





# Spot your mate


Here's some general drug usage tips and advice to make your summer great and safe:

 **Keep hydrated** – make sure you drink plenty of water or non-alcoholic drinks and try to avoid the sunlight during the peak times of 10am to 2pm when it is at it's hottest.

 **Buddy system** – make a plan before you leave. Stick together and stick to the plan with your buddy. If one of you wants to leave, leave together.

 **Have a back up plan** – to make sure you can both get home safely. Make sure someone else knows where you are and who you are with and contact them if your initial plan isn't working.

 **Emergency** – in an emergency, or if someone falls and hurts themselves, is being very sick or is unresponsive, call 999. If you don't know where you are use What3Words to help the crew find you.

 **Consuming a drug** – if your mate takes a drug or alcohol, make sure you know what they believe they have taken, make sure they do not use alone, are not left alone and do not take any other drugs.

## Aquarius Young People

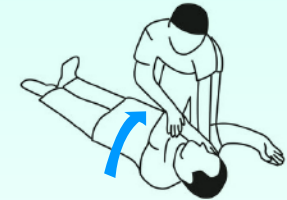
# SPOT YOUR MATE

# MAKE SUMMER GREAT

## Summer Safety

If a friend becomes unconscious make sure to place them in the **recovery position** to prevent choking, then call an ambulance.

1. Start by moving the right hand by the head (as if they were waving).
2. Put the left arm across the chest, with the back of the hand resting against their cheek.



3. Then gently hold the hand in place and lift up the left knee.
4. Finally turn them on their side by pushing down on the knee and call 999.

