

Party Safety



Rainbow Pride Youth Alliance

RPYA is a grassroots California non-profit 501(c)(3) organization that was founded in 2001. We provide support services to LGBTQ+ youth, as well as their parents and caretakers, including workshops, online support groups, and linkage to resources.

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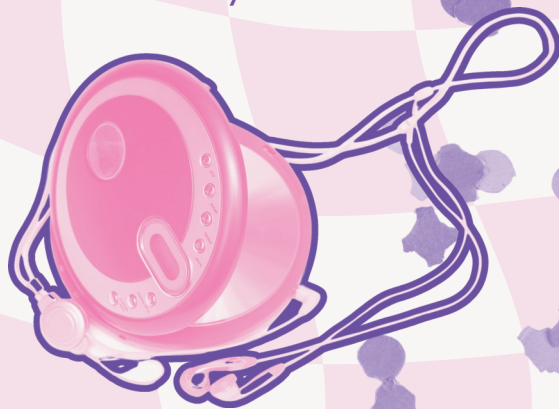
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Intro

Partying is a normal and fun part of most people's adult lives. It's a way to relieve stress, maintain connections with friends, make new friends, and even sometimes find love <3.

However, parties also elevate the risk of harm due to the possible presence of substances and alcohol. In this zine, we cover all you need to know about having a fun night out, while also making sure we keep ourselves and others safe from danger.



Planning Ahead



If you're a Virgo, planning ahead might come easy to you. For the rest of us, we may not think about it much.

For starters, you need to have an outfit you feel good and comfortable in, a party bag, proper hydration, and a good meal before heading out!

Many venues and clubs have item restrictions & dress codes. Make sure you look ahead & figure out what is or isn't allowed in the party space. Fanny packs & cross bags are a stylish & comfortable way to keep your belongings close while having fun!

TIP! Make a habit of charging your phone an hour before leaving, or while you're getting ready & bumping music!

Carry on Checklist ✓

- Wallet/Cash
- House Keys
- Phone
- Charger
- Needed Medication
- Harm Reduction Kits



Nourish Yourself

Make sure you stay hydrated throughout the day because it helps keep your energy levels right & reduces the negative effects of alcohol.

You don't want to drink or take any substances on an empty stomach, so eat something before going out to minimize risk.

You want to spend the night having a good time with your friends, not hunched over a toilet bowl.

TIP! Pizza is always a good "before-the-chaos" option.



Trusted Community

Party with friends who have your back! Your party posse should be trusted to not leave you or anyone else stranded. Your group should be aware of everyone's location during the party, and always communicate when they are planning to leave.

Keeping that awareness also means not indulging too much in party favors. You're there to meet people and vibe, so make that the goal over getting drunk. It's okay to have fun as long as we're mindful of others :-)

Remember
Friends don't let other friends leave with strangers or wander off alone.

What should I do if I get ditched?

- Call a rideshare right away.
- Drink lots of water (just in case!)
- Call a friend to pick you up
- Avoid leaving with a stranger.
- Avoid wandering anywhere outside alone



Have a Safety Plan



The group you come with should be the group you leave with. Large events can become hectic quickly, so sticking together can be a challenge. Here's some tips on how to be safe as a group!

- Agree on a meeting spot (i.e: entrance, notable stairs, the bar, near a balcony, etc.)
- Stay inside to avoid re-entry problems
- Don't go to the restroom alone
- Share your location with your friends
- If you need to separate, make a specific plan to regroup later.

TIP! Always identify your exits in case of an emergency!



Hookups



Parties are a great environment to meet new people. If you're feeling someone at a party, keep the good vibes going! Get to know them, dance, and have a good time. While doing so, keep in mind the following tips:

- Always keep your eyes on your drink
- Be aware of where your friends are, at all times
- Communicate your location if you step away
- Be trusting, but don't be unduly gullible.
 - The more you get to know a person, the more you can discern if they are trustworthy.

