

# FESTIVAL/PRIDE SURVIVAL GUIDE

## FOR YOU AND YOUR MATES

### BASIC STUFF

- **Look after your mates.** Make sure they know where you are at all times and if you plan to go off with someone, **tell a friend** where you are going and who with.
- Arrange a **meeting point** for you and your friends in case you get split up.
- Make sure your **phone** has battery & credit.
- Leave your bank card at home. Take **cash** and keep money aside to get home.
- Sunburn sucks: wear a hat & use sunscreen.
- **Know what you feel comfortable doing.** Don't feel pressured into doing anything you wouldn't do normally.
- Most people don't have sex until they are 16 or over, but carrying **condoms** is a good idea, so you can easily use one if you choose to have sex.

### IF SOMETHING GOES WRONG

- **If someone gets sick:**  
Get them to **drink a little water** and sit down in a **safe quiet place**.
- **If someone gets really unwell:**  
**Call someone you trust** who can take them home. Parents and carers would want to be called if their child was unwell.
- **If someone passes out:**  
**Call an ambulance**, and put them in the recovery position. Make sure they can breathe by checking their airway is clear. **Don't leave them.** Always tell the paramedic what the person has taken (if anything) - this will help them know how to help your friend. **You won't get into trouble for telling the truth.**

### DRINK & DRUGS

**REMEMBER:** You don't need alcohol or drugs to have fun at Pride or a festival. These events are about **enjoying who you are** and being around **good friends you trust**.

**REMEMBER:** Most people under 18 do not drink or take drugs and there are **particular risks** for young people who do this.

**REMEMBER:** Being in possession of drugs is **illegal**, including at Pride or festivals. You could get arrested.

**REMEMBER:** Festivals are bad places to try something new for the first time: they're **crowded and noisy** and could easily make you or your mates react badly, or spin you out.

If you do plan to drink or use drugs, here are some things you need to know:

- If your friend is drinking, advise them to **drink water** and **lower percentage alcohol** e.g. Smirnoff Ice (5%) not Vodka (38%).
- Don't accept drinks from strangers as **spiking** can be a risk - and don't take anything if you don't know what it is and what it could do.
- If your friend is using drugs, advise them **not to mix different drugs** (remember alcohol is a drug too) as this could lead to illness or overdose.
- Those who snort drugs need to be reminded **not to share any equipment** (eg straw or banknote) as this can spread infections - some are serious, like Hepatitis B.

Call **999 / 112** for Emergency Service or **101 / 111** for Non-emergency

Fridays & Saturdays 11pm-3.30am: go to **Safe Space** @ St Pauls Church, West St [f safespacebrighton](#)