

Summer

WELLBEING

7 WAYS TO STAY SAFE AT FESTIVALS



1 DRUGS AND ALCOHOL

Pace yourself. Drugs and alcohol can cause you to make risky decisions. If you need medical attention, visit the welfare team. Be honest with medics about what you have drunk or taken, so they know how to help you.



2 DRUGS AND THE LAW

Under UK law you should not have illegal drugs. If you are found with drugs at a festival, you may be told to leave and/or arrested.

3 DRUGS SAFETY

All drugs can be dangerous. Illegal drugs vary in strength. If you use drugs, tell your friends what you are taking and look after each other.



4 KEEP HYDRATED

Drink plenty of water throughout the day. Aim to drink 6 - 8 glasses. Never leave drinks unattended, as you risk them being spiked. Don't accept a drink from someone you don't know.



5 SUN SAFETY

Avoid sunstroke and sunburn. Wear a hat, cover up and slap on at least factor 30 sunscreen.



6 SEX

Bring condoms. You can get them for free from GPs and sexual health clinics. At events, you can often get condoms from the welfare team. They are also there if you have any worries, questions or concerns about sexual health and can offer confidential advice.



7

DRIVING HOME

Alcohol can take a long time to leave your body. If you are driving, you will need to be fit before hitting the road.



For more advice on staying safe at festivals go to www.dudley.gov.uk/summerwellbeing or www.lets-get.com/seasonal-wellbeing

