



SAFER PARTYING GUIDE

*Sexual Violence Prevention & Response //
Thompson Rivers University*

sexualized
violence
prevention
and response

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**THIS ZINE WAS LOVINGLY
AND MINDFULLY
WRITTEN ON UNCEDED
SECWEPENC TERRITORY,
WHERE PEOPLE HAVE
BEEN CELEBRATING AND
ORGANIZING SINCE TIME
IMMEMORIAL.**

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A QUICK NOTE ON STIGMA

Social stigma around drug use and casual sex has been shown to reinforce unnecessarily risky partying, particularly among queer populations. It's common for young people to be secretive about sex and drug use, to avoid the labelling, shame, and/or medicalization that so often comes with it (Frederick & Perrone, 2013). "Zero-tolerance" policies do little to curb drug use in relaxed, fun settings like parties and festivals, and can lead to disproportionate arrest and even death, especially among young people (Drug Policy Alliance, n.d.) If you're throwing a party or organizing an event, your attitudes towards how people have fun might be more obvious than you expect! It's difficult for safer partying practices to coexist alongside judgement and othering, so here are a few reflection questions to help reframe any lingering stigma.

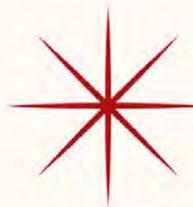
- What do I believe about people who use drugs and/or have casual sex?
- What does "harm reduction" mean to me?
- How would I feel if I overdosed or experienced sexual violence at a party?
- How would I want to be treated afterwards?
- Is it possible to genuinely have fun when I don't feel safe?
- What can I and/or event volunteers do to help everyone (people of colour, queer/trans folks, people with disabilities) feel safe in a party setting?

If you're struggling with the last one, don't worry — this zine is full of suggestions!



Parties are always more fun when everyone feels safe.

BEFORE THE PARTY



A CHECKLIST FOR ORGANIZERS

- Be familiar with local, provincial, and campus laws – especially if you'll be selling alcohol (see the Laws & Regulations links at the end of this zine)
- Create a safety plan around what to do in the event of overdose/alcohol poisoning, sexual violence, fights, etc
- Draft a safer spaces statement & post it somewhere visible - it doesn't have to be too elaborate, but let people know what behaviour(s) you won't tolerate in the space (see the Resources at the end of this zine for an example)
- Learn and practice bystander intervention techniques (More info on page 10!)
- Carry naloxone and know how to use it (all the time, but especially at a party!)
- Practice safer alcohol consumption:
 - Provide free water and alcohol alternatives
 - Discourage drinking games, which can put pressure on guests to drink more than they would otherwise
 - Do not provide "open" sources of alcohol (such as a punch bowl) which can easily be spiked

- Ensure people have access to safe ways home
- Consider having volunteers trained in (physical/mental health) first aid, bystander intervention, recognizing signs of overdose/alcohol poisoning
- Consider having volunteer designated drivers available
- Make SafeWalk information available for partygoers (and/or taxi numbers for off-campus events)
- Make safer sex materials (condoms, dental dams, etc.) available for partygoers
- Establish a "chill zone" where people can come if they're feeling overwhelmed, too high, or just need some space

ANYTHING ELSE YOU CAN THINK OF...?

