

Rules to Partying Safer

The very safest thing is NOT drinking or using but sometimes "just saying no" just doesn't cut it.



Some Suggestions of How to say "NO"

I'm allergic to alcohol

I'm driving tonight

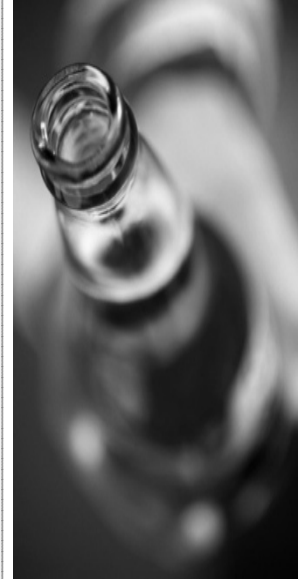
I've got a big game tomorrow

I'm babysitting/working/studying tomorrow

Nah, I'm cutting down. Thanks though!

I'm hung over from yesterday

Oh no it's the cops! (pointing behind them)



We know the safest way to be around drugs and alcohol is to avoid them! But not everyone can or wants to make that decision all the time.

...who has my cell phone?



Your profile pic?

KNOW YOUR LIMITS

ALWAYS be with a friend you trust

BRING CONDOMS!

If you are using, here are some ways to stay SAFER

NEVER Leave your drink unattended

Drink lots of WATER

HAVE A SAFE WAY HOME!

psssst!
Check out virtualparty.com to test out your party skillz!!

!!LET'S PARTY!!

But does it have to include alcohol or drugs?

NO WAY! There are plenty of fun and safe activities like: Crowd surfing, rockin' out, skateboarding, Dj-ing, dancing, street hockey, making cookies/cupcakes...


WHATS ON YOUR LIST?!?!?



The Recovery Position

The Recovery position is for when someone is unconscious (passed out) but otherwise unharmed, and breathing normally.

What's to make sure they don't choke on their own puke!!



1. Check for any injuries. If they are hurt, don't move them! Call **911** and ask for an ambulance.

2. Bend arm to stop person rolling over.

3. Gently roll person onto their side.

4. Bend leg to support position.

5. Tilt head back and tuck hand under chin to keep mouth open.

6. Make sure someone is keeping an eye on them.

Don't worry! The paramedics won't care about your party, they just want your friend to be safe!

★ DRAWING ON SOMEONE'S FACE WHEN THEY ARE PASSED OUT IS NOT COOL!

Do you need help with your own substance use, or someone else's?

WINNIPEG
SURROUNDING
AREAS

NORTHERN
MANITOBA

Addictions Foundation of Manitoba (AFM)

1-866-638-2561 (24 hours, toll free)

Call for information about substances and addiction, as well as a detailed list of their services.

www.afm.ca

Youth Addictions Centralized Intake

1-877-710-3999 (8-4pm, Monday-Friday)

Direct services to youth who are dealing with addiction

The Pas area 627-8140

Thompson area: 1-866-291-7774

Flin Flon area: 687-1771

Native Addictions Council of Manitoba:
586-8395

And also AFM!

Other people to talk to:

Klinik Crisis Line 786-8686

1-888-322-3019

Kids Help Phone 1-800-668-6868

Guidance counselors, family members, teachers, trusted friends

If someone took too much or is having a bad reaction, call:

9-1-1

Poison helpline – 787-2591(wpg)

Health Links – 788-8200

or 1-888-315-9257

For needle distribution/exchange:

Street Connections 981-0742

Call to get in touch with their mobile van that can take your old needles and give you new ones.

