

Fatal factors on the road

Drugs and alcohol

Activity: develop your plan A, B and C

You might find yourself at a party or hanging out with your mates and you start to feel uncomfortable with what's happening. You feel that it is time to go home. What would you do if you were in this situation but your friends were pressuring you to stay?

It is important for us to rehearse and practice a fool proof strategy that we can put into practice, if we ever find ourselves in a situation we need to get out of safely.

Here's an example:

Plan	What is your plan of action?	What can stop this from happening?
A	My friend will take me home from the party.	If s/he has had a drink If s/he is feeling tired If s/he looks under the influence
B	Use a ride hailing app to arrange my pick up.	If there is no vehicle available If the app has problems If the credit card isn't working

Now it's your turn

Come up with your Plan A, B and C for the next time you are out and have to put this into place. Type or write out your other plans on another document.

Plan	What is your plan of action?	What can stop this from happening?
A		
B		
c		