



# Alcohol and Sex

## Tips for staying safe

**If you're planning to drink alcohol, follow these tips to keep safe:**

- > Stick with friends. Don't go to parties alone, and ask your friends to watch out for you if you're drinking alcohol. You can watch out for them too if they're drinking.
- > Always travel home with your friends, and never take an unlicensed cab. Keep the telephone number of a licensed taxi firm with you. Don't drive if you've been drinking.
- > Never leave drinks unattended or accept drinks from people you don't know, in case someone puts drugs in them.

- > Make decisions when you're sober. Before you start drinking, talk to your boyfriend or girlfriend about your boundaries (what you do and don't want to do), so that you don't get carried away and regret it later.
- > Be prepared. If you're ready to have sex, sort out your contraception before you go out drinking, and always carry a condom.



## Emergency action

If things don't go according to plan and you have unprotected sex, you can lower your chances of having an unintended pregnancy by getting emergency contraception from a CASH clinic, GP or Pharmacy.

For more information look on:

[www.somersetcsh.co.uk](http://www.somersetcsh.co.uk)

**NHS**