

# DRUGS AND SEX

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# DRUGS AND SEX

Psychoactive substances can reduce inhibitions and change our sensation of touch and pain. Some lead to longer or fewer erections. Too high doses and continuous use usually reduce the sensation of pleasure.

## IT'S YOUR DECISION!

Lowering inhibitions can feel good – or lead to doing things you don't want to. There's no justification for transgression – including intoxication. Educate yourself about drug effects. Follow safer-use rules. If you associate good sex only with substance use: Try regular sex without drugs. Seek professional help if necessary.

## CONSENT FIRST!

Discuss what you like and what not. Establish rules and a safe word for “stop” & “no”. Ask questions. Seek confirmation even for what you think is okay. It's okay to change your mind at any point. No means no, only yes means yes.

## LOOK AFTER YOUR SEXUAL HEALTH!

- › Safer Sex rules. Test regularly for sexually transmitted infections (STIs).
- › Condoms are available for penises and vaginas, and protect against STIs.
- › Many substances dry out mucous membranes. This can lead to injuries. Condoms can break – use lube.

## CONTRACEPTION & CONSUMING

- › If you need to vomit, the pill may not work reliably.
- › Consumption can disrupt the menstrual cycle, blood circulation and hormone balance. If you don't have your period, you may still become pregnant. Use additional contraception with a condom.
- › Pregnant? Pause everything, especially downers. Most uppers have neurotoxic effects. Careful with cannabis, quit smoking. Psychedelics can induce labor.

## SEX & ALCOHOL OR OTHER DOWNERS

### Downers

lead to dehydration, numb and suppress pain stimuli. Set limits. Don't try new practices. Use plenty of lube.

### Sex and alcohol

Already from about 0,5% erectile dysfunction and reduced wetness can occur. Coming is often no longer easy. In the long term, often little desire for sex. Infertility or damage to the unborn possible – consistently abstain from alcohol during pregnancy.

### Sex and G

Narrow difference from a pleasure-increasing to a mind-dulling or comatose effect, high risk of fainting. Danger is increased again in combination with other downers.

### Sex and Benzos or Opiates

May relax, inhibitions fall away. With long-term use, the libido usually suffers tremendously.

### Sex and Keta

- › Pain sensation inhibited, reflexes (gag reflex, muscle contractions) slowed, body as a whole strongly anesthetized.
- › Injuries often go unnoticed. Know your limits well. Keep them in spite of sedation.
- › Too much keta knocks you out and makes help- and defenseless.

## SEX & UPPERS

Stimulant drugs accelerate the pulse. Sex also puts a strain on the circulation. Palpitations, dizziness, circulatory overload possible.

- › Go slow, take breaks, cool off. Drink water in small sips.

- › Very long desire for sex is possible. Use lube!

- › Erections might be difficult – consider enjoying sex in different ways.

- › Cocaine is a local anaesthetic. You might become sore without noticing.

- › Frequent use usually leads to a significant decrease in libido.

### Viagra and Poppers

Sildenafil and other PDE-5-Inhibitors (Cialis, Levitra) dilate the vessels, leading to much blood in the penis. In combination with poppers life-threatening drops in blood pressure are possible.

### Sex-Accidents

- › Act quickly after unprotected sex.
- › The morning-after pill is available without a prescription at the pharmacy or prescribed by a gynecologist.
- › Reduce the risk of HIV infections by using PEP.

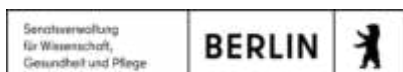
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# FIRST AID

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# FIRST AID

Emergencies can happen at any party. If you encounter a helpless person, a proper response can save the day.

## STAY CALM

Take three deep breaths. Act as well as you can. Give yourself permission not to do everything perfectly, but to do the best you can.

## GET HELP!

Many hands make light work. If in doubt, call for professional help at the location or for emergency services (112).

**NEVER LEAVE A HELPLESS PERSON BY THEMSELVES.**

## IS THE PERSON RESPONSIVE?

- › Offer help by asking what the person needs.
- › Provide a safe environment and cooling or warmth.
- › Offer water. Have them drink in small sips.
- › See that the person gets home safely.

