

PARTY SAFE PARTY PACK

HARM REDUCTION VICTORIA

DanceWize

INTRODUCTION

DanceWize© is a program of Harm Reduction Victoria Inc (HRVic) and DanceWize NSW is a program of NUUA.

DanceWize uses a peer education model to educate party goers and to reduce drug related harm at Victorian dance parties, festivals and nightclubs. The program hosts a chill-out space, discussing safer drug use and provides evidence based information for people with peers, and disseminating health resources.

DISCLAIMER

The surest way to avoid drug related harm is, of course, by not taking any drugs. However, many people take drugs, for a wide range of reasons. This resource has been specifically developed by DanceWize© (HRVic) to help reduce the harms associated with drug use within the dance party and nightclub environment.

It is not produced, nor appropriate, for general distribution.

For more information or advice come and chat to our team at the DanceWize tent/space

DANCEWIZE CONTACTS

- **DanceWize** - info@dancewize.org.au or www.dancewize.org.au (drop us an email after events... we'd love to hear your feedback)
- **Harm Reduction Victoria** - 03 9329 1500 or www.hrvic.org.au (for safer drug use information)

OTHER USEFUL HARM REDUCTION SERVICES

- **The Australian Drug Foundation** - www.adf.org.au (for drug information)
- **Bluebelly** - www.bluebelly.org.au (info on amphetamine type substances)
- **Bluelight** - www.bluelight.ru (info and forum on illegal substances)
- **Direct Line** - 1800 888 236 (for drug information, advice, referrals)
- **Erowid** - www.erowid.org (for drug information)

ADVERSE DRUG INTERACTIONS

Drug use, legal or illegal, is never without risk. You do not know what is in an illicit drug. Risk of harm including overdose is greatly increased with poly-drug use (combining drugs).

'Combining' drugs means to have multiple drugs in your system at the same time. Drugs you took yesterday may still be in your body and interact with drugs you take today. Some drugs like benzodiazepines hang around for a long time, way after you stop feeling the effects.

- Alcohol + GHB = ☠
- Alcohol + ketamine = ☠
- Alcohol + prescription benzodiazepines = ☠
- GHB + ketamine = ☠
- GHB + prescription benzodiazepines = ☠

• Alcohol + stimulants = alcohol poisoning (you can drink more for longer without realising how drunk you are, and this can lead to damage of the liver, kidney and brain.)

• Ecstasy + amphetamines, cocaine, DMT or meow meow = ⬆ serotonin syndrome

• Ecstasy + antidepressant, or St John's Wort = ⬆⬆ serotonin syndrome

• PMA = ⬆⬆⬆ serotonin syndrome and ☠

• PMA + ecstasy and/ or antidepressants = ⬆⬆⬆⬆ risk of fatal serotonin syndrome

☠ = likely overdose / possible death

⬆ = increased level of risk

BE DRINK AWARE AT EVENTS

- Keep track of how much fluid you and your friends are drinking!
-too little water can lead to dehydration and overheating
- too much water (without electrolytes), increases risk of 'water poisoning'.

OUR RECOMMENDATION:

- **Up to 1 standard drink (250ml) of non-alcoholic fluid per hour maximum if you're chilling / resting.**
- **Up to 2 standard drinks (500ml) of non-alcoholic fluid per hour maximum if active / dancing / hot**
- **Eat some salty food or drink soup every few hours to keep your electrolytes up. Also when you don't feel like it.**
- Don't leave your drink unattended or accept drinks from people you don't know or trust. Some drugs can be used to spike drinks. **Keep up your guard!**

DEPRESSANTS, STIMULANTS AND PSYCHEDELICS

Drugs can be classified according to their effects upon the Central Nervous System (CNS)

STIMULANTS, speed up the nervous system and include; Cocaine, Ecstasy (MDMA, MDA, MDEA, BZP* and PMA**), Caffeine, Speed and Ice (Methamphetamine) and meow meow (4-MMC, MMCA, mephedrone***).

Stimulants are also found in some prescription medication (dexamphetamine, ritalin) and some cold and flu medication (ephedrine, pseudoephedrine)

[* BZP is part of the piperazine family and can be lethal

**PMA an extremely dangerous substitute for MDMA,

*** mephedrone should not be confused with Methadone: a powerful opioid used in the treatment of heroin dependence]

DEPRESSANTS, slow down the nervous system, they do not necessarily make you feel depressed. If your CNS slows down too much you can stop breathing and eventually your heart will stop beating which is lethal.

Depressants include; Alcohol, Cannabis, GHB, Heroin, Ketamine, and Nitrous Oxide (bulbs). Depressants are also found in some prescription medication (Benzodiazepine, Codeine, Serapax, temazepam, Valium, Xanax and Methadone*)

[*a synthetic opioid used in opiate substitution therapy]

PSYCHEDELICS, alter perception of reality and change thought processes. Most psychedelics don't necessarily make you hallucinate, but can influence your sight, sound, touch, taste and smell, as well as your sense of time and place.

Psychedelics include: DMT, LSD, the research chemical 2C-B, magic mushrooms, Cannabis, Ketamine and Mescaline

SEROTONIN SYNDROME

Serotonin syndrome occurs when there is an excess of the neurotransmitter serotonin in the brain.

SYMPTOMS: confusion, impaired coordination, jerky movements, paranoia, shaking and shivering.

SEVERE SYMPTOMS: dramatic increases in blood pressure and heart rate, hyperthermia (over heating), renal failure, seizures (fitting), and coma.

