

FRIEND & SAFETY CONVERSATIONS

You don't have to navigate Purim alone.

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WHO THIS GUIDE IS FOR:

This is for anyone who wants to feel less alone on Purim – or who wants to make sure someone else does.

Maybe you're going into a situation that feels uncertain.
Maybe you're worried about someone you care about.
Maybe you know yourself well enough to know you need a plan.

All of that is smart. All of that is allowed.

OPTION 1: SET UP A SAFETY BUDDY

WHAT THIS IS

You want someone who knows where you are and checks in on you during the day. Not a babysitter. Not someone who monitors you. Just a person who's got your back – so if something feels off, you're not handling it alone.

WHO THIS MIGHT BE FOR

If this has crossed your mind, you're not the only one.

*"I'm going to be at events where I don't fully know everyone.
I want someone checking in without making it a whole thing."*

*"I tend to push through when things feel uncomfortable.
I need someone who will actually ask."*

"I don't want to be dramatic about it – I just want a safety net."

BEFORE YOU ASK SOMEONE: FIGURE OUT WHAT YOU ACTUALLY NEED

Not everyone needs the same thing. Take a minute and figure out what yours is.

WHAT KIND OF SUPPORT DO I WANT?

- Just a few texts during the day so someone knows I'm okay
- A code word they'll know means "call me with a fake emergency"
- Someone I can call if I need to leave and don't want to explain why
- Someone tracking roughly where I am
- Something else: _____

WHO IS THE RIGHT PERSON FOR THIS?

Think about: Who will actually check in and not forget? Who I trust to show up if I need them?

Write their name: _____

HOW TO ASK:

You don't need to make this into a big conversation. Here are a few ways you could start:

Keep it Light:

"Quick question - can you be my Purim safety buddy this year? I just want someone who checks in a couple of times during the day. I feel better having a plan."

Make it Mutual:

"What if we just check in on each other today? Like text at certain times, and if either of us uses a code word, the other calls with an excuse to leave? Just feels smart."

OPTION 2: BE A SAFE PERSON

WHAT THIS IS

You want to be a safe person for someone you care about this Purim, just to make it easy for them to reach out if they want support.

Here is a low-pressure way to offer support to someone you care about - without making it awkward or taking away their choice.

BEFORE YOU REACH OUT:

Pick what you can genuinely do:

- A no-questions check-in person
- A ride person
- A "need an exit?" person
- A "come join our calm corner" person
- A "text me a single emoji and I'll call you" person
- A next-day follow-up person ("You good?")

HOW TO ASK:

Here are a few ways to start a conversation, the goal is simple - let them know you are here for them.

Keep it Casual

"Hey, what's your Purim plan this year? Just thinking about you. Let me know if you need [things you are able to offer like a ride or a exit plan]."

Be Direct:

"I've been thinking about you and Purim. I know it can be a lot sometimes. Do you have a plan? I'm here if you need something."

IF THEY REACH OUT:

Believe them quickly ("Got you." "I'm here.")

Ask what they want ("Do you want help getting out, a ride, or just someone on the phone?")

We aren't taking control of someone's Purim.

We are offering a door they can choose to walk through.

OPTION 3: IF YOU ARE STAYING SOBER

WHAT THIS IS

Staying sober on Purim definitely has its perks.

You're fully awake for the funniest parts, you actually remember it the next day, and you've got options: be the designated driver, be the "text me if you need an out" person, or be the friend who makes a sober Purim feel normal.

DECIDE WHAT KIND OF SOBER PLAN YOU WANT:

What would make this easier for me?

- Having a sober buddy
- Having a "leave whenever I want" plan
- Picking one or two places I actually want to be (instead of running around)
- Bringing a good non-alcoholic drink so I'm not stuck with awkward water
- Being the designated driver for someone
- Having a "text me if you need an out" plan with a friend
- Hosting or joining a calmer meal / stop
- Something else: _____

MAKE IT REAL:

A little bit of planning can help your day go smoother.

My role this Purim is:

- DD / "text me if you need an out" / sober buddy / just me staying sober

If I'm driving, my ride window is: _____

If I have a sober buddy, their name is: _____

If I want a clean exit, I'm going: _____

LANGUAGE YOU CAN BORROW:

"Just so you know, I'm staying sober this Purim. If you want a ride at any point, text me."

"If you need a pickup, send 🚗 and I'm on it."

"If you ever want an out at any point today, text me. I'll call you with an excuse."

"I'm staying sober this year. Want to team up? We'll people-watch and leave whenever."

"I'm doing a calmer stop this Purim. Come join. Good food, good vibes."

OPTION 4: ASK FOR SOBER SUPPORT

WHAT THIS IS

You want to participate in Purim. You also know yourself well enough to know you need someone in your corner – someone you trust, and asking for this is not weakness.

WHO THIS MIGHT BE FOR

"I know I can go too far when I'm around certain people. I need someone who will actually say something."

"I want to drink, but I need a ride. I don't want to figure it out at the end of the night."

"I feel better when someone I trust is nearby. I don't need babysitting – I just need a presence."

BEFORE YOU ASK: FIGURE OUT WHAT YOU ACTUALLY NEED

There's a difference between needing a ride and needing someone to let you know when you've had enough. Knowing which one helps you ask for the right thing.

WHO IS THE RIGHT PERSON TO ASK?

Think about: Who will take it seriously? Who won't make me feel judged? Who I'll actually listen to in the moment?

HOW TO ASK

If you need a designated driver:

"Can I ask you a favor? I want to drink on Purim but I need to know I have a safe ride. Would you be willing to stay sober and drive me?"

If you need a cut-off person:

"I'm planning to keep it to X amount of drinks. If I start ignoring my own plan, will you say something? I want the reminder."

If you need someone nearby:

"I'd feel better if someone I trust was around today. Not watching me – just there. Since you stay mostly sober, would you be able to check in on me a couple of times? I'll explain more if you want."