

PLAYING SAFE ON THE ICE

- **HYDRATE AND EAT. KEEP SPORTS DRINKS, NUTRITIONAL SHAKES, AND GUMMY SNACKS ON HAND FOR PROTEIN AND VITAMINS**
- **TAKE A MULTI-VITAMIN DAILY**
- **BRUSH YOUR TEETH, FLOSS, AND VISIT YOUR DENTIST EVERY SIX MONTHS**
- **DO NOT RUB POWDER INTO YOUR GUMS—THAT'S A SURE WAY TO GET AN ULCER**
- **CONSIDER QUITTING CIGARETTES AS THEY ALSO DAMAGE THE TEETH AND GUMS**
- **SCHEDULE TIME TO SLEEP**
- **GIVE YOUR BODY AND MIND A CHANCE TO REST AND RECOVER; ALLOW YOURSELF TO FOCUS ON ASPECTS OF LIFE OUTSIDE OF PARTYING**
- **SET LIMITS FOR YOURSELF: ONLY USE ON WEEKENDS, ONLY USE FOR X AMOUNT OF HOURS. ONLY USE DURING PRIDE, ETC...**
- **GET TESTED FOR HIV EVERY SIX MONTHS. TALK TO A DOCTOR ABOUT GETTING ON PREP**
- **KNOW YOUR PARTNERS' HIV AND HEPATITIS STATUS**
- **SET A DAILY ALERT ON YOUR PHONE TO REMIND YOU TO TAKE YOUR MEDICATIONS**
- **REDUCE THE AMOUNT YOU USE ON OCCASION; DON'T PUSH YOUR LIMITS EVERY TIME**
- **KNOW WHAT YOUR PLAYMATES ARE ON AND HAVE A PLAN IN THE EVENT SOMEONE GOES UNCONSCIOUS OR HAS A BAD REACTION**
- **PARTY WITH SOMEONE YOU TRUST WILL CALL 911 FOR YOU IN AN EMERGENCY**
- **BE READY TO CALL 911.**

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Retrieved October 28, 2020, from <https://tweaker.org/crystal-meth/crystal-and-sex/sexual-harm-reduction/>

Acknowledgments: Eric Darvish, Michael Pierson, Russell Campillo, Bridget Coffey, Kori Richardson, Aaron Ruiz

IF IT HURTS, STOP

IT IS YOUR BODY AND YOU ARE IN CONTROL. IT IS DIFFICULT TO COMMUNICATE WITHDRAWAL OF CONSENT IF YOUR MOUTH IS OBSTRUCTED FOR WHATEVER REASON, SO COMMUNICATE TERMS OF CONSENT WITH YOUR PARTNERS BEFOREHAND. REMEMBER THAT CONSENT IS FLUID AND YOU CAN SAY, “No,” AT ANY TIME FOR ANY REASON—EVEN IF IT IS JUST TO TAKE A BREAK.

IF YOU (OR A FRIEND) START TO HAVE SUICIDAL THOUGHTS OR MAKE A PLAN TO HARM YOURSELF OR OTHERS, **DO NOT HESITATE TO CALL THE NATIONAL SUICIDE PREVENTION HOTLINE: 800-273-8255**

KNOW WHEN TO SAY NO

IF YOUR PARTYING IS GETTING OUT OF CONTROL, AND:

- YOU ARE FACING EVICTION
- YOU LOSE YOUR JOB
- YOUR SPOUSE LEAVES YOU
- YOU OVERDOSE
- YOUR HEALTH IS SUFFERING
- YOU GET ARRESTED
- YOU EXPERIENCE HALLUCINATIONS/DELUSIONS
- YOU LOSE TEETH
- YOU LOSE YOUR SENSE OF SELF-WORTH
- ANY OF YOUR PERSONAL BOUNDARIES ARE CROSSED

...CONSIDER GETTING HELP. TREATMENT OPTIONS ARE AVAILABLE ACROSS MISSOURI. TALK TO A CERTIFIED PEER ABOUT RECOVERY. CONSIDER JOINING A 12-STEP GROUP. JUDGMENT-FREE HELP IS OUT THERE.

**DON'T GIVE UP ON YOURSELF.
YOUR LIFE IS WORTH SAVING.**

**For recovery
resources in your area, visit:**

NoMoDeaths.org
DMH.Mo.Gov
CrystalMeth.org
KcCare.org

**For Harm Reduction practices for
Stimulant Use Disorder, visit:**

Tweaker.org
HarmReduction.org

**For the national suicide hotline,
call:**

800-273-8255