SUBSTANCES THAT EFFECT SEROTONIN: All illegal stimulants, DMT, 2C-B and medications such as DXM (common cough suppressant), lithium (a mood stabiliser), Tramadol (a painkiller) and Antidepressants

ANTIDEPRESSANTS with strong serotonin effect include: MAOIs phenelzine (Nardil, Nardelzine) and tranylcypromine (Parnate, Jatrosom); RIMAs (moclobemide (Aurorix, Manerix); and St John's Wort (a herbal antidepressant).

MINIMISE YOUR RISK OF HARM BEFORE EVENTS

Do your research!

No amount of knowledge about a substance is too much

- Know your substance- what's in it?
Are you ready to handle its effects? How can you reduce risk?
- Ask your friends- have they had it? What are their tips?
- If you are taking ecstasy it may not contain any MDMA. It might be a dud, or just contain amphetamines. Worse still, it might contain BZP or PMA, which can cause dangerous and sometimes fatal reactions.
- Try to buy from a reliable and trusted source
- Do your research! Try to find out what other people's experiences have been and if there were any negative side effects (ask friends or check www.pillreports.com)

• Be aware that there is a lot of false information online about purity/strength of pills! You are your own test animal

• Pill testers - DanceWize does not provide testing kits, or vouch for their accuracy. Pill testers can't tell you everything that is in a pill or how strong it is, but they can save lives by helping users avoid PMA or other high risk cutting agents

STAYING HEALTHY AND SAFE

• **Plan how you are going to get home.** Keep some money aside for a cab or make sure you have a designated drug-free driver that you can rely on. Alternatively, catch a Nightrider bus - they leave Swanston St every hour late on Friday and Saturday nights (ph 131 638 or visit www.metlinkmelbourne.com.au/timetables/nightrider).

• Charge your phone!!!

Make sure your friends can contact you and you can contact them

• Taking antibiotics? Not feeling 100%? Consider if you're well enough to party, if you decide to take drugs, start with a low dose.

• Eat and rest well before and after you party. Drink plenty of fluids, but avoid alcohol as means of hydration, as it will dehydrate you.

• Taking magnesium (citrate) may help to reduce jaw-clenching and teeth-grinding.

• Taking multi vitamins may help to neutralize some of the nasty residues from drugs that cause adverse effects on your body

• Don't let drugs influence your decisions about having sex and keep sex as safe as possible, under your control and with consent. Always carry condoms and lube just in case!

• If you choose to take drugs regularly it may catch up with you. If you use a drug often you will soon develop a tolerance to it. Try to have some weekends off.

MINIMISE YOUR RISK OF HARM AT EVENTS!

• If you are going to buy illicit drugs, try not to buy them from strangers! Besides the risk of being ripped off, you won't know what you're getting, how strong (or weak) it is, or whether it contains any nasty adulterants like BZP or PMA.

• If you are unsure of the strength of a drug, always begin with a small amount. If it is your first time, half the standard dose and give it plenty of time to work. Many things can influence the time it takes for the effects of a drug to come on.

Don't risk overdose by being too hasty!

• If you have G, be aware that the substance you have purchased is likely to be 1,4B or GBL - not GHB. 1,4B and GBL can take over half an hour longer to work than GHB and you may need less to reach the desired effects. To be safe, you need to wait at least 90 minutes between doses and avoid all alcohol.

• Remember GHB has a steep dose response - the difference between an euphoric dose and an overdose is small.

• Taking lots of drugs does not guarantee a better experience!

Overdoing = Overdose

• Excess drug consumption can result in: hypothermia (core body temperature too low), hyperthermia (core body temperature too high), drug-induced psychosis, overdose, breathing problems, seizures (fitting), renal failure, coma, and even death.

Before you party, make sure you know your limits and how much is too much!

• **Alcohol may be legal but drinking too much can cause as much damage as illegal substances! Not to mention the killer hangover.**

• Take breaks regularly at events. If DanceWize is at the venue, visit us for a chat or to make use of our comfy beanbags.

• If anyone near you becomes unwell, get them medical attention straight away. You won't get in trouble for seeking medical attention.

• **Plan a safe way home**- if you have been using drugs/alcohol, please make sure you don't drive under the influence.

• **Be a good friend!** If your friend is always risking themselves, talk to them. Show them you support them and want to help.

Always look out for your mates!!!!

FREAKING OUT?

• If you start to feel anxious or panicked, make sure you tell your friends and ask for help!

• If you have a friend who freaks out or panics, stay calm and reassure them. Don't add to their problems by becoming panicked yourself.

• Tell them they are experiencing the effects of the drug and that the bad effects will wear off soon!

• Take them somewhere quiet- stay close to First aid, Security or DanceWize

OVERDOSE RESPONSE?

• If your friend is blowing-out (i.e. they have taken too much G) try to keep them awake and responsive - **don't spray or tip water over them!**

• If someone collapses, can't stay awake, is having trouble breathing or is experiencing jerky, fit-like spasms then they need urgent medical attention! Alert First Aid or venue staff immediately.

• Call an ambulance if necessary. Don't be scared. Police only accompany paramedics when there is a safety issue - they're not there to bust anyone. If your friend has collapsed, place them in the recovery position, with their air-passage clear so they won't choke on their tongue or if they vomit.

• If your friend has stopped breathing, seek medical attention immediately. If you don't know emergency First Aid or CPR, call out for someone who does.

SNIFFER DOGS

If you are considering taking illicit drugs into a dance party or music festival be aware Victoria Police regularly operate Passive Alert Detection (PAD) sniffer dogs outside these events.

DanceWize has resources outlining PAD procedures, the potential consequences of drug detection and your legal rights - ask us if you want to know more.