## IF SLEEPING OR UNCONSCIOUS

- › Address the person and check vital signs.
- › If unclear: provide pain stimulus.

## THE PERSON IS NOT REACTING?

- › Check for cardiac/respiratory arrest or respiratory depression.
- › If the person is breathing regularly and deeply, keep them in the recovery position.
- › Call an ambulance/emergency doctor via 112 (works throughout Europe).
- › Ensure briefing for rescue forces.

## THE PERSON IS:

### › NOT BREATHING › NOT BREATHING SUFFICIENTLY?

- › Start resuscitation measures immediately:
- › Clean mouth of food debris.
- › Perform cardiac massage until professional help arrives.
- › To do this, place the person on a firm surface. Alternate between two people.
- › Only perform ventilation if you have practiced it before hand.

## SEIZURE

- › Protect person from injuries. If possible place something soft under head.
- › DO NOT HOLD THE PERSON. NEVER PUT ANYTHING IN THE MOUTH!
- › Afterwards: Keep person in recovery position and seek medical help.

## OVERHEATING / DEHYDRATION

- › Warning signs: dizziness, fainting, headache, fatigue.
- › Move person to a quiet, cool place.
- › Have person drink water in small sips. No alcohol or caffeine.
- › Offer magnesium and glucose or sugary drinks.

## CIRCULATORY CONGESTION

- › Signs: Paleness, wet skin, rapid pulse.
- › Place person in shock position (horizontal, legs slightly elevated).
- › Vitamin C, water and glucose or sugary drinks may help.

## CHALLENGING TRIPS

- › A challenging experience is not automatically a negative one.
- › All things pass – so does every trip.

- ›› Take a breath. If you're calm, this will reflect onto the other person.
- ›› Protect the person, accompany them to a safe space. Send away disruptive people, involve helpful/supportive friends.
- ›› Act mindfully. Listen. Give the person time.
- ›› Check for physical discomfort, call emergency services if necessary.
- ›› Consciously breathe together: slowly and calmly in and out.
- ›› Check basic needs: air, warm/cold, rest, food/drink, toilet.
- ›› Offer what might do well: Cozy corner, tasty drink, etc.
- ›› Do not encroach. Never touch without consent. If desired, a hug can be helpful.
- ›› Get the support you need – trip sitting can be exhausting. Don't work alone. Give yourself breaks.
- ›› Always give the person an offer of further help before parting ways.

## WHEN EMERGENCY SERVICES ARRIVE ON THE SCENE:

- › Inform them exactly what you observed and what was consumed (do not speculate). Medics are bound by confidentiality.

## TO PROVIDE FAST AID YOU DON'T NEED TO KNOW WHAT WAS CONSUMED – ACT SYMPTOM-ORIENTED.

## ASK WHAT WAS CONSUMED ONLY IF THE SITUATION ALLOWS.

## NEVER ADMINISTER DRUGS ON YOUR OWN AUTHORITY!

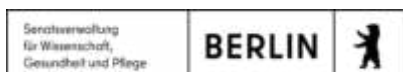
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# SAFER HEARING

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# SAFER HEARING

## HEARING DAMAGE DUE TO LOUD NOISES

How loud or quiet something is perceived depends on many things: sound pressure level, frequency (pitch) and impulse (how quickly loud and quiet alternate), but also on set and setting.

When music is perceived as noise varies from person to person (e.g.: How sensitive am I? Do I like the style of music?) and depends on what is happening at the moment and in what state the person is in (Do I actually need to sleep or work? Do I want to have a relaxed conversation or am I ready for full volume?). However, the individual sensation often says little about the actual load.

### HOW DOES HEARING DAMAGE OCCUR?

The auditory sensory cells have fine hairs that function like a microphone. When the number of these hairs decreases, hearing deteriorates - you may need a hearing aid. The louder and longer your hearing is exposed, the more likely it is to be damaged.

