


# Personal Safety Tips

## Top Tips for out on the Town



You can be confident in Cumbria Police

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# Personal Safety Tips

## Top Tips for out on the Town

- Plan your night out, let someone know where you are going & when you will be home.
- Carry a charged mobile phone & put a trusted taxi number in your contacts.
- Never accept a drink from someone you don't know or don't trust.
- Keep your drink with you at all times, if it looks or tastes suspicious don't drink it.
- Watch out for your friends & make sure they get home safely.
- Don't walk alone after dark - plan ahead.
- Avoid taking short cuts, keep to well-lit main streets.
- Never accept lifts from strangers or unregistered taxis.
- Drink responsibly; binge drinking makes you more vulnerable.