

PLAN A

PLAN B

HAVE A BACKUP PLAN

Sometimes things don't go to plan when you're out with friends. Making snap decisions, especially under pressure, can put you at risk of getting hurt.

**NO MATTER HOW BIG
OR SMALL THE EVENT,
ALWAYS HAVE A PLAN.**

Make sure someone knows where you are going

Have a back-up plan in case things go wrong

Get help when things get out of control



youthsafe

www.youthsafe.org

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