

Useful contacts



- Tyneside and Northumbria Rape Crisis:
0191 222 0272
- www.rctn.org.uk
Phone: free on **0808 5002222**
- Rape Crisis Tyneside and Northumberland
Helpline: **0800 0352794**
<https://rctn.org.uk>
- The Reach Centre (a place where victims of rape and sexual assault can go to receive help and support).
Email: scdandmin@newcastle.gov.uk
Website: <https://nwws.northumbria.police.uk>
Advice Line: **0800 0113116**
- In an emergency, you can always call 999 if you cannot see a police officer.



For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

Advice is FREE and CONFIDENTIAL.

Produced by: Streetwise
Young People's Project:

Young People's Information,
Advice, Counselling, Sexual
Health and Support Service for
11-25 year olds.

Streetwise

YOUNG PEOPLE'S PROJECT

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Instagram: [@streetwisenorth](https://www.instagram.com/@streetwisenorth)
Discord: [@streetwisenorth](https://www.discord.com/@streetwisenorth)
Website: www.streetwisenorth.org.uk



SCAN ME

Part of  Mental Health

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The Streetwise guide to Safer Nights out in Newcastle



Streetwise

YOUNG PEOPLE'S PROJECT

Before you leave home for a night out, we advise you to:



- Agree a place and time to meet your friends at the end of the night. It is recommended that this place is well lit and busy, such as The Gate or 24 hrs McDonalds, Grainger Street.
- What time is the last bus or metro home? Make sure you make this part of your plan for getting home. Pre-book a local taxi firm to take you home from your night out. A good, reputable local taxi firm will text you when the taxi is there for you and let you know the make/ registration number of the taxi.
- If you live with other people, we would advise you to let them know what time you are expecting to be back so they can watch out for your return. If your plans change during the night then ring them and let them know your revised plan and the new time you are planning to return home.
- Make sure you have reputable taxi firm phone numbers stored on your phone
- Where possible, have credit/ data on your phone (or make sure you connect to wifi where possible) so you can give friends and family updates of where you are when out. Make sure your phone is fully charged before leaving for your night out. Remember that if you play games or are constantly on social media whilst you're out this could run down the battery/ data on your phone.
- Think about live-sharing your location from your phone with a trusted adult.
- You may feel the need to go to Streetwise (or another C-Card outlet) for condoms and then take them out for you and your friends to use if the need arises.
- **Before you go out encourage your friends and yourself to download the What3Words App, to help you locate each other if you get separated from each other.**

During your night out, we advise you to:

- Remember there is safety in numbers, so where possible stay together in a group and watch out for each other.
- Think about activating 'snap maps' but only share with known and trusted contacts, who you are comfortable with knowing your location.
- Explore whether the bar has any 'glass/bottle toppers' or drink testing facilities. Do not leave your drinks, bags or other belongings unattended whilst you go off to dance/ bar or toilets. Remember that it only takes a second for someone to steal or tamper with your belongings.
- If you notice someone following you or your friends or if you notice something suspicious report it to the police who are on most of the busy City streets. Try to stick to well lit/ populated areas if possible. You can also report incidents to registered security staff that have radios connected to the police.
- Familiarise yourself with where charging points for mobile phones are located.
- Try not to bow down to peer pressure by being talked into drinking games or drinking fast.
- Know your limits when drinking alcohol, taxi firms can refuse to take you home if they think you are too drunk and there may be a chance that you are sick in their taxi.



To get home safely, we advise you to:



- Make sure everyone in your group is at the pre-arranged meeting spot to get the taxi, bus or metro. Ring/ text each other if someone is missing or have a look on Snap Maps.
- If some of your group live far from the rest of you, it would be advisable to agree to stay at someone's home and then go home in the morning/ afternoon the following day, when it is light and there are more people around.
- Beware of people offering you a lift home. Are they to be trusted? Have they been drinking? Is it really a legitimate taxi?
- It may be the quickest way home but ask yourself if it is the safest. Why risk putting yourself in added danger for the sake of 10 minutes off your journey? Try to use well lit busy streets and use the route you know the best.
- Ring each other when you are all safely home from your night out.
- If you have to get a home on your night out, check the taxi licence plate number (should have which council issued the number) normally on the back car number plate. Take a photo of the plate and send it to a friend or family member.
- Before getting in the taxi check the taxi driver has a personal licence card, normally hanging from the rear-view mirror or situated on the car dash.
- If you live with someone let them know when you get in the taxi, send them a picture of the licence number and let them know what time you expect to arrive home.