## SUBSTANCE USE CAN INCREASE THE RISK OF HEARING

### MANY SUBSTANCES

(e.g. uppers, alcohol, ketamine) lead to increased blood pressure, which results in poorer blood flow in the ear.

Laughing gas consumption leads to an increase in pressure in the inner ear. Middle ear infections are possible.

With cannabis, sedating substances (e.g. alcohol, benzos), psychedelics (e.g. mushrooms, LSD) or dissociatives (ketamine) we often perceive loud music as less unpleasant and thus underestimate the strain on the ear.

## SAFER HEARING TIPS

Wear hearing protection as often as possible. Good earplugs with a filter that attenuates all frequency ranges offer less loss of sound. It is best to have custom-made earplugs made for your own ear by a hearing care professional.

Substance use affects noise perception. Consider using hearing protection more often.

Eat healthy. Drink water and watch your nutrients even when partying. Give preference to non-alcoholic beverages.

Keep your distance from the sound source! Directly in front of a speaker the exposure is very high and the sound is not balanced anyway. Better look for good sound instead of full volume. Keep distance from the walls, the noise level is often particularly high here as well.

Reduce noise exposure: Do not always listen to music loudly or to fall asleep. Avoid continuous sound and noise peaks. Take noise breaks when going out, which sensitize the hearing to the noise level again.

In any case: reduce stress, get plenty of sleep and rest. At the same time, reduce noise as much as possible.

Chew a lot and sing regularly and loudly. Seriously: This strengthens the middle ear muscle!

Buy good headphones! Bad sound tempts you to permanently listen much too loud. Noise reduction is useful because it reduces external noise. But: The louder you listen, the shorter - permanently listening to loud music leads to the most hearing damage!

Take regular hearing tests. Take beeping, hissing or muffled hearing after hearing stress seriously and make it an exception. If it goes on for more than two days or is accompanied by dizziness, hearing loss and a feeling of pressure: See a doctor as soon as possible.

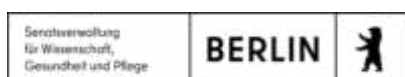
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# SAFER SEX

You can significantly reduce your risk of STIs (Sexually Transmitted Infections) during sex.

Most STIs are curable or well treatable. The earlier you treat them, the better your chances.

Test yourself regularly for STIs and use condoms.

Safer sex is always the responsibility of everyone who has sex together. Talk about safer sex. Clarify in advance what is okay. Take needs and boundaries seriously.

## STIS – WHAT AND HOW?

The best-known STIs include HIV, chlamydia, syphilis, gonorrhea ("tripper"), HPV (human papillomavirus, which can also lead to genital warts), hepatitis, herpes and MPX ("monkeypox").

The transmission routes vary depending on the type of pathogen. For example, via body fluids (saliva, vaginal secretions, semen, blood, breast milk), through injuries to mucous membranes via the bloodstream, or through prolonged skin contact.

## HIV PREVENTION

The triad of condom, PrEP (= pre-exposure prophylaxis) and TasP (= therapy as prevention) offers effective protection against HIV infections. Information is available from medical specialists, public health offices, AIDS help centers, checkpoints and counseling centers for sexual health.

## SAFER SEX: HOW TO

Hygiene. Clean hands and toys thoroughly before using them. Also when changing anal/vaginal.

Use condoms, dental dams, and gloves if necessary.

Use lubricant. Prevents injury to mucous membranes and reduces risk of blood transmission. Alcohol and many other drugs additionally dry out the body – use more lubricant. Latex rubbers and toys can become porous and tear with grease- or oil-based lubricants. Clean toys with soap after using silicone-based lubricants. If in doubt, always use water-based lubricant.

## SAFER-SEX-ACCIDENTS

Calmly consider the risks involved – not every accident carries a high risk of infection. If necessary, contact an emergency clinic in your area or the AIDS helpline in Germany: +49 180 3319411

➤Rinse contact points gently (!) with clean water. In case of oral contact, use mouth wash (do not brush your teeth!).

