



Know Before You Go

A Smart, Confident Guide
to a Safer Night Out

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Table of Contents

- 1. Before You Head Out**
- 2. Situational Awareness (Without Killing the Vibe)**
- 3. Drinks & Social Settings: What to Watch For**
- 4. The Buddy Principle**
- 5. Red Flags You Shouldn't Ignore**
- 6. If Something Feels Off**
- 7. If You Think Your Drink Was Tampered With**
- 8. Final Thoughts: Confidence Is the Goal**
- 9. Night Out Checklist**

1. Before You Head Out

A safer night out starts before you leave the house.

- Let someone you trust know where you're going and who you'll be with
- Plan transportation ahead of time when possible
- Eat beforehand and stay hydrated
- Bring essentials only—ID, phone, one payment method
- Apply SafeSip to one nail before you go out so it's ready if you need it

None of this is about paranoia. It's about giving yourself options.

Preparation doesn't limit your night. It protects it.

2. Situational Awareness (Without Killing the Vibe)

You don't need to be on high alert to stay aware.

- Take mental note of your surroundings when you arrive
- Be aware of who is around you, not just who you came with
- If you move locations, pause and re-orient yourself
- Trust changes in energy—yours or the room's

Awareness isn't fear. It's presence.

3. Drinks & Social Settings: What to Watch For

Most nights are uneventful. Still, it helps to know what's normal and what's not.

- Watch your drink being made when possible
- Avoid leaving drinks unattended
- Be cautious with refills or top-offs you didn't ask for
- If a drink tastes unusually bitter, salty, or "off," don't ignore it
- If you're unsure, use SafeSip discreetly—one small check can tell you a lot

You never owe anyone politeness when it comes to your safety.

You don't need to be on edge to be aware.

4. The Buddy Principle

There's real power in numbers.

- Arrive together when you can
- Check in with each other throughout the night
- Leave together whenever possible
- If someone seems off, take it seriously

Even informal buddy systems—"text me when you get home"—matter.

If something feels off, that feeling matters.

5. Red Flags You Shouldn't Ignore

Pay attention if you notice:

- Sudden dizziness, confusion, or extreme fatigue
- Feeling more intoxicated than expected
- Difficulty focusing, speaking, or standing
- Memory gaps or disorientation
- Pressure to isolate you from friends

If something feels wrong, it probably is.

You never owe anyone politeness at the expense of safety.

6. If Something Feels Off

Act early. You don't need proof to protect yourself.

- Stop drinking immediately
- Stay with people you trust
- Get to a safe, well-lit area
- Ask for help—from friends, staff, or security
- Use your phone to call or text someone you trust

You are never overreacting when you listen to your instincts.

Most nights are safe. Having options makes them safer.

7. If You Think Your Drink Was Tampered With

Your safety comes first.

- Do not leave alone
- Seek medical attention as soon as possible
- If you can, preserve the drink (but don't delay help to do so)
- Contact someone you trust immediately
- If needed, contact local authorities

If SafeSip shows a reaction, treat it as important information—not something to second-guess.

Stay close to people who notice when something changes.

8. Final Thoughts: Confidence Is the Goal

This guide isn't about limiting your freedom. It's about protecting it.

Most nights out are fun, spontaneous, and safe. Tools like SafeSip—and habits like awareness, preparation, and community—exist so you can enjoy yourself with more confidence, not less.

Trust the moment when your body says something isn't right.

Know before you go.

Then go have a great night.

9. Night Out Checklist

A quick reference you can scan before or during your night

Before You Go

- Let someone you trust know your plans
 - Plan your ride there and back
 - Eat beforehand and hydrate
 - Bring only essentials (ID, phone, one payment method)
 - Apply SafeSip to one nail
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When You Arrive

- Take note of exits, staff, and lighting
 - Check in with your friends
 - Be aware of your surroundings
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Drinks & Social Settings

- Watch your drink being made when possible
- Don't leave drinks unattended
- Be cautious with unexpected refills
- Trust taste changes or anything that feels off
- Use SafeSip if you're unsure

With Friends

- Arrive together when you can
 - Check in throughout the night
 - Look out for sudden behavior or mood changes
 - Leave together if possible
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Red Flags to Act On

- Feeling unusually dizzy or disoriented
 - Extreme fatigue or confusion
 - Feeling more intoxicated than expected
 - Trouble standing, speaking, or focusing
 - Pressure to separate from friends
-

If Something Feels Off

- Stop drinking immediately
- Stay with people you trust
- Move to a safe, well-lit area
- Ask staff or security for help
- Contact someone you trust

If You Think Your Drink Was Tampered With

- Do not leave alone
 - Seek medical attention
 - Contact a trusted person immediately
 - Take any SafeSip reaction seriously
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Remember:

- You don't need proof to protect yourself.
- Awareness isn't fear—it's confidence.

