

It's Party Time!

CHECK IN WITH YOURSELF BEFORE GOING OUT



1

Do I have a safe way to get to the event and to get home? If I start to feel unsafe who can I call?

2

How late do I want to stay out tonight? Am I willing to stay out later if my friends ask me to?

3

Do I want to use drugs or alcohol tonight? If so, what's my limit? Am I getting the substances from a safe source?

4

Am I interested in sexual contact tonight? If so, with who? Do I need to bring anything with me for protection?

5

Do I know of the resources to call if I, or anyone else around me, needs help during the event?