➤With a PEP (=post-exposure prophylaxis) you can still prevent an infection with HIV with a high probability after a risky contact, if you take HIV medication regularly for 4 weeks. The sooner you start, the better the chances of success (recommendation: 2 to 24 hours after sex). PEP is only available on prescription, but can also be issued in a clinic. Further information and an overview can be found at man\*check Berlin: [mancheck-berlin.de/pep](http://mancheck-berlin.de/pep).

➤You can buy the morning-after pill without a prescription at any (emergency) pharmacy. It is more effective the earlier it's used – preferably in the first 24 hours.

➤In any case, test for HIV, hepatitis and other STIs 3 months after your safer sex accident – this is possible at doctors without cost sharing!

## STI-TESTS

Get tested regularly by medical specialists, health offices, AIDS help centers, checkpoints or counseling centers for sexual health (in Berlin: Zentrum für sexuelle Gesundheit). This is the only way to protect your partners. Many STIs can also run their course without pronounced symptoms. However, the infection can still be transmitted and can also lead to subsequent damage to yourself.

Recommendation: HIV/STI test at least every 6 months (with very frequently changing partners every 3 months). If you and your partner have sex only rarely or not at all, once a year can be sufficient.

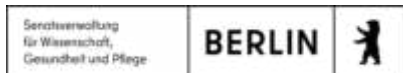
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# SAFER USE

Plan it,  
check it,  
test it.

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# SAFER USE

## CONSUME CONSCIOUSLY

Plan ahead: What do I want and need before, during, and after the party?

Decide for yourself: What is good for me? What applies to me does not necessarily apply to others. And vice versa!

Inform yourself: About the substance, about side effects and interactions, about special risks. Collect information on substance quality. If possible: Use drug checking!

Risk check: Do not over-/underestimate the substance, the dose, yourself, and the risks.

Consume hygienically: Cleanly package and label substances after purchase. Wash hands thoroughly afterwards.

Protect yourself: Inform your friends about what you're using. So that they can help you in an emergency.

Testing: Take the smallest effective amount possible orally – preferably at home and not alone. Check for signs of poisoning and defensive reactions of the body!

Dose cautiously: Wait sufficiently before re-dosing – ideally at least 90 min. Observe effects. Onset and intensity of the effect also vary depending on your daily form and the way of consumption!

Cool down: Take breaks in between and cool down!

Safety first! No consumption during pregnancy and breastfeeding and before driving or cycling! In case of doubt, get help immediately. Staff and paramedics are there for you!

Seek help if  
you or others  
need it!

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## SAFER SNIFFING

› Grind crystals and powder until they are very fine. This will hurt your mucous membranes less.

› Clean your nose before sniffing. Alternate nostrils. Afterwards care with ointment or oil.

› Disinfect surfaces before use and always (always!) use your own clean accessories. Hepatitis viruses in particular are still contagious for a long time outside the body.

› The onset and full effects of a substance can be quite a long time apart. Take your time with re-dosing!

## ORAL CONSUMPTION

› Capsules, pills, bombs:

The onset of action can take a long time (up to two hours). Don't re-dose too quickly!

› If possible, do not dissolve crystalline substances in drinks – most of them are highly corrosive and attack teeth and gums.

## SMOKING

› Combustion produces particularly harmful by-products.

› Activated carbon filters can reduce the harmful substances from smoke.

› Vaporizers heat more efficiently and are significantly less harmful.

› When smoking cannabis, it is better to smoke pure (vaping is best) – tobacco is extremely harmful to health. Dose more carefully!

› When sharing joints, pipes and vaporizers you can easily transmit many viruses and bacteria. Thoroughly disinfect or boil consumption utensils.

## INHALING

› Avoid direct contact with skin or mucous membranes – most substances are highly corrosive!

## INJECTING

› Injecting is particularly risky – inform yourself in detail beforehand!

› Never share injecting equipment and use a new needle each time!

› Injecting has a more immediate and much stronger effect, the risk of overdose is particularly high. Dose especially carefully!

