



RULES TO PARTYING SAFER

The very safest thing is **NOT** drinking or using drugs.

But sometimes “just say no” just doesn’t cut it.

some suggestions of how to say “no”

I'm allergic to alcohol

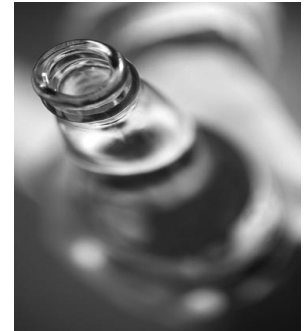
I'm driving tonight

I've got a game tomorrow

I'm babysitting/working/studying tomorrow

I just don't feel like it.

I'm high on life! 😊



We also recognize that even though drugs and alcohol are illegal some people will choose to use them.



If you use, here are some ways to stay safer:

- Create a buddy system--have a friend look out for you
- Know your limits--Limit how much you use
- Never leave your drink unattended
- Drink plenty of water, especially if you are drinking or using ecstasy
- Tell a friend if you begin to feel unwell, tell them what and how much you've taken, go to nearest emergency centre if needed

→ Plan a safe way home ahead of time--don't drive, rollerblade, cycle, or even walk if you feel unsteady or unable to make your way home

→ Always bring condoms, even if you just end up giving them out to others who may need them

→ Use your own drug works: pipes, snorting tools, needles

When you party, party hard

It doesn't have to include drugs or alcohol

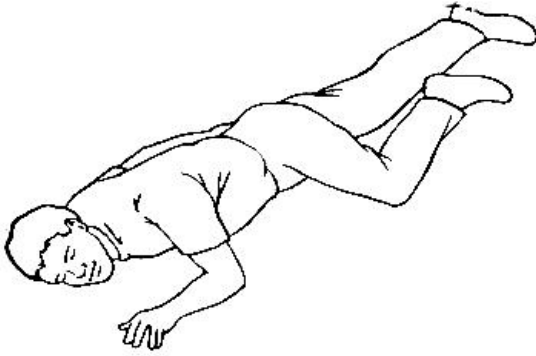
There are plenty of fun and safe activities like.

Crowd surfing, rockin' out to some good tunes, spinning, hanging with friends, eating frosting from a can...

THE RECOVERY POSITION:



If someone has passed out, put them in the recovery position. This can prevent them from choking on their own vomit.



→Clear a space around them and stay with them until help arrives.

→Turn them on their front with their head sideways.

→Bend their upper arm and leg and straighten their other arm and leg (so they stay propped up on their side).

DO YOU NEED HELP WITH YOUR OWN SUBSTANCE USE, OR SOMEONE ELSE'S?

If you live in Manitoba and have concerns about substance use (for you or for someone else), the organization that specializes in addiction is the Addictions Foundation of Manitoba (AFM). AFM provides services for people who use substances themselves, and for people who are affected by other people's using.

There are AFM offices in many communities, and lots of schools have AFM workers one or more days each week. Workers can help you figure out goals around substance use (some people might want to quit using entirely, others might want to cut down or stop one substance but continue to use others) and action plans to work towards your goals.

AFM Winnipeg: 944-6200 (24 hours) www.afm.mb.ca

Thompson area: 677-7300 or 1-866-291-7774

The Pas area: 627-8140

Flin Flon area: 687-1771

Native Addictions Council of Manitoba: 586-8395

Alateen: 943-6051

Other people to talk to (for whatever reason):

Klinik Crisis Line -- 786-8686

or 1-888-322-3019

Teen Touch -- 793-1116 or 1-800-563-8336

Kids Help Phone -- 1-800-668-6868

Guidance counselors

Supportive friends, family members, teachers.

If someone's having a bad reaction or has taken too much:

9-1-1

Poison helpline – 787-2591

Emergency room, clinic or nursing station

Health Links – 788-8200

or 1-888-315-9257

For needle distribution/exchange:

Street Connections 50 Argyle St, or call 981-0742 for their mobile van.

Public Health Nurses



For more information on substances:

www.zoot2.com

www.nida.nih.gov

www.virtual-party.org

www.freevibe.com