



CHRISTMAS SAFETY

Christmas can be a wonderful time of year but it isn't always for everyone. Money worries and issues at home can increase over the holidays.

Christmas is also the party season and you are more likely to meet and be influenced by new people, take risks, and even experiment with things such as drugs and alcohol.

We want you to have an amazing festive break, all whilst staying safe and healthy, so here are some useful tips and tools for taking care of yourself, and places to get help if you need it.

ALCOHOL AND DRUGS

For people in their late teens and early twenties, alcohol can play a big part in their social lives, especially at Christmas.

However, if done to excess, drinking alcohol can have a significant impact on both your physical and mental health.

Single Occasion Drinking or Binge Drinking

Some of us drink too much on the odd big night out but others drink like this on a regular basis. Short term effects include hangovers, being sick, dehydration and headaches. However, the more you drink, the more risk you face around other problems.

According to Alcohol Change UK;
"Alcohol is linked to more than 60 medical conditions including liver disease, at least six forms of cancer and depression."

"It's safest not to drink more than 14 units per week, spread over three or more days and with a few days off."

14 units approx = 6 x



1.5 x



HAVE FUN STAY SAFE

ALCOHOL AND DRUGS

According to CGL16-25 spiking is;
"...giving someone alcohol or drugs without their knowledge, usually with the intention to make them vulnerable."

How can I prevent being 'spiked'?

Spiking should not happen and having a drink spiked is never the victim's fault. But, feeling fearful of it happening and wanting to protect yourself and feel safe is natural. To do so:

- Carry a reusable bottle and/or glass stopper on nights out to protect your drink from being tampered with
- Avoid accepting drinks from people you don't know
- Avoid leaving your drinks unattended
- If you see someone acting suspicious, or attempting to access your or someone else's drink, report them/the incident immediately

If you're concerned about your own or someone else's alcohol or drug use, but aren't sure what steps to take, there are agencies that can help:

- [CGL 16-25 website](#) can help you find local support services for drugs and alcohol. Follow them on Instagram for regular tips and info: 1625_Outreach
- [Talk to Frank website](#) offers an online chat as well as pages of advice including what to do if a friend is having a bad time on drugs. Call them anytime on 0300 123 6600 or text 82111
- Go to [Derbyshire Addiction Advisory Service website](#) or call 01246 206514
- Call Drinkline on 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)

SEX, HEALTHY RELATIONSHIPS & CONSENT

Over the holidays it is possible that you'll meet new people, form new relationships and have new experiences. Whatever your gender or sexuality, whether you've been together for years or you've just met, it's really important to talk about sex, if that is going to be part of your relationship.

Both parties MUST consent to ANY sexual activity.

Consent means that all parties have given their permission to engage in any intimate activity or sex. Any sexual contact without consent is illegal, regardless of age. Remember: F.R.I.E.S.

- **Freely Given** - Consent should be given without pressure, force, or under the influence of alcohol or drugs.
- **Reversible** - You can change your mind about what you want to do at any time, even if you are in the middle or have done it before.
- **Informed** - You should know exactly what you are giving consent to. For example, if someone says they are going to use a condom and they don't, they didn't have your consent.
- **Enthusiastic** - Someone should be excited to give consent. If someone is not sure, wait. Pay attention to body language as well as what the person is saying and how they are saying it.
- **Specific** - Saying Yes to one thing does not mean you have said Yes to other things. Consent should be given at every step.

For information go to:

- Relationships - [Relate website](#)
- Sex and Sexual Health - [Your Sexual Health Matters website](#)
- LGBT+ Sexual Health - [Derbyshire LGBT website](#)

PROBLEMS AT HOME?

Money

If you or your family are concerned about your finances you can call the Citizen's Advice Bureau for free:

- 0808 278 7843

If you or your family are struggling to buy food you can contact:

- Chesterfield Food Bank (6 centres across Chesterfield) on 07529 224996. For Christmas opening hours visit the website.
- Rural Action Derbyshire on 01629 592970 or search for your local food bank on their website.

Domestic Violence

If you can't stay in your home because of violence, threats or any other abuse you can apply for homeless help. You can also get help from:

- Refuge or Women's Aid on 0808 2000 247
- Men's Advice Line on 0808 801 0327

Calls to these numbers are free.

Homelessness

If you or your family become, or are at risk of becoming, homeless you can call:

- Your local Homelessness Prevention Team. For Chesterfield call 01246 345825 or 0808 169 2333 (Emergency)
- Shelter's Emergency Helpline for free on 0808 800 4444



MENTAL HEALTH TIPS

Maintaining good mental health is important.

Without college to focus on, it can be easy to fall into bad habits, like staying in bed all day, spending too much time on social media and not connecting with loved ones.

Being active, doing the things you enjoy, seeing friends, getting fresh air, regular eating and sleeping patterns, and staying hydrated can all help improve your mood.

For advice and tips on how to look after your mental health go to:

- [Youngs Minds website](#)
- [Mind website](#)
- Download the Snappit app

If you are struggling and need to talk:

- Call Samaritans on 116 123
- Call Childline on 0800 1111
- Text SHOUT to 852258

**Look after yourself, and have an
amazing festive period!**

The Chesterfield
College Group



Our Safeguarding and Wellbeing department will be closed over the Christmas break from 20 December 2023 – 4 January 2024, with no access to phones or emails. Please refer to our out-of-hours page, on the Chesterfield College website, for useful and trusted emergency contacts.

www.chesterfield.ac.uk