If you're feeling unsure/pressured about leaving with someone new, it's completely valid to just exchange information & plan to meet up another time. You don't need to feel pressured to hook up on the first night. If choose to, ensure safety by sharing your location, securing transportation, and setting boundaries with your partner.

TIP! Always carry protection against STIs like dental dams and/or condoms!



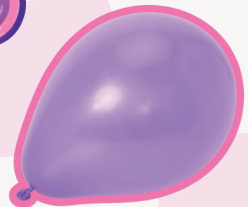
Sex & Consent

Reducing risks associated with sex is part of practicing harm reduction. Getting tested, taking birth control, PrEP, PEP, condom use, and lubrication all reduce risks involved with sex.

Keep in mind a few of the following harm reduction skills when it comes to sex:

- **Consent:** Everyone should be enthusiastic about consenting to sex. Communicate what you are willing or not willing to do during intimacy. If your partner can't respect your boundaries, then do not proceed.
- **Withdrawing Consent:** Acknowledge that taking back consent is okay! If you don't feel comfortable, you have every right to stop at any point.
- **Protection:** Carry condoms and/or dental dams & lubrication to lower the risk of STI transmission.
- **STI Prevention:** For HIV prevention, consider looking into PEP, PrEP, and additional testing before and after sex.

Find HIV, PEP, PrEP, and condom services near you with this QR code.



Harm Reduction

We understand that people will use substances and have sex in party environments. Harm reduction refers to practices that we can adopt to reduce the negative effects associated with things like using substances and sex.

As opposed to the abstinence education model, which uses shames to encourage people to not use substances or have sex at all, harm reduction philosophy leads with kindness, respect, and compassion. It's not about getting people to stop having sex or using substances (because that doesn't work), it's about understanding the risks involved, and taking steps to lower those risks.

Think of it like this: riding a bike is dangerous. All kinds of injuries can occur when on a bike, even death. Instead of telling people to never ride bikes, harm reduction encourages protective gear and traffic rules.

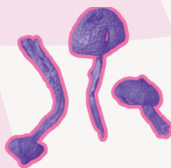


Substance Use

If we're talking substance use, harm reduction means always knowing what drugs you are taking, how drugs can interact if taken together, how to test your drugs, and how to reverse an opioid overdose.

- **Testing:** If you are going to try drugs, even if they are given to you by a trusted friend, you should always test it—Especially for fentanyl! You can find fentanyl testing strips online or from a harm reduction organization in your community.
- **Interactions:** Always know what drugs you are taking, and how they might interact with other drugs or medication you are currently taking.
- **Moderation:** Remember that everybody has a limit, and ingesting more doesn't mean "better". For max safety, don't mix your substances, and take a little at a time to understand your tolerance levels.
- **Medical History:** Be aware of your medical conditions. For example, if a person is taking SSRIs to treat depression, it's not a good idea to mix with any drug that releases serotonin in the brain (such as MDMA).

Narcan: Always have Narcan at your disposal in case of emergencies! If you would like information on how to administer narcan, scan our QR code.



Drug Interactions



No Interaction



Safe & Synergetic



Safety Decreases



Use Caution



Unsafe To Mix



Deadly Combo

	Shrooms	Weed	Molly	Coke	Caffeine	Liquor	K	GHB	Acid	Poppers	Viagra
Shrooms											
Weed											
Molly											
Coke											
Caffeine											
Liquor											
K											
GHB											
Acid											
Poppers											
Viagra											

It's not a good idea to mix drugs. Check out this chart to get an idea of what combinations are especially risky.

**This chart is not, and cannot be used as a substitute for medical advice. All use must be done with extreme caution. For informational use only.