## ANAL USE “BOOFING”

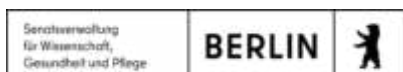
› Inserting substances anally (with a syringe without a needle or as a powder in a capsule) is gentle on the nose, stomach and veins – but irritates both anus and rectum.

› The effect is similar to that of injecting.

› Use water-soluble lubricant to avoid hurting yourself during insertion.

› Avoid infections: To each ass its own syringe! Use gloves when inserting capsules, clean hands thoroughly.

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# SPIKING

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# SPIKING

**ALSO IN NIGHTLIFE THERE'S  
SEXUALIZED VIOLENCE AND  
PEOPLE WHO DOSE ("SPIKE")  
OTHERS AGAINST THEIR WILL,  
OFTEN WITH DOWNERS LIKE  
ALCOHOL OR G.**

**EVERY INCIDENT OF SEXUALIZED  
VIOLENCE IS ONE TOO MANY.  
ANY TRIVIALIZATION IS  
INAPPROPRIATE.**

**EVERY TRANSGRESSION  
NEEDS TO BE ADDRESSED  
IMMEDIATELY!  
SUPPORT THOSE AFFECTED  
IN SOLIDARITY!**

Their needs are decisive for evaluation and consequences ("power of definition" of those affected).

**DO NOT PASS ON SUBSTANCES  
WITHOUT EXPRESS CONSENT.**  
Giving or administering substances to others without explicit consent and full awareness of the possible consequences is an absolute NO-GO! Handle substances with care and caution. Keep substances safe from others, avoid risking confusion.

Do not persuade anyone to use substances and/or have sex. Always make sure that others do not underestimate the substance. Warn of possible consequences, choose low-risk dosages.

## PROTECTING YOURSELF AND OTHERS

Support and sensitize your fellow ravers! Get involved! Show attitude and make it clear that any unclear passing on or administering constitutes violence. Only Yes Means Yes, also regarding substance use!

Mark your own drink unmistakably and keep it covered, don't leave it unattended. Drink check wristbands / test strips are not safe. Take care of yourself and others. Offer assistance where needed. Intervene in unclear situations if you suspect (developing) assault. But be careful not to make overbearing decisions for others. Get help if necessary!

## TIPS FOR AFFECTED PERSONS

Get psychological support, e.g. from good friends or a professional counseling center. Speak up about what you've experienced. Do not excuse anyone else. The assailant is solely responsible for an assault, not the person affected.

Expect a lack of understanding, "talking down" and whitewashing. Your confidants may be overwhelmed or get into a role conflict. If necessary, intensify your search for professional help. Get advice, but don't let yourself be pressured into decisions. Decide on your own about your next steps. If you are threatened, get help immediately. Self-protection is not cowardice.

If you want to file a complaint (possibly later), you should secure evidence as soon as possible by documenting the course of events and injuries. You can find out how and whether it makes sense to have body fluids taken on our website or by asking us.

If you're sure that you want to press charges: Contact the police without wasting time. Again, expect a lack of understanding and to be asked about intimate details. Be aware that perpetrators are often not convicted. In criminal proceedings, you usually no longer have the right to refuse to testify. Get professional advice!

## IMMEDIATE SUPPORT FOR PERSONS AFFECTED BY SEXUAL VIOLENCE AND THEIR FRIENDS

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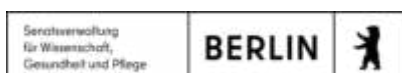
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**Counseling on safer use, reduction,  
use breaks, and more:**

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GEFÖRDERT VON:



**HOLE HILFE, WENN DU  
ODER ANDERE SIE  
BRAUCHEN!  
PERSONAL UND  
RETTUNGSDIENSTE  
SIND DAZU DA, EUCH  
ZU HELFEN!**

RISIKOFREIEN KONSUM  
GIBT ES NICHT. SONAR  
STEHT FÜR GESUND-  
HEITSFÖRDERUNG UND  
RISIKOMINDERUNG  
BEIM KONSUM.

