

Safer Bars

Make sure your fun night out stays fun.

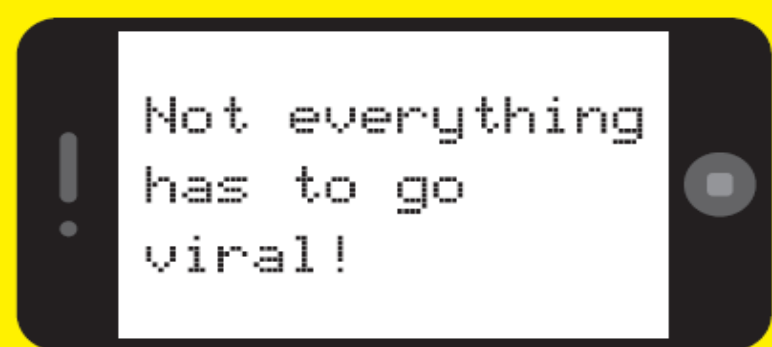
Help keep safe & reduce risks when drinking alcohol

PUT ON SOMETHING SEXY

Condoms (if used properly every time you have sex) is the only method of birth control that protects against both sexually transmitted infections & pregnancy. *Less worry means more fun!*



PROTECT YOURSELF.



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NOT EVERYTHING HAS TO GO VIRAL!

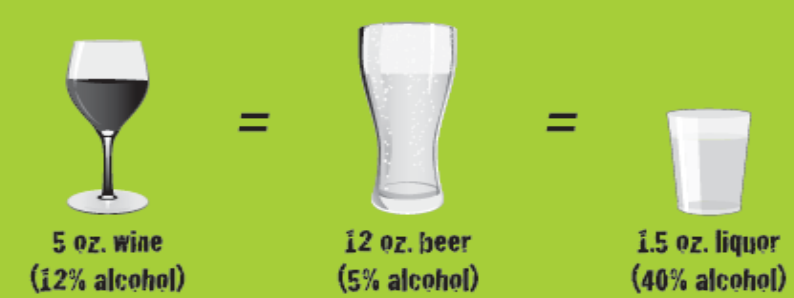
When you decide to have “sex” make sure you have “safer sex” - no exchange of blood or body fluids from one person to another. Someone can have a sexually transmitted infection & not know it. Unprotected sex can pass this infection from one person to another. *Protect Yourself.*

BIG NIGHT OUT. BIG CONSEQUENCES!

Knowing your limits with alcohol can help keep you safe & help avoid big consequences such as drinking & driving, unplanned pregnancy, alcohol use while pregnant, arguments & violence.



Size does matter!



Know your limits.

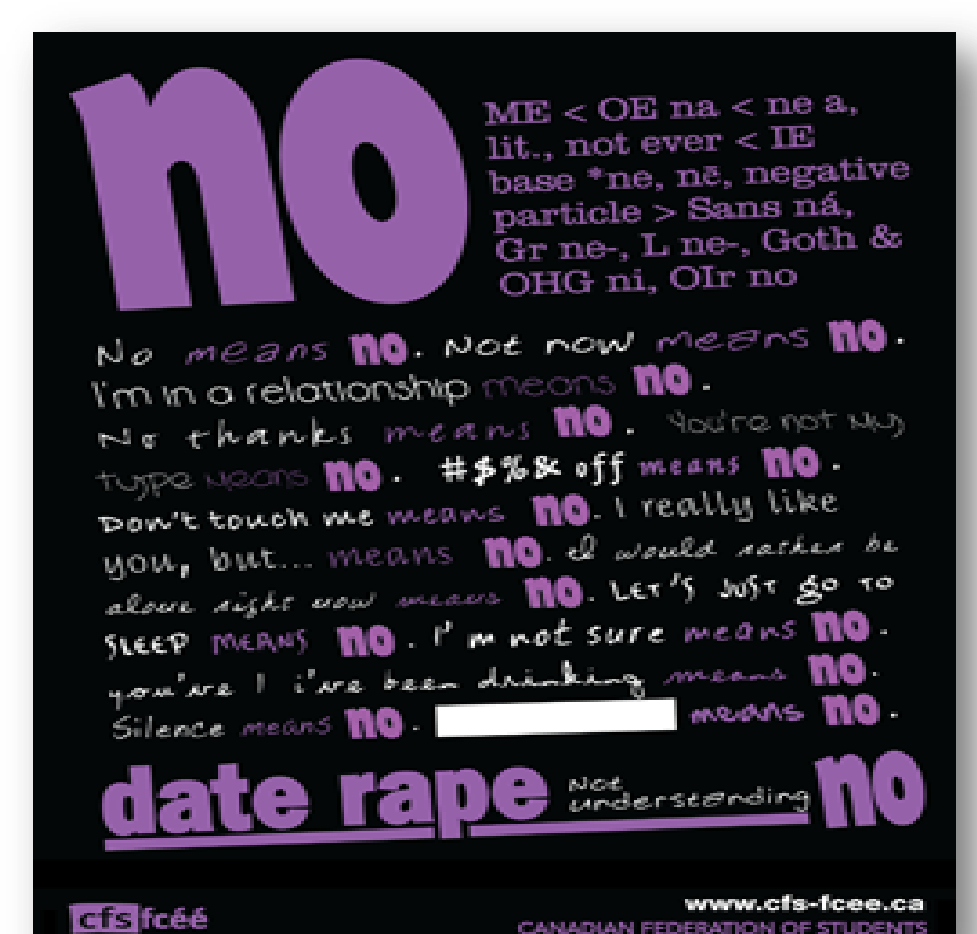
SIZE DOES MATTER. KNOW YOUR LIMITS.

What is a standard drink? Knowing your limits with alcohol can help keep you safe. One standard drink is:

- 12 ounces of beer (5% alcohol)
- 5 ounces of wine (12% alcohol)
- 3 ounces of fortified wine (14% alcohol)
- 1.5 ounces of liquor (40% alcohol)

NO MEANS NO

The Canadian Federation of Students "No Means No" campaign aims to raise awareness & reduce sexual assault, acquaintance rape & dating violence.



NL Health Line

1-888-709-2929

Kids Help Phone

1-800-668-6868

Mental Health Crisis Line

1-888-737-4668

WHERE TO GET HELP

If you have been or suspect that you've been sexually assaulted, go to your local emergency department to see a trained Sexual Assault Nurse Examination. If you are concerned about your use of alcohol or drugs or someone else's, contact your local Mental Health & Addictions office or family doctor.

www.clubcode.ca

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