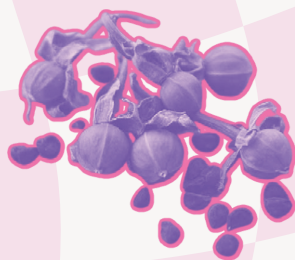
Psychedelics & Plant Medicines



Peyote



Brugmansia
(poisonous)



Morning Glory
Seeds



Acid

DMT



Mushrooms
(Psilocybin)

Psychedelics are not party drugs! Plant medicines and hallucinogens like psilocybin mushrooms are best suited for spiritual or therapeutic purposes. When taking psychedelics, the most important thing is set and setting, meaning your mindset and the environment in which you take them. A party environment is too stimulating for this kind of experience & could induce anxiety, panic, & just a bad trip overall. The best way to benefit from the use of psychedelics is with the guidance of a therapist or spiritual guide (e.g. a shaman) trained in this kind of therapy.

Alcohol

Aside from dancing and cool music, alcohol is also a part of the ambiance at a party. Holding a drink can ease some of the anxiety of being in a social space, but it's not necessary to have a good time.

It is common for people to over-drink, especially when sweet drinks mask the amount of liquor in them.

To manage your alcohol intake, consider taking shooters instead of shots. Shooters are half-shots diluted in a mixed drink. You still get to drink, but you'll keep your cool throughout the night.

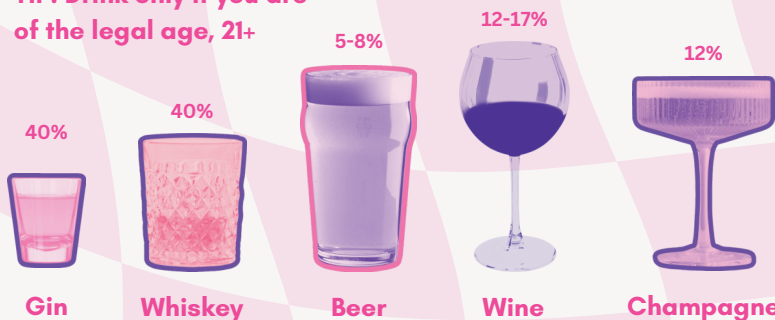
DO :

1. Count your drinks
2. Space them out
3. Drink 1 glass of water after every drink
4. Get a designated driver or secure a rideshare service

DON'T:

1. Drink if you are driving.
2. Take drinks from strangers
3. Mix different types of alcohol (puke alert!)

TIP: Drink only if you are of the legal age, 21+



Alcohol pt. 2

Each drink has a different alcohol by volume (ABV), which lets the consumer know how much percentage of pure alcohol is in a drink.

One shot, one cocktail, and one beer are all considered a single drink. They can vary depending on percentage as well as how many shots are added. Keep this in mind when you're spacing out your drinks!

TIP: Liquor before Beer, you're in the clear! Beer before Liquor, never been sicker!



After Party

Before you turn in for the night, there are a few final things to consider to ensure a safe arrival, and a not so grueling morning after.

- Make sure your DD is sober
- Wait in a safe area for your rideshare.
- Eat before bed (fast food is a go-to!)
- Set a cup of water on your bedside (drink plenty of H2O!)
- Sleep on your side (avoids vomiting/choking)
- Send a check-in text to your friends (did they make it home ok?)



Local Resources

Check out these resources for any harm reduction and party safety tips!

Family Assistance Program | housing support

<https://familyassist.org/> (San Bernardino County)

IE Harm Reduction | general inquiries and syringe cleanup

info@ieharmreduction.org (951) 364-5311

Operation Safe House

operationsafehouse.org

CAT 911 | alternative to 911

IG: @Riversidecat911 cat-911.org

IE Opioid Crisis Coalition | treatment resources

www.ieocc.org

Harm Reduction Circle | services at nightlife events

www.harmreductioncircle.org/

Dance Safe | supplies & resources

www.dancesafe.org

End Overdose | no judgement lifeline services

800-484-3731

Don't forget to Party!



RAINBOW PRIDE

YOUTH ALLIANCE