

# **BRISTOL NIGHTS**

**A CITY WIDE  
NIGHTLIFE  
COMMUNITY**



**OUT  
TOGETHER  
HOME  
TOGETHER**

## **BRISTOL RULES**

### **No.1**



Check in with your friends. If they look like they're struggling, it's time to act. Ask for help, you won't get into trouble. Make sure you all get home safe, share your location and look after one another.

# CALL IT OUT

## BRISTOL RULES No.2



Inappropriate behaviour, especially when it comes from your mates, needs to be called out. Be an active bystander; make sure your friends know what they're doing isn't OK.

# DON'T BE A CREEP

## BRISTOL RULES No.3

If someone tells you they're not interested, they're not playing hard to get. Remember everyone's allowed to change their mind. Touching, grabbing or groping someone without their consent is not okay, it's a criminal offence.



# RESPECT

# EVERY

# ONE

## BRISTOL RULES

### No.4



Our differences are what makes Bristol such a brilliant place. So regardless of how someone dresses, how they speak, what they look like, who they date or how they dance, leave them to it.

# KEEP AWAY FROM THE EDGE

## BRISTOL RULES No.5



Don't be tempted to sit by the harbourside at night. Keep away from the edge. Cold water shock makes getting out of the high harbour walls even harder when you are intoxicated.

# TAKE IT EASY

## BRISTOL RULES No.6

Understanding the effects and risks of alcohol and other drugs is important. Read up; pace yourself; and remember it's OK to say no. The best nights are the ones you can remember.



# KNOW YOUR HIGHS AVOID THE LOWS

Bristol is the UK's first harm reduction city.

Mixing different drugs (including alcohol and medicines) can have unpredictable effects.

Bristol Drugs Project hosts the UK's first licensed drug checking service from The Loop.

The Drop is your one-stop-shop for information and support for people who use recreational and party drugs.

[bdp.org.uk/thedrop](http://bdp.org.uk/thedrop)



# ASK FOR HELP IF YOU NEED IT

Bristol's venues, the Police, Universities, Bristol City Council and Bristol City Centre BID work together to prioritise safety and reduce risk surrounding drugs and alcohol.

A drug-related emergency can affect someone's physical or mental health. Both should be taken seriously. Signs of an overdose can include difficulty breathing, such as abnormal or 'raspy' breath, overheating, chest pain or seizures (fits).

Worried about a mate? Ask for help, you won't get into trouble.

# STOP SPIKING

Spiking is a crime. You have the right to decide what goes in your body, and you should not have to change your behaviour, avoid pubs or clubs, or cover your drink at all times to keep safe. **Bristol takes spiking very seriously.** Spiking can happen to anyone; it is not your fault if it has happened.

Spiking is giving alcohol or drugs to a person without their knowledge or permission. Spiking can make you seriously ill.

[gov.uk/guidance/spiking-advice-and-support](https://www.gov.uk/guidance/spiking-advice-and-support)

The signs to look out for include confusion, vomiting, disorientation, hallucinations, memory loss and unconsciousness.

**Most venues have testing kits behind the bar. Alert staff immediately if you see anyone acting suspiciously. You will be listened to and believed.**

If you are a victim of spiking, the police might take a urine test. Act quickly, as some drugs leave the body in 12 hours. In an emergency, always call 999.

Together, we can end spiking in Bristol.

# RESPONDING TO HARASSMENT

Use the 5 Ds of bystander intervention to take action when you witness harassment or harmful behaviour.

## **DISTRACT**

Engage with the person being harassed about something completely unrelated.

## **DELEGATE**

Ask someone else for help, let them know what's happening and how you'd like them to support you in taking action.

## **DELAY**

If it's over before you have a chance to intervene, check in with the person who was harassed and see if they need any support.

## **DIRECT**

Only if it is safe to do so, confront the person doing harm, tell them you've seen their behaviour and that it's not ok.

## **DOCUMENT**

If someone has already intervened, take a record of the harassment that could later be used as evidence .



# BRISTOL NIGHTS

Bristol Nights

[bristolnights.co.uk](http://bristolnights.co.uk)



Bristol Nights is a city wide nightlife community. We help the city at night and support everyone who works from 6pm-6am.

We champion better jobs, safer spaces and wellbeing support for night workers. We deliver practical solutions through collaboration, campaigns, advice and training.

Bristol Nights celebrates the diversity, creativity and joy of Bristol after dark.

## Our Partners

