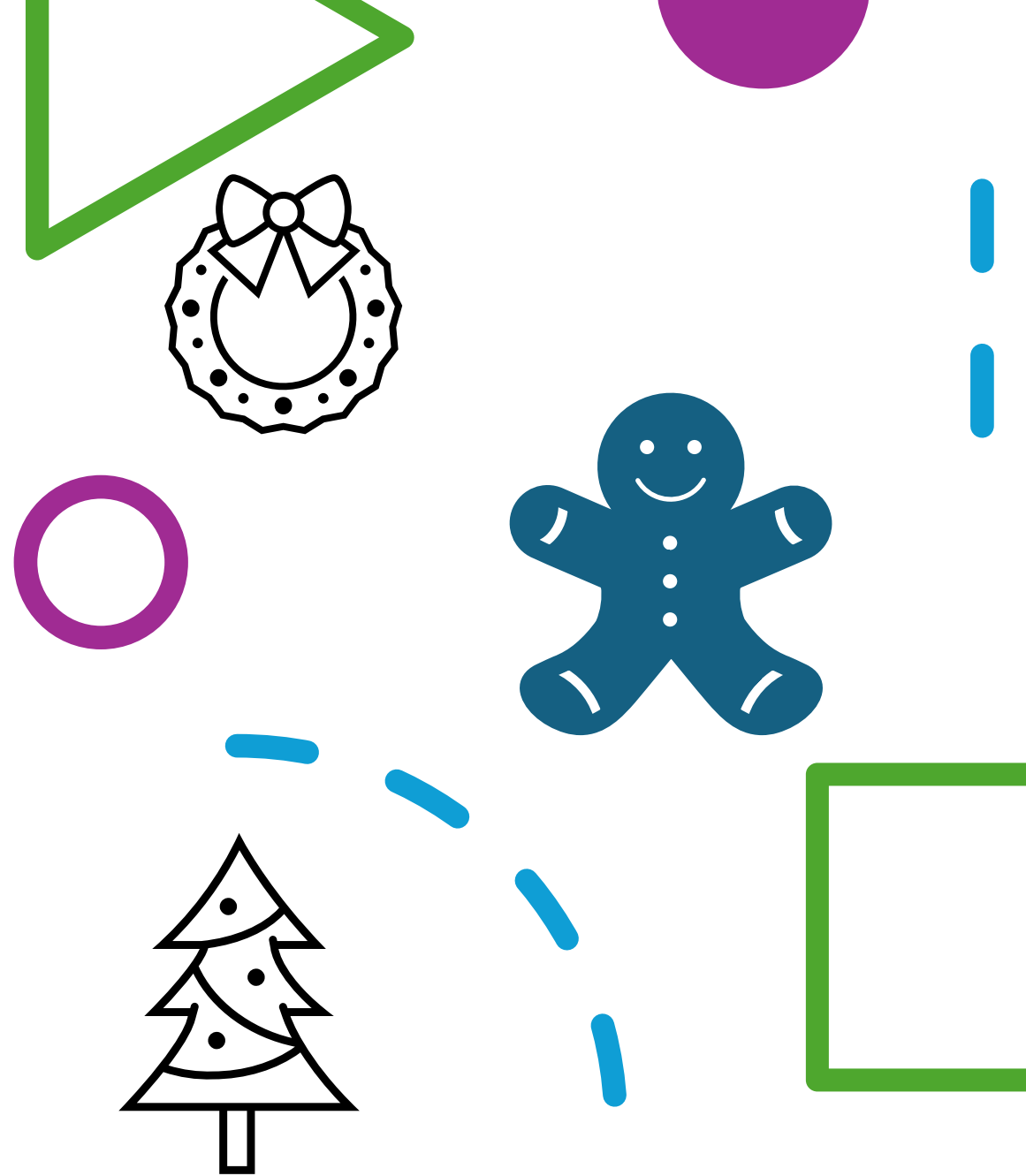
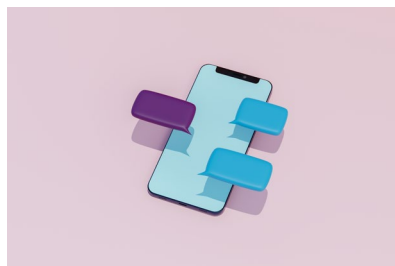
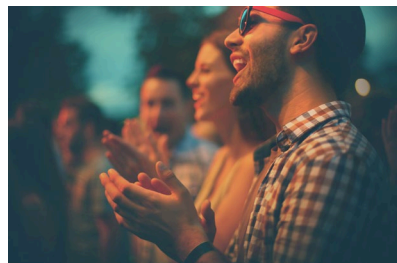


***We want everyone to enjoy  
their time off over the  
Christmas holiday,  
regardless of whether you  
celebrate Christmas or not.  
It's time off from college  
and you get to hopefully  
relax, catch up with friends  
and have some fun!***

