

PARTY HARD PARTY SMART



PARTY HARD – PARTY SMART

Going clubbing or to a private party, can be full of fun and new experiences, but make sure that things don't get out of hand. The aim of this brochure, is to bring you practical tips on how to avoid potential problems and minimize risk in any situation that might come up, while you are out enjoying yourself.

WE BEGIN...

Before you go out, to a party, concert or clubbing:

- Find out as much as you can about where the event takes place and who will attend.
- Tell your parents or another responsible adult, where you are going.
- Decide with your friends how you will get there. Always pick the safest route.
- Decide when and how you will get home. Don't go home by yourself!
- If you are planning to drink alcohol, have a meal beforehand.

ALWAYS CARRY WITH YOU:

- ID Card
- Health insurance card
- Charged mobile phone – it can help you if any problems arise.
- Have the numbers of at least two taxi companies, saved in your mobile, along with the number of emergency services (112 in the EU).
- Enough money to get home
- Condoms and lubricants (either water or silicon based)

Have fun with people
you know and trust.

AT THE PARTY...

PARTIES AND ALCOHOL

If you decide to drink:

- **Know your limits.** Don't test them in new places with new people.
- Set yourself a drink limit at the start of the party, and keep by it. Have one of your friends near by, to keep an eye on you, if necessary.
- **Always eat** before drinking and have something small afterwards as well.
- **Alternate alcoholic and non-alcoholics drinks.** Alcohol dehydrates, so have a drink of fresh water from time to time.
- **Don't drink and drive.** Slovakia has a zero-tolerance policy when it comes to alcohol behind the wheel. Drinking and driving can also cause serious harm to yourself and others.

PARTIES AND OTHER DRUGS

People do drugs for many reasons, but the decision to take drugs is entirely up to you. The safest choice is not to take drugs, as you avoid all the risks related to drug use. If you decide to do drugs here are some things to keep in mind:

- **Inform yourself about the drug.** Info from a dealer is hardly sufficient. Get more information from people you know or, ideally, get some scientific information beforehand. Remember that you never know what you are actually going to get, so if you can test your drugs before you party then you will have a better idea of what you are getting into.
- **Setting:** Loud concerts, crowded halls or house parties are not safe places to experiment with drugs. You can never be 100% sure what effects the drug you decide to take will have on you, or if it contains any additives that will change

its effects. Therefore, if you decide to use a drug, be in a safe place, with people who can help you if need be.

- **Set:** Don't use the drug if you are feeling unsure, are under stress or just not feeling the best. If you do use the drug and are uncomfortable, you can easily start to head down a "bad trip".

Each drug is different, therefore it's quite hard to give any universal tips. But in general we can say that:

- **Less is more.** It's not a race, be patient while waiting for it to start. Some drugs take a longer time to kick in (for example, the effects of ecstasy only start after 45 minutes, if it contains additives like PMA, it takes even longer). Double dosing could make things even worse!
- **Rest and catch a breath regularly.** It might sound like fun to dance the night away, but in reality it can be a big strain on the body, even if you might not feel it, because of the effects of the drug.
- **Drink non-alcoholic drinks regularly.** A small glass of water per hour should do the trick.
- **Don't leave the party with strangers! If you are high your boundaries can change, so your judgment of who is safe to trust may be impaired.**
- **Avoid mixing drugs.** Even combination of alcohol and another drug can be dangerous. Be aware of potentially deadly mixes like alcohol and GHB!
- If you inject or sniff drugs, **never share your tools.** You risk contracting Hepatitis C or even HIV. Always use sterile, clean and your own personal tools.

BAD TRIP

A bad trip is a very unpleasant experience, which can be caused by using a psychotropic substance (for example LSD or mushrooms), but instead of having a pleasant experience, you feel anxiety, fear and panic. To avoid a bad trip:

- **Dot use drugs if you are not feeling okay** (if something is bothering you, e.g. a break up, school, work) or if you are just not feeling up for it.
- If you decide to use a drug, do so in a safe environment with people you know and trust.
- Take a smaller dose. If you aren't feeling the effects, don't take more - it can take a different time to kick in for different people. This way you can avoid a bad trip and overdose.

How do you find out if one of your friends is having a bad trip? People experiencing a bad trip can act anti-social, be unusually quiet or can be freaked out and panicking - they can think that someone or something is trying to harm them. A bad trip is not lethal, but there is always a risk of injuring oneself.

