

FESTIVAL SEASON - KEEP IT SENSIBLE. KEEP IT SAFE.



It's festival season! As well as having fun and being with friends, festivals can be places where safer choices go out the window. Here are our top tips for staying safe:

🎵 **PACE YOURSELF:** Festivals are long days – avoid mixing drinks and try alternating alcoholic drinks with soft drinks or low/no alcohol alternatives.

💧 **STAY HYDRATED:** Drinking alcohol in the sun can lead to dehydration – sip water throughout the day.

🚫 **DON'T** leave drinks unattended and don't accept drinks from anyone you don't know.

⚠️ Alcohol and other drugs can impair your judgement – don't feel pressured into taking or doing anything you aren't comfortable with.

🚫 **DON'T MIX** alcohol with drugs. It's harder to keep track of what you're taking and it can worsen harmful effects.

👤 **LOOK OUT FOR EACH OTHER:** Make sure someone in your group can get others medical attention or visit the festival welfare team if someone feels unwell.

❤️ Always carry and use condoms, get tested regularly for STIs, and make clear, respectful choices about consent.

🚗 **Drugs are illegal** – if found in possession on site you will be ejected and could be arrested.

🚗 **Alcohol and drugs take a long time to leave your system.** Don't drive until you are fit to do so – or make sure one of you stays sober.

🌟 **Most importantly – enjoy yourself and have fun, but STAY SAFE!**

📄 RESOURCES & SUPPORT

Concerns about drug & alcohol safety at festivals:

www.festivalsafe.com | www.talktofrank.com

Help & support for alcohol or drug use:

www.prbexley.org.uk

www.insightyoungpeople.org.uk (ages 12–18)

STI info or free at-home testing kits:

www.SHL.uk



Stay smart. Look out for each other. 🎵