***We also want you to be  
safe!***





## Tips to help you during the festivities

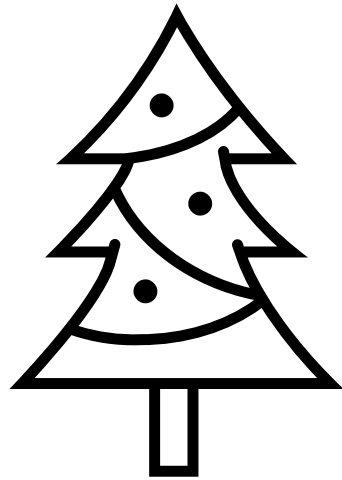
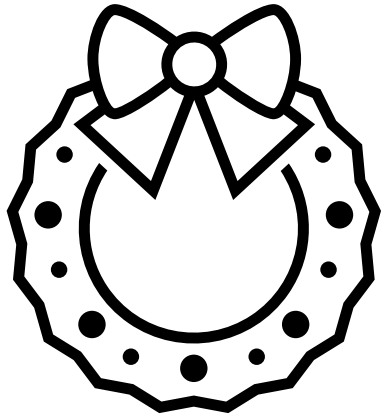
Make sure your phone is charged and your Bluetooth on so you can be located in an emergency.

Always use a trusted taxi company instead of hailing one and ensure the details match the one you get into.

Don't leave drinks unattended, learn your limits.

'Talk to Frank' for information and advice on drugs and alcohol which may be affecting you or others. Call **0300123 6600**.

Report crime anonymously on 101 If you find yourself in immediate danger, call 999.



**“Hi I’m Angela”**

Are you on a date that isn't working out?  
does it all feel a bit weird?

Is your Tinder or PoF date not who they said they were on their profile?

If you go to the bar and ask for **“Angela”** the bar staff will know you need some help getting out of your situation and will call you a taxi or help you out discreetly - without fuss



#askforangela



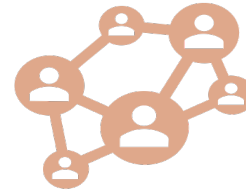
# ***Ask for Angela***

***If you're out this festive season and someone makes you uncomfortable, Ask for Angela.***

***Bar and restaurant staff will know that you need help getting out of the situation and will call you a taxi or help you leave discreetly, without fuss.***

# Feeling low or lonely?

The break from college can feel exciting for most people, but for some, they may feel worried about being at home and away from their friends and support networks.



Keep up a good routine. Try to get up at a reasonable time each day, shower and get dressed.

Get planning: Plan your days or weeks to have something to look forward to or focus on.

Practise self-care: Go for walks outside, explore a new area, learn a new hobby or volunteer.

Stay connected with friends and suggest meeting up during the holidays. They may be feeling the same as you.

If you're in need of someone to talk to, go to -  
[www.samaritans.org](http://www.samaritans.org)

# ***Alcohol and drugs***

If you do choose to use alcohol (underage) or illegal drugs, be aware there may be legal and life changing consequences!



Pace yourself and go slow.

Tolerance levels change and with illegal drugs, you never know what's in them, their strength or purity.

Alternate alcohol with soft drinks or water and stick to lower alcohol percentage drinks.




Do not leave drinks unattended or accept a drink from someone you don't know. It may have been spiked

Avoid mixing drugs and alcohol together and do not mix these with prescription medicines.


Never drive whilst under the influence of drugs or alcohol or get in a car with someone who has!

**Call 999 if you or someone else needs immediate help.**

If you're worried about drinking too much alcohol or illegal drug use, do reach out for help.



# Sex – deciding whether to have sex?



Make sure you practise safe sex! Use a condom to protect against sexually transmitted infections or unwanted pregnancy.

Talk to - **Emma Watson-Keen (Prior)/Brook** drop-in to register for a C-Card and/or get free contraception support and advice.

It's important that any sexual activity you have is consensual, meaning both agree, feel happy and comfortable with it. Remember, you have the right to change your mind and say “no” or “stop” at any point.



If the sex you had wasn't consensual, seek help from the **Police (999)** or a Sexual Assault Referral Centre - **SARC Teesside** Tel: **0333 344 8283** - 24 Hours



# Worried about any of these topics?



If you're worried about any of these topics:

- Speak to a trusted adult such as a parent, carer or advice service.
  - Speak to our Safeguarding Team when we return to college in January.
    - For drug and alcohol information and support: [www.talktofrank.com](http://www.talktofrank.com)
  - For online safety advice: [www.childnet.com/young-people/11-18-year-olds](http://www.childnet.com/young-people/11-18-year-olds)
  - For mental health support: [www.samaritans.org](http://www.samaritans.org) or call 116 123 for free, **CAMHs Crisis Team (Under 18) 08000 516171 or 111 (over 18) and select the mental health option**
  - For support following sexual assault: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk), call 0808 500 2222 for free or locally **[SARC Teesside](#)** Tel: **[0333 344 8283](tel:03333448283)** - 24 Hours
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