If someone is experiencing a bad trip:

- Don't leave them alone!
- Try to calm them down. Explain to them that it's just the effect of the drug and will wear off.
- Speak calmly with them. Be careful of what you say, avoid ambiguous or sarcastic statements
- If possible, move to calmer and safer surroundings.

ALCOHOL POISONING

Sometimes it can happen to us, or to our friends, that we over do it with alcohol and our body cannot process it. Therefore, it is good to know the basic symptoms of alcohol poisoning.

Alcohol poisoning symptoms:

- repeated or uncontrollable vomiting
- cold, pale (even blueish), wet skin
- unconsciousness, or the inability to awake
- irregular, shallow breathing
- inability to communicate and keep eye contact
- no reaction to painful impulses

If these symptoms arise immediately **call an ambulance at 112 or 155!**

It will take some time before help arrives. **If someone has alcohol poisoning, never leave them alone!** Also don't let them "sleep it off". They can choke on their vomit, or hurt themselves in another way. Stay with them, check their breathing, pulse and place them in the recovery position on their side.

HOW TO AVOID ALCOHOL POISONING?

- Eat! Eat before and/or during drinking.
- Don't mix alcohol. You will avoid morning problems and lower the chances of alcohol poisoning.
- Drink non-alcoholic drink. Best choices are mineral water and fruit juice.
- Avoid drinking games and drinking in "circles". You can keep a better track of how much you have drunk.
- Drink slowly. You don't have to drink straight up. Know your limits and don't try to keep up with other at all costs.

BASIC FIRST AID

If you find someone laying inert, check to see if they are conscious. Talk to them slowly and calmly. If they don't react then try pushing one of their pressure points (e.g. the earlobe). Try and find out how well they orientate in time and space. Stay with them until they are feeling better. In an emergency, find someone who will help you give first aid, so you don't end up doing it alone.

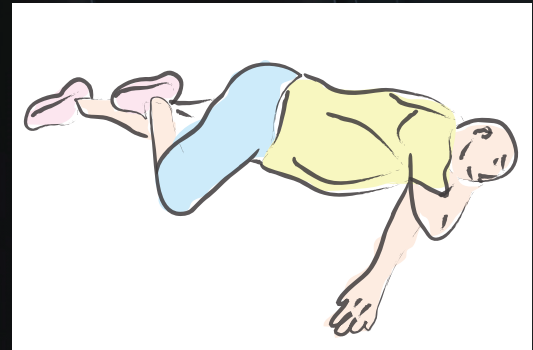
If they aren't reacting, don't leave them alone! Proceed to give first aid – ideally you shouldn't do it alone.

Monitoring vital signs – breathing and heartbeat:

- Check their breathing. Turn them on their back carefully. Tilt their head gently and lift their chin with your fingers, this will prevent them from swallowing their tongue. Check to see if their chest raising. Try and check if you can feel their breath on your face. You can also use a mirror – just place it to their mouth. If the person is breathing, the mirror will get foggy.
- Check their pulse. You can do this by placing your fingers on their neck artery, or on their wrist.

IF THEY ARE BREATHING AND THEIR HEART IS BEATING (THEY HAVE A PULSE), PLACE THEM IN A RECOVERY POSITION:

1. Put the person into a horizontal position.
2. Place one of their hands under their head, so the hand it crosses their chest.
3. Bend the leg, on the same side where the hand, that supports their head, is.
4. Turn them on their side and place the hand under their body gently on their back. Now they should be in such position from which they will not flip over on their back while having their head secured.



IF THEY ARE NOT BREATHING, BUT THEY HAVE A PULSE:

- Quickly call 112. Ideally, have someone else do it, while you give first aid.
- If they are not breathing but they have a pulse, it means that, their heart is beating. In this case it is necessary to quickly begin mouth to mouth resuscitation, or else their heart might stop beating soon.
- Check their airways, or, if appropriate, remove the breathing barrier.
- To start with mouth to mouth, do the following – Pinch the nostrils closed, gently open their mouth, place your mouth on theirs and blow one or two quick breaths. Now check if their chest is raising.
- If the heart is beating, continue at a rate of twelve breaths per minute (meaning one breath every five seconds), while checking their pulse.

IF THEY ARE NOT BREATHING AND THERE IS NO PULSE:

- Quickly call 112. Ideally, have someone else do it, while you give first aid.
- Begin to massage their heart. Place two fingers on the end of their chest bone. Place your palm just above your fingers. Now press their chest in about 4-5 cm, 30 times in a row – about two presses a second. Keep your hands straight, this way you can apply more pressure with less effort, as you will be using your body weight.
- Proceed by giving mouth to mouth, as described above, with the exception that you will give blow twice.
- Continue pumping (another 30 times) and follow it up with two breaths into their mouth.
- Resuscitation is physically demanding, if possible alternate with some.

