Safer partying
Having a good time can often mean not going quite as hard. Make sure you can last the distance and have an experience to remember.

Avoid mixing
Mixing any drugs (including alcohol and medications) greatly increases your risk of negative effects or overdose.

Stick to your limits
Only have on you what you plan to use as it can be hard to stick to decisions you made once intoxicated.

Keep hydrated
If dancing a lot aim to drink a glass of water per hour and take regular breaks.

Practice consent
Only have sex if there is enthusiastic consent from your partner and make sure to be safe.

Look out for your mates
Check in regularly on your mates and make sure everyone is able to get home.

Plan for the high and the recovery. Make sure you have the experience you want and that it does not impact on other commitments.

Research what to expect for the substance you are planning to use, especially if using medication or other substances

Decide how much you want to use when sober

Test your product to know what you have (drug checking service or using reagents)

Measure your dose

Know where you will be staying for your recovery
Have a sober recovery

Have a safe and comfortable place to recover after using to minimise the impact it can have on your life.

Avoid using other drugs when coming down, it puts more strain on the body and can make the eventual comedown worse.

Give your body a break

Most drugs force the release of feel good chemicals and if you use frequently you can run down your reserves which means longer comedowns, milder highs and potential addiction.

Reflect:

Check in with yourself that your use is not impacting upon other parts of your life. If it is, reach out for help to change your use.

For urgent help call 111
For support and information contact: Alcohol Drug Helpline Txt 8681
Call 0800 787 797
drugfoundation.org.nz
optforwellbeing.org

SAFER PARTYING

Āta haere i a koe e hōpara i te ao
Take care as you explore the world