THERE IS NO SUCH THING AS RISK-FREE CONSUMPTION. SONAR STANDS FOR HEALTH PROMOTION AND HARM REDUCTION WHEN CONSUMING.



# USER SKILLS

Dealing with  
psychoactive substances  
in an informed way,  
knowing the risks.  
Being in control  
of the effects they  
can have.

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# USER SKILLS

## SUBSTANCE

- › **Be accurately informed about effects, side effects, risks and safer-use rules.**
- › **Be clear about appropriate dosages for myself.**
- › **Inform myself about quality and possible additives. Check my drugs.**

## SET

- Everything about my state of being and my abilities, e.g.:**
- › My current physical and mental health and stress levels.
  - › Special predispositions, illnesses or other vulnerabilities.
  - › Anxiety and possible adverse reactions to specific substances.
  - › My knowledge, experience, and reflection and integration skills.
  - › My basic mood, reasons for taking drugs and expectations.

## SETTING

- In which situation and environment do I use?**
- › Is the place "safe", e.g. protective friends accompany me and I am quickly supported in case of an emergency?
  - › Is the place adequately hygienic?
  - › Are safer-use materials available and can they be used?
  - › Can I relax and tell others what I'm taking?
  - › Can I get home safely even if I'm high?

## REFLECTION ON CONSUMPTION

**Finding out how and whether I want to change something about my consumption.**

## NOW

- › When and where do I (particularly) like to take drugs?
- › What do I take and how often?
- › What expectations do I have?
- › Are they met?
- › How much importance does drug taking have in my life?
- › Which positive and negative consequences does it have for my physical and mental well-being?
- › What rules and rituals do I follow?
- › Do these help me keep to my goals?

## PROGRESS

- › How has my use changed?
- › How have my circumstances changed?
- › Have my rules for (non-) consumption changed?
- › In which areas of life does my consumption have particularly negative or positive consequences?

## CHANGE CONSUMPTION

- › Set clear, realistic goals.  
Do I want to reduce or stop my use (of a particular substance or in general / for at least how long?)?
- › Make a precise plan: When do I stop / when do I start using less? When and where do I give myself permission to use? What's my limit?
- › Drug use diary: For each day, write down how I plan my consumption and how I actually consume.
- › Find alternatives: Plan how I spend the time I would otherwise take drugs (e.g. at parties).
- › Break free: Only consume when I really want to – not because others are doing it.
- › Keep at it: Keep reminding myself why I am changing my consumption, e.g. with post-its on the bathroom mirror.
- › DON'T GIVE UP: Use slips to see what I can do differently next time. Don't get discouraged!
- › SEEK HELP: Get support from friends, acquaintances and professionals.
- › THINK POSITIVELY and reward myself when an (intermediate) goal is reached.

## STAY TUNED

- › Keep certain areas of life strictly drug free.
- › Stick to my own consumption rules.
- › Establish limits and rituals, e.g. only in the evening or only when celebrating at the weekend.
- › Regularly plan longer breaks from using substances and stick to them.

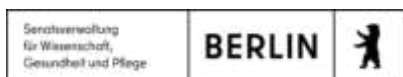
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**GET HELP IF YOU OR SOMEONE ELSE NEEDS IT! STAFF AND EMERGENCY SERVICE ARE THERE TO HELP YOU!**

RYSK-FREE CONSUMPTION DOES NOT EXIST. SONAR STANDS FOR HEALTH PROMOTION AND HARM REDUCTION IN SUBSTANCE USE.

THERE IS NO SUCH THING AS RISK-FREE CONSUMPTION. SONAR STANDS FOR HEALTH PROMOTION AND HARM REDUCTION WHEN CONSUMING.

HAFTUNGSAUSSCHLUSS: DIESER FLYER IST KEINE AUFFORDERUNG ODER ANREGUNG ZUM KONSUM VON BETÄUBUNGSMITTELN UND AUCH KEINE AUFFORDERUNG ZUM DROGENGEBRAUCH NACH § 29 ABS. 1 NR. 12 BTMG

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