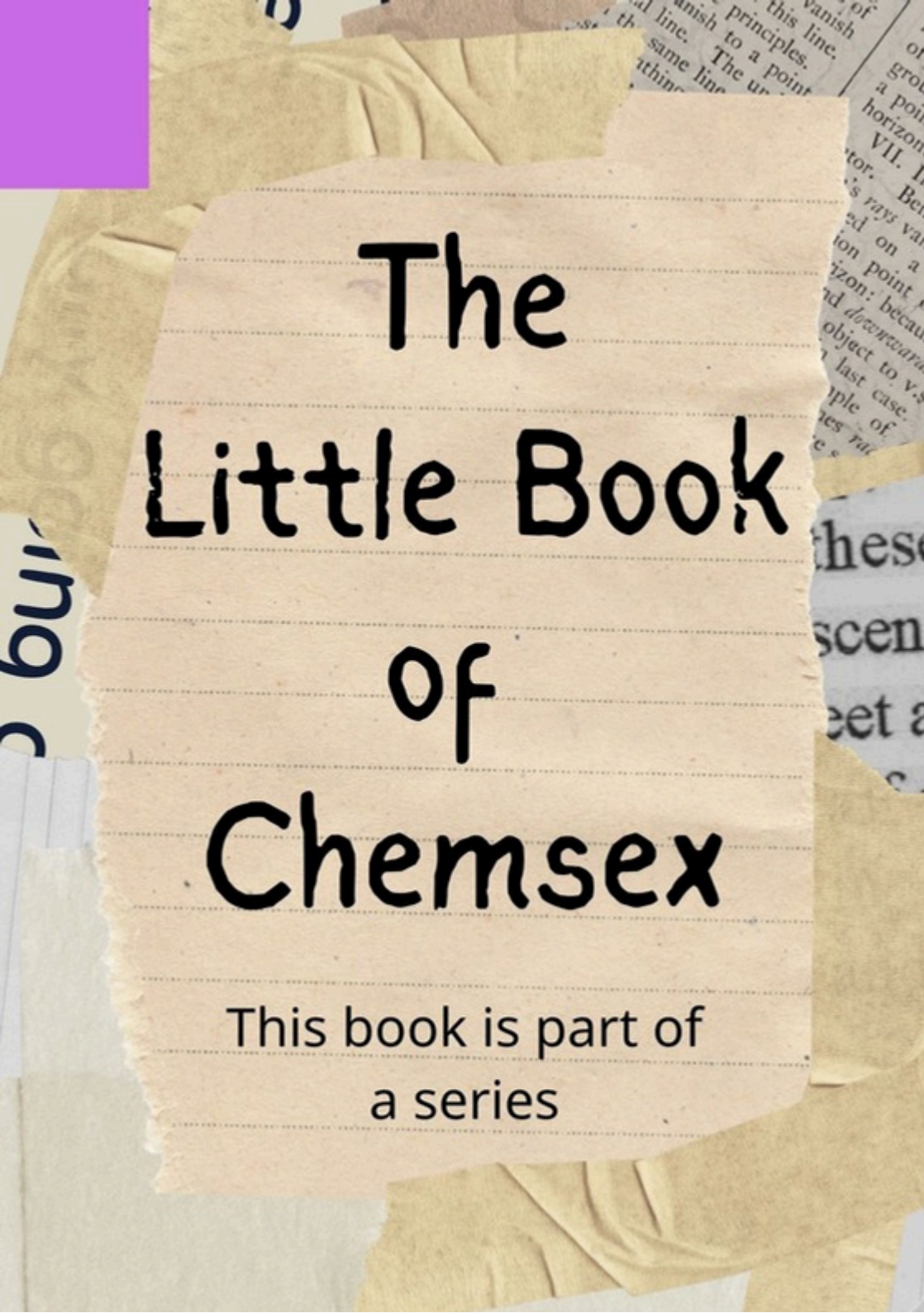




The Little Book of Chemsex

This book is part of
a series

What is Chemsex?

Chemsex (also called party and play) is when people have sex under the influence of drugs.

Drugs **enhance** our feelings around sex.

People may take part in chemsex due to their feelings around **sexual identity, stigma** and **self esteem**.

Come and get advice if you are unsure!



Tina. Gina and Drone

Different drugs can be used for chemsex.

Tina/T/Puff n Play is Methamphetamine. This is a stimulant.

Gina/G/Geeby is GHB/GBL. These are sedatives and you can overdose when taking them.

Drone/MCAT is Mephedrone. This is a stimulant.

Do not mix poppers and Viagra as this can increase the risk of heart attacks.

Slamming

Injecting drugs is also called **slamming**.

Sharing needles puts you at risk of hepatitis B, hepatitis C and HIV.

You should use **different coloured syringes** so you know what is yours and you don't accidentally share.

When injecting you should use the **smallest needle** possible and these must be **new** every time!

You can get **free and sterile** equipment and advice at some pharmacies and needle exchanges.

Overdose

It can be **easy to go over/under**.
Research the drugs you are going
to take and keep a diary of what
you've taken and when.

Gina/GBL puts you at a higher
risk of an overdose.

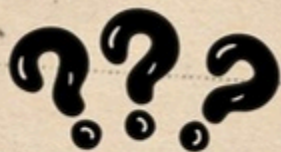
Signs of an overdose



Unresponsive



Shallow breathing



Confusion



Vomiting

**If you are worried someone
has overdosed call 999!**

An overdose can lead to death

Checking in

You should keep an eye on the people around you to keep everyone safe.

Are you OK? Are they OK?

If you have friends at the party you should check in with them and they should check in with you!

If anyone is not ok it is important you know what to do.

Do they need a break?

Do they need an ambulance?

You should not be fearful of getting help. The ambulance service is here to help everyone.

Remember, they've probably seen it all before!

Consent

Consent is extremely important when engaging in sex.

Sober boundaries should be decided before engaging in chemsex and never ignored

If you feel unsafe for any reason you can **leave**.

Tips

Have plenty of water and hydration tablets available.

You should always have plenty of condoms and lube for each party.



Do you have any questions?

Calderdale Recovery Steps has a
Needle Exchange and many other
services on offer!

**13 Carlton St,
Halifax, HX1 2AL
01422 415550**

SLAM packs are also available by post
Text SLAM to 07874643429



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