

“Partying Safer” Brainstorm and Flipchart

Goals:

- To identify harm reduction tools and strategies.
- To link youth to resources where they can go for help.

Have Ready:

- Flipchart paper and markers, or white board
- Scenario cards (optional)

Instructions:

- Let youth know, **“The most effective way to be safe from the harms of substances is to not to use them at all. However, this is not always a choice that people can or want to make which is why it’s important to know how to reduce the harms when using substances.”** Even when people aren’t using substances it’s a good idea to have information on how to stay safer in order to help others.
- Tell youth, **“Let’s brainstorm a list of things that could keep you and your friends safer at a party where people might be drinking or using drugs.”**

Sample Flipchart for Partying Safer:

- **Arrange a safe way home before the party** (know the bus route, have money to pay for a ride, designate a driver or know someone who will pick you up anytime (older sibling, favorite auntie, cousin, even the RCMP or band constables may be helpful).
- **Use a buddy system.**
- Walk with others, especially at night and dress for the cold if it’s winter.
- Eat food before drinking.

- **Know your limits and pace yourself** (if 6 beers gets you falling down drunk, consider bringing 4).
- **Refuse drinks from someone you do not know or trust.**
- **Don't put drugs in people's drinks.**
- **Keep your drink with you at all times.**
- **Drink water** between alcoholic drinks, pretend to drink by drinking water/pop/juice from an alcohol bottle.
- **Know the recovery position.**
- **Have condoms with you.**
- **Find a safe place to pass out and have someone check on you.**
- Be aware of your friend's behavior. If they seem more drunk than expected for what they had to drink, they might be at risk.
- Call a trusted adult for help, if you feel like you or a friend has been drugged.
- **Be aware of your surroundings and listen to your gut feelings.** If something feels off it probably is.

Debrief:

- Validate their responses adding bolded responses if not added by youth.
- Talk to youth about how it's never ok to slip something into someone's drink or to get someone drunk. Teach youth to watch their drinks, mix their own drinks, and not to drink other people's drinks.
- Debrief substance use and sexual decision making.

Substance Use and Sexual Decision Making Debrief:

- When people are drunk or high, they can make decisions that they would not normally make. This means that getting someone's consent when they are under the influence isn't true (or legal) consent. Under the influence means that there is an outside factor (the substance) impacting a person's decision making ability.
- Let youth know, **"Consent is clear permission, which means that only yes means yes. It's a voluntary agreement, which**

means it's not something that one person does to another, but rather it's something that people decide to do together."

- Getting another person drunk or high in order to have sex with them is sexual assault. **If you have ever dealt with or are dealing with sexual assault, it is never your fault and you have a right to get support.** You can access support for sexual assault or being taken advantage of, even if you were in a relationship with the other person, or if alcohol or drugs were involved. It can help to talk to someone you trust. **The Klinik Sexual Assault Crisis Line is a great resource that people can call if they need to talk. It is open 24/7 and free to call from anywhere in Manitoba. Their phone number is 1.888.292.7565 or 204.786.8631.** If someone wanted in person counselling they could call (204) 784-4049 for Sexual Assault Intake.
- Drugs and alcohol can also affect how safe the sex is. Drugs and alcohol can increase the likelihood of sex and decrease how safe the sex is.¹ That's why it is important to think ahead about ways to reduce the risk of unplanned pregnancy or STI/HIV when using. Ask youth, **"If sex might be a possibility in a situation where people are drunk or high, what are ways they could be safer?"** Carry condoms, talk about boundaries when you are sober, have a buddy system, check in with each other, and decide to do other activities that are lower risk.
- Note: The relationship between alcohol and sexual violence is complex. The association of sex and alcohol consumption is normalized in our dominant culture. Yet harmful use of alcohol is a risk factor for both experiencing and perpetrating sexual violence. It has been estimated that as many as 50 - 70% of sexual assaults are linked to alcohol use. Most alcohol-related sexual violence occurs between individuals who are known to each other, most often at parties and in bars or in dating relationships. Alcohol is the number one date rape drug.²

Additional Activities:

Ideally, this activity can be followed by:

- Refusal Skills
- Abstinence Activities
- Decisional Balancing Activity

Endnotes

¹ (Fielder, R.L. & Carey, M.P., 2010a. Predictors and consequences of sexual “hookups” among college students: a short-term prospective study. *Archives of Sexual Behavior*, 39, 1105-1119.) & (Kiene, Barta, Tennen and Armeli, 2009. Alcohol, helping young adults to have unprotected sex with casual partners. *Journal of Adolescent Health*, 44, 73-80.)

² Sexual Violence: A Public Health Primer. www.novascotia.ca/coms/svs/docs/primer.pdf, accessed August, 2016.