

PARTY SAFER

A good time does not have to include alcohol or drugs!
It's completely okay not to use substances, but if you or your friends drink alcohol and/or use drugs, these tips can help you stay safer before, during, and after a night out, party, or event.



Plan a safe ride or walk to and from

Substances can make it harder to focus, move, and react quickly.

Make a plan for going out and getting home safely: ask a trusted family member or friend for a ride, take public transport or use a rideshare service. If there's a well-lit path, you can also walk with trusted friends.

Using substances? Don't drive, bike, scooter or skateboard. If you walk, make sure you stay as visible as possible to other road users and stay with trusted friends. Take care of each other!

Stay with friends you trust and look out for each other

Help keep each other safer by choosing to respond thoughtfully in potentially harmful situations. If you notice something that doesn't feel right, tell a trusted friend and/or get help from the venue/event staff or security! Before you go out, learn about bystander intervention tips and resources in the free online training at [PartySafer.ca](https://Partysafer.ca).



Stick to one substance at a time

The combined effects of substances can increase impairment and put people at risk of harms like overdose, violence, theft, accidents and injuries. To reduce risks, avoid mixing substances like alcohol, drugs, prescription medications, and caffeinated beverages. Take breaks between using different substances.

Start slow, go slow and drink water

Eat before using substances and have a non-alcoholic drink for every alcoholic drink you consume. It can take time to feel the effects of alcohol and drugs. Starting with a small amount and pacing yourself is important! Follow [Canada's Guidance on Alcohol and Health](https://www.canada.ca/en/health-canada/services/substances/guidance-on-alcohol-and-health.html), learn about the effects of different substances and how to lower health risks at [PartySafer.ca](https://Partysafer.ca).



NALOXONE

Avoid using alone and carry naloxone

If you use substances, avoid using alone. Have a trusted friend or family member with you and consider using the free [National Overdose Response Service \(NORS.ca\)](https://nors.ca). Visit [StopOverdoseOttawa.ca](https://stopoverdoseottawa.ca) to learn about harm reduction services, how to get free naloxone, and sign up for Ottawa's drug alert system.

Know the signs of an overdose

An overdose is a medical emergency. If you suspect an overdose, call 9-1-1. Learn the signs and symptoms of different types of overdoses, how to respond at [PartySafer.ca](https://partysafer.ca).

Practice safer sex

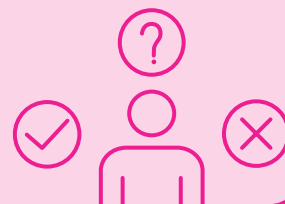
Sexually active? Practice safer sex with condoms, dental dams and lubricant! This can help prevent Sexually Transmitted and Blood Borne Infections (STBBIs). Visit www.SexitSmart.ca for safer sex supplies information and access free STBI testing services at [GetaKit.ca](https://getakit.ca).

Understand consent

Consent means agreeing to take part in something, like a sexual activity, freely, willingly and enthusiastically. A person cannot give consent if they are asleep or unconscious, being pressured, threatened or forced. Consent can end at any time, and everyone has the right to change their mind.

Respect substance use choices

Saying "no" can be hard under social pressure. Be a supportive ally and don't make others feel guilty for their substance use choices. Struggling to say "no"? Try planning a response and being direct about your choices, using humour, changing the subject, offering an alternative or walking away.



Need Help?

Life-threatening emergencies: Call 9-1-1.

[Mental Health Crisis Line](https://ottawapublichealth.ca/mentalhealthandwellness): If you or someone you know is experiencing a mental health crisis, call 613-722-6914 (within Ottawa) or 1-866-996-0991 (outside of Ottawa). Available 24/7.

[National Overdose Response Service](https://nors.ca): Virtual safer consumption available 24/7. Call or text 1-888-688-NORS(6677).

[OttawaPublicHealth.ca/MentalHealthandWellness](https://ottawapublichealth.ca/mentalhealthandwellness): For information on mental health, addictions, and substance use health resources.

[OttawaPublicHealth.ca/ViolencePrevention](https://ottawapublichealth.ca/violenceprevention): For information on local violence prevention resources and supports.

[Sexual Assault and Partner Abuse Care Program](https://ottawahospital.ca/sexualassaultandpartnerabuse): Call 613-798-5555 ext. 13770. Available 24/7, at The Ottawa Hospital Civic Campus (1053 Carling Avenue, Ottawa ON).

[StopOverdoseOttawa.ca](https://stopoverdoseottawa.ca): For information on local harm reduction services and supports

[Suicide Crisis Helpline](https://suicidecrisis.ca): Call or text 9-8-8.

Take the **FREE**
Party Safer
Training at
[PartySafer.ca!](https://partysafer.ca)