If the person is not breathing nor is their heart beating, begin to resuscitate them with a ratio of 30 chest presses to 2 mouth to mouth breaths.

If possible, try to find out if the person took any drugs. This information can be very helpful for the paramedics.

SAFER SEX

Sex is often a part of a night at a club or at a party. For some it's a positive experience, for others it's something they might regret. In either case, it is best to keep in mind the rules of safer sex.





- **Use a male, female condom.** Only condoms can protect you from both pregnancy and sexually transmitted diseases (STD). Don't rely on the fact that someone might look good and healthy. A lot of STD's are not visible. Never use a condom past its expiration date and never use two condoms at once. Use condoms in the way described in the instructions.
- Use a condom during vaginal, anal and oral sex (a blow job). If you are having oral sex with a woman, you can use a dental dam. You make this dam easily out of a condom – first you roll it out, cut it in half and place it on the genitalia (or the anus, if you are performing anilingus – a rim job).
- Use a lubricant. Lubrication can make the sex more pleasurable, while reducing the risk of the condom rupturing. Use only lubricants specified for sex! Various oil damage the condom, so it is more likely to rupture. Avoid Vaseline at all costs!

Alcohol or drug use can seriously influence your decision-making capabilities and sexual behavior. Have your friends nearby, who will be able to control you and help you not to get into a situation you might regret the next day.

Coercion has no place in sex! **Remember that in sex, "No, always means NO."**

PEER PRESSURE OR HOW TO SAY NO

Peer pressure is a well known thing. It often leads to positives, new and pleasant experiences. But what to do in the case those events in your group are going in a direction you do not agree with?

Conforming to the “cool” majority, not always ends up so cool. Don’t condemn the action of others, but remember that **you have the right to say NO** at any stage of the night. If you are feeling uncomfortable, unsure, just say:

“No.”

“I want to end this.”

“I’ve got to go [to the toilet].” This can help you get out of an uncomfortable situation and get some time to think things through.

If you are in a situation when others disregard what you say, you can try faking nausea and going off, to throw up. It is highly likely, that in this case, the annoying others will leave you alone and stop forcing you into doing things that you don’t want to do.

Don’t leave the club, bar or party alone.

VIOLENCE

Violent conflicts are, unfortunately, sometimes a part of a night out. It is important to deal with the conflict from the start in order to solve things without violence.

The most common reasons for conflicts are:

- Staring. For example: If someone comes up to you and says: “What are you looking at?!” - don’t let yourself get provoked. Try to calmly explain that you are sorry if the other person felt that you are staring, but that you were just looking around the place. After all, both of you are here to have a good time.
- Spilled drink. If you spill someone’s drink and they start acting aggressive, back down. Tell them that you will buy them a new drink, or explained that it happened because you were pushed. (If they still are demanding that you buy them a new drink and you are out of cash, try and talk to the staff to see if they can put it on your tab. It is easier to pay it the next day, then deal with a broken nose...)
- Harassment and jealousy. If you find someone at the party that you like, check to see if they are there alone. This can easily help prevent any jealousy scenes. The best strategy such case is to remain calm, back down and not say anything that might anger the aggressor more.
- Racism, xenophobia. Unfortunately it is quite hard to prevent racist or xenophobic conflicts. If you are going to an unknown place a good tip is to dress neutral. Clothing is, after skin color, the second most visible reason why someone might single you out and be aggressive towards you. If a conflict arises, contact the club security or call the police.

Don't leave the club, bar or party with people you don't know and don't let your friends leave with strangers. You don't know who they might be, and if you stick together with your friends, you have a better chance of helping each other out if need be – something that you can't rely on strangers to do.

AFTER THE PARTY

Treat yourself to rest and enough sleep after partying. If you are feeling hungover – headache, nausea, dry mouth, prescribe yourself a good, protein breakfast (eggs, meat, milk products), vitamins, lots of liquids like juices or water, a shower and a walk. Don't "cure" hangover with a shot of alcohol. If you had a party at your place, you can look forward to cleaning up.

We wish you a lot of good fun, great parties and little problems while having a good time out.



THE BROCHURE WAS PREPARED 2012 BY:

MIROSLAVA ŽILINSKÁ | IVANA JURKOVIČOVÁ

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You can also find this brochure online. For example see: www.youthrise.org

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