

Teens & Festivals

Festivals are arguably safer than your average town centre on a Saturday night because the organisers are heavily invested in making sure everyone has fun but stays safe.

OUR TIPS



- **Take ID**
- **Agree a meeting point**
- **Beware of pickpockets**
- **Take phone battery packs**
- **Bin bags useful to keep things dry.**
- **Non plastic wet wipes - essential!**
- **Drink lots of water - it's easy to get dehydrated.**
- **Eat regularly - festivals are marathons!**



Let's talk about...

how to set teens up for festival success



TEEN TIPS Practical Help for Parents, Teens and Schools

The post GCSE festival seems to have become something of a rite of passage for many teenagers and, if they have already proven themselves trustworthy, why not let them go and have their first taste of independent living in a fun environment as a reward for all that hard work. Here's the lowdown on how to set themselves up for festival success.

Always buy tickets from the official festival website - the website needs to start with "https" and there should be a padlock symbol on the payment page - if not, beware it could be a scam site. Pay with a credit card for added protection - teens should contribute towards the cost. Never put the barcode of your ticket online as it can be cloned meaning your ticket won't work when you arrive on site.

Remember that some festival sites are as big as towns which is not surprising as there may be up to 175,000 people. Download the Find-my-tent App or take a tall flag to help you find your tent in the dark. Go with friends and set up a buddy system to ensure no-one gets left behind/alone - have a central meeting point & make a plan for if you do lose your friends/phone/money etc. Have multiple emergency contact numbers i.e. all members of the group and all of their parents on your phone.

Don't take valuables or lots of cash on site (an old phone is a good plan) - some festivals allow you to put money on your wristband before you go so that you don't have to carry cash/cards. If you do have them on you keep them in a money belt or under your clothes - never in outside pockets. Don't leave valuables in your tent when you are off partying & at night put them in the bottom of your sleeping bag for protection. Don't take too much stuff - it can be a very long walk from entrance to camp site/stages.

Under 18's will not be allowed to bring alcohol onsite and police may check for drugs at arrival points e.g. train/bus stations. If you are going to drink alcohol, pace yourself, festival days are long. Never leave a drink unattended and then come back to it - it is easy to spike drinks. Drugs are illegal, harmful & not worth the risk. If you buy drugs on site for your friends you will be classed as "the dealer" and prosecuted as such. If you decide to try them be aware that you have no idea what is in them unless you take them to a drugs testing station (available at some festivals) but even having them tested is no guarantee of safety as you won't know if your brain/body can handle them. If you think you can win the game of Russian roulette that drug taking is, and you decide to try drugs, never take a whole pill - start with a ¼ and don't touch anything else e.g. other drugs or alcohol, for at least 2 hours. If you become ill or a friend is unwell contact any festival member of staff ASAP and be honest about what you have had so that they can give you the right help.

Don't forget medication if you need it and take basic medical kit - paracetamol & plasters essential. There are always medics but they might be busy. Queues are just a part of festival life!

Have an amazing time!