

A Plan for a Night Out

Sets a few things in advance so you are not deciding them in a loud room at midnight.

WHEN TO USE THIS

Fill this in before you go out, even if it is only an hour before.

Where are you going, who with, and how are you getting home?

Three things you have already decided before you walk in.

What you will drink, how long you will stay, who you will stand near.

1.

2.

3.

What will you say if someone keeps pushing?

Short works better than long. You do not owe anyone a speech.

What is your way out if the night turns?

A ride home, a person to text, a time you leave by.

Who will you check in with tomorrow, whatever happens?

A plan made ahead of time is easier to follow than one made on the spot.