view

[Source](#)

Alcohol Harm Reduction Messages

- Make sure you have a good meal and are well hydrated before drinking
- Have some space between your drinks and drink water to avoid dehydration
- Don't accept drinks from strangers or let them top up your current drink
- Eat food before drinking alcohol
- Alcohol can cause nausea and vomiting – people should sleep on their side to avoid choking on vomit in their sleep
- Avoid mixing different drugs including alcohol and medicines as this can cause dangerous, unintended or unpredictable effects. Take time to research your medication or health condition.

[Source](#)

Spiking Information

Spiking is when someone is given alcohol or drugs without their consent. Spiking can take different forms, it could be someone adding drugs or extra alcohol to your drink or spiking by injection. Drink spiking is the most common form of spiking and can also take place in private spaces/social events as well as in bars and nightclubs.

If you, or someone you know, has been spiked and is feeling unwell, please phone NHS 24 on 111 for advice. If you suspect someone requires urgent medical assistance after being spiked please phone 999.

In all cases where you think you have been spiked, or have witnessed someone being spiked, contact the police on 101 to report the incident.

If you have been sexually assaulted as a result of spiking call the Police or contact [SARCS](#).

[Source](#)

Best Bar None Scotland



Best Bar None Scotland and Robert Gordon University have developed a number of resources for information and safety tips on how to party safe and get home safe.