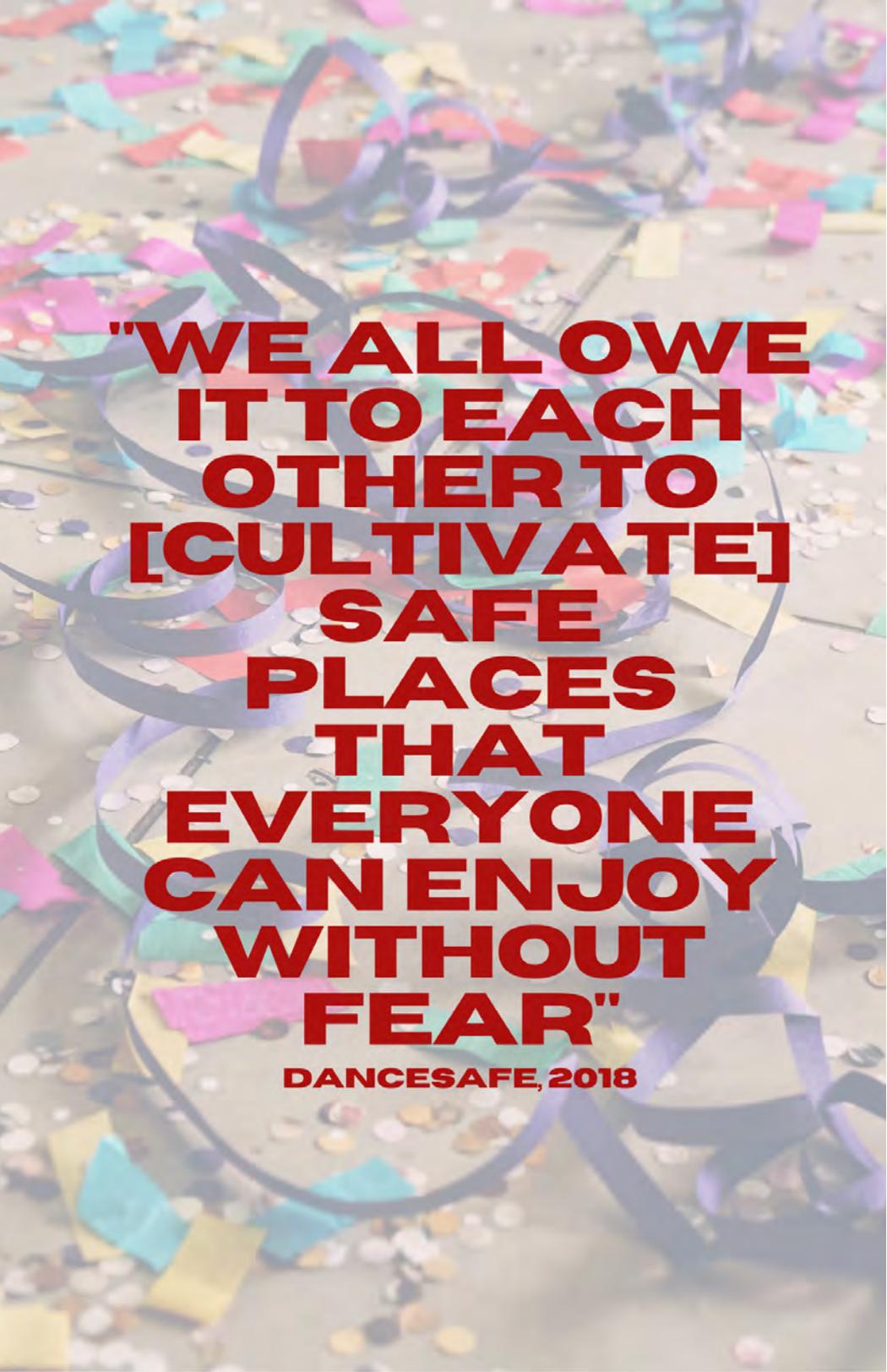




BEFORE THE PARTY

A CHECKLIST FOR PARTYGOERS

- Plan to party with a trusted friend if possible, and let someone know where you will be
- Make arrangements ahead of time if you need to stay at someone else's place
- Dress for the weather (sounds silly until you get stuck outside in a line somewhere...)
- Plan safe ways to and from the venue; do not drive under any influence of alcohol or drugs
- If you plan to consume drugs and/or alcohol, eat well beforehand and have snacks throughout the night
- Refrain from posting on social media while intoxicated
- Stay hydrated! A good rule of thumb is to try and remember to have one glass of water per alcoholic beverage
- Have your drugs tested! You can buy your own test kit, but free, anonymous drug testing services are available in Kamloops as well
- Avoid accepting unknown drugs or alcohol (and/or substances from people you don't know)
- Carry naloxone and know how to use it (all the time, but especially at a party!)
- Be an active bystander - if you see something, say something!



**"WE ALL OWE
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DANCESAFE, 2018

BYSTANDER INTERVENTION BASICS

If you see a potentially harmful situation taking place, it can be difficult to gather the courage to intervene. Remember, though, that you would probably appreciate it if someone stepped in while you were being harmed! It can be hard to know what to do in the moment, but thankfully, the basics of bystander intervention can be broken down into 4 D's:

- (be) Direct - approach the person or situation directly.
- Delegate - find someone who can help on your behalf, if needed.
- Distract - do anything you can (cause commotion, start conversation, or anything else you can think of) to derail any harm being done
- Delay - check in with the person/people impacted by the incident, to see if they need help or someone to listen. You may wish to check in with the person who caused harm as well, since they may need support.

If you'd like to know more, TRU's SVPR office offers formal bystander intervention training.



4 D'S of Bystander Intervention

DIRECT intervene directly

DISTRACT from the perpetrator, the survivor, or the situation

DELEGATE scan the situation, stay calm. Delegate tasks.

DELAY check in with the survivor. Educate yourself about oppression. Organize against violence.



ALCOHOL POISONING & OVERDOSE

Overdoses can look different depending on the type of drug being used.

Signs of overdose on stimulants (ie. drugs that “speed up” the body, like amphetamines, MDMA, adderal, and cocaine) include stiff or jerking limbs, fast pulse, chest pain, psychological distress (such as paranoia, hallucinations, and/or panic), seizures, and going in and out of consciousness.

Signs of overdose on depressants (ie. drugs that slow the body down, like opioids, alcohol, and heroin) include drowsiness, slow/faint breathing, dizziness, confusion, inability to be woken up, and/or gurgling or choking sounds.

Remember CUPS to recognize the signs of alcohol poisoning:

Cold/clammy skin
Unresponsive
Puking
Slow breathing



If you suspect someone around you has overdosed, CALL 911 IMMEDIATELY and follow their directions until help arrives. If you suspect the person has overdosed on opioids, administer naloxone immediately after you have called 911.

Naloxone does not work for stimulant overdoses, but it doesn't hurt either — when in doubt, administer naloxone!

See the back pocket of this zine for a handy overdose prevention card you can keep in your wallet.



CONSENT & SAFER SEX



While many people have heard the statistic that one in 3 women in Canada and the US experience sexual violence, men can and do experience sexual violence as well. Furthermore, people of colour, Indigenous peoples, and queer/trans folks are subject to higher rates of sexualized violence than their white cisgender counterparts (DANCESAFE, 2018). Lasting effects for survivors may include STI transmission and complications, stress, anxiety, depression, and post-traumatic stress disorder (PTSD), among other health concerns.

A cohesive culture that reinforces sexualized violence and/or does not adequately hold perpetrators accountable is sometimes referred to as "rape culture". Festivals, parties, and other fun events are not immune to this. As responsible organizers and partygoers, we have an obligation to undermine rape culture by creating spaces that are safe, informed, and responsive to instances of sexualized violence.

A good working definition of consent with respect to safer sex is "establishing and respecting the boundaries of all people involved in a sexual situation" (DANCESAFE, 2018). Consent should be:

- Enthusiastic
- Informed & freely given (without coercion, threat, bribe, or withholding of relevant information)
- Flexible ("I like this but not that"; "it was ok last time but not tonight")
- Able to be withdrawn anytime ("I'm not really feeling it anymore")

Consent cannot be given:

- By anyone who is incapacitated (either by drugs, alcohol, or sleep)
- When an authority or power dynamic is being abused
- To an adult by someone who is underage
- By anyone whose mental state prevents them from understanding the situation at hand

Don't make assumptions about what others can or cannot understand or consent to, especially where alcohol and other substances are involved.

If you're ever in doubt about whether or not you have consent in any sexual situation, always stay on the safe side and assume you don't.

There are many reasons why survivors choose to keep their experiences to themselves, so if someone trusts you with their story, respond with compassion, and belief that they are telling the truth. Resist any urge to tell your own story or press for details of theirs. Some helpful things to say and do if someone discloses to you:

- "I'm so sorry that happened to you."
- "I'm glad you feel safe enough to trust me with your experience, thank you."
- "Is there anything in particular I can do to help you feel comfortable/grounded/safe right now?"
- "If you decide you want to make a report/go to the doctor/seek support, I'd be happy to go with you."
- "You didn't bring it upon yourself."
- "What you're feeling is totally normal for someone who's gone through a scary situation."
- "I believe you."

REFERENCES

Drug Policy Alliance // Safer Partying
<https://drugpolicy.org/issues/safer-partying>

DANCESAFE // #WeLoveConsent
<https://dancesafe.org/weloveconsent/>

Femme Wave // Safer Spaces Statement
<https://www.femmewave.com/safer-spaces/>

SFU // Safer Party Plan
<https://www.sfu.ca/content/dam/sfu/sexual-violence/Safer%20Party%20Plan.pdf>

TRU // Pace Yourself With Safe Partying Practices
<https://inside.tru.ca/2017/03/15/pace-yourself-with-safe-partying-practices/>

Vancouver Pride Society // Guide to Safer Partying
<https://vancouverpride.ca/blog/safe-partying/>

LAWS & REGULATIONS

These resources are region-specific: if you are reading this zine outside Secwepemc'elucw/BC, please double-check the laws and regulations in your area.

Liquor laws (provincial):
<https://alcoholaws.ca/british-columbia/>

Cannabis laws (federal):
<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/laws-regulations.html>

TRU campus policies & resources:
<https://www.tru.ca/current/student-life/student-affairs/resources.html>



LOCAL & ONLINE RESOURCES



ASK Wellness

433 Tranquille Rd (Kamloops North Shore)

- Harm reduction, overdose prevention, and treatment options
- Naloxone kits and training

Crossroads Inn

569 Seymour St (downtown Kamloops)

- Free, anonymous drug testing
- Safe consumption site (Tues-Sat)
- Resources for substance users

DANCESAFE

<https://dancesafe.org/>

- Safer partying resources, including drug test strips/kits for sale
- In-depth articles about drug use, safer partying, consent, and related current events

Good Night Out Vancouver

goodnightoutvancouver.com

- Workshops, in-person event support, and a volunteer street team with a focus on preventing sexualized violence in party settings
- Sexualized violence prevention training for music and hospitality industry professionals

Healing is Power

<https://healingispower.dancesafe.org/>

- An online 8-week course for organizers, hospitality workers, and party people
- Developing "skills to help dismantle rape culture and build a consent culture within music and nightlife communities"

Right To Be

<https://righttobe.org/>

- Free bystander intervention courses

TRU Counselling

OM1631 // studentservices@tru.ca

- Free counselling and support services for TRU students

TRU SVPR office

OM1486 // svpr@tru.ca

- Free supports and materials for sexual violence survivors (with no obligation to formally report)
- Accompaniment to appointments, etc.
- Guidance and support through the reporting process

TRU Wellness Centre

OM1479

- "a safe place for students to hang out, take a nap, read a book, play a game, have a cup of tea, learn about helpful resources, and access one-on-one health and wellness support"