

Party Safer





Remember...



You don't need to drink alcohol or use drugs to enjoy yourself at a party or an event



If you choose to consume, follow the #PartySafer tips in this presentation to reduce your risks.

Make sure you and your friends are looking out for each other.



Pay attention to things like:

- someone who is alone and being followed;
- catcalling;
- something being added to a drink;
- unwanted touching;
- emotional violence;
- bullying or;
- physical violence.

Bystander Intervention Strategy

Distract

Be Direct

Delegate

Delay

Disapproval

Consent is the active process of willingly, enthusiastically and freely agreeing to engage in sexual activity on an ongoing basis without manipulation or threats.

Everyone needs to accept and respect each other's answers. Do not pressure someone.



<https://www.youtube.com/watch?v=pZwvrxVavnQ>



Only You Can Give Consent for Yourself

Remember - **consent can always be withdrawn.**

If you are engaging in sexual activity, make sure you and your partner are taking steps to protect yourselves.

Not Everyone is Using Substances

Past Year Drug Use (%) for the Total Sample, by Sex,[†] and by Grade, 2023 OSDUHS (N=10,145)

	Total	Males	Females	G7	G8	G9	G10	G11	G12
Grades 7–12									
Alcohol	35.6	32.7	38.6 *	6.9	14.6	25.1	43.0	48.1	60.7 *
Prescription Opioid Pain Relievers (NM)	21.8	18.0	25.8 *	22.5	22.2	22.5	20.2	21.4	21.9
Cannabis	17.6	14.8	20.7 *	s	5.4	8.9	21.8	25.7	34.0 *
Vapes/Electronic Cigarettes	13.4	9.4	17.7 *	s	5.0	9.1	16.7	19.1	21.8 *
Cough/Cold Medication (NM)	9.6	10.4	8.7	13.4	13.6	8.6	9.2	7.9	6.8 *
Tobacco Cigarettes	3.2	3.0	3.5	s	s	1.4	2.8	6.1	6.5 *
Waterpipes (Hookahs)	2.1	2.3	1.9	s	s	s	2.9	3.4	3.0 *
ADHD Drugs (NM)	1.9	2.1	1.6	s	1.9	1.8	2.1	2.1	2.0
Smokeless (Chewing) Tobacco	1.7	2.3	0.9 *	s	s	s	s	s	2.9 *
Grades 9–12^{††}									
Mushrooms (Psilocybin) or Mescaline	3.4	3.8	3.0	--	--	1.3	3.4	3.6	5.1 *
Tranquillizers/Sedatives (NM)	1.7	1.2	2.1	--	--	1.6	1.5	s	1.8
Cocaine	1.0	1.1	0.8	--	--	s	s	s	0.8
LSD	0.9	1.1	0.7	--	--	s	s	s	1.0
Ecstasy (MDMA)	0.6	0.5	0.7	--	--	s	s	s	0.7
Any NM Use of a Prescription Drug	22.9	18.7	27.2 *	--	--	23.4	21.7	23.2	23.2
Any Drug Use	29.3	27.3	31.4 *	--	--	28.9	29.4	28.9	29.9

Notes: [†] refers to sex at birth; ^{††} not asked of 7th and 8th graders; * statistically significant sex or grade difference ($p < .05$), *not* controlling for other factors; N=total sample size; s=estimate suppressed due to unreliability; estimate for alcohol excludes “a sip”; estimates for tobacco cigarettes and vapes/electronic cigarettes exclude smoking a few puffs; NM=nonmedical use, without a doctor’s prescription; “Any NM Use of a Prescription Drug” is a composite measure defined as past year nonmedical use of opioids, Attention-Deficit/Hyperactivity Disorder (ADHD) drugs, or tranquilizers/ sedatives; “Any Drug Use” is a composite measure defined as past year use of any one of 11 drugs (excludes alcohol, tobacco/nicotine, and cannabis); methamphetamine, heroin, and fentanyl are not shown due to suppressed estimates.



Eat	Eat before you drink.
Water	Have a non-alcoholic drink (preferably water) for every alcoholic drink.
Familiarize	Familiarize yourself with the standard drink size.
Remember	Remember—it can take up to 2 hours to feel the effects of alcohol.
Avoid	Avoid chugging your drinks or playing drinking games.

Standard Drink of Alcohol



Cannabis

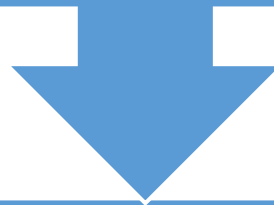
The effects of smoking can be felt in seconds or minutes, and the effects of edibles can be felt within 30 minutes to 2 hours.

If you choose to use cannabis, start with a small amount and wait 30 minutes or more to feel how it effects you.

Consider using strains that are lower in THC and have some CBD.

[Lower Risk Cannabis Use Guidelines](#)

Using different substances together can increase impairment. This increases your chance of overdoses, accidents, and injuries.



To reduce your risks:

Avoid mixing alcohol with other drugs or caffeinated beverages;

If you mix substances, consume one substance at a time, and take breaks between substances.

<https://www.drugcocktails.ca/>

Alcohol Before Cannabis

If a person drinks alcohol before using cannabis, the alcohol can increase the effects of THC, causing a person to feel more impaired than usual.

Alcohol increases the absorption of THC, the main psychoactive ingredient in cannabis, which may cause anxiety, panic, or paranoia.

Cannabis Before Alcohol

May slow down the rise in blood alcohol levels, which can reduce the perceived effects of drinking, and cause people to drink more than usual, increasing the likelihood of alcohol poisoning.

THC is also known to have antiemetic effects, which means it can prevent nausea and vomiting. However, if a person has drunk too much alcohol, cannabis can prevent them from vomiting, which can make the alcohol poisoning worse.

Plan a Safe Ride Home



Always plan a safe ride home before you start consuming substances.



Ask a responsible friend, parent, plan a ride with [Belleville Transit](#), or use a service like U Ride or taxi. Don't drive yourself, bike, skateboard, or walk alone.



If you do need to walk, make sure you stay as visible as possible to other road users, and stay with at least one trusted friend who is not under the influence of a substance.



Motor vehicle accidents are the leading cause of death of those 16-25 and impairment is a factor in 55% of those crashed. Remember it is always ok to refuse to ride with someone who is impaired.



Know How to ID an OD

**Overdoses/poisonings
can happen to
anyone.**

**Remember the signs
and symptoms, and
how to respond!**

**Overdose deaths are
preventable.**

What is Naloxone?

Naloxone is a medication that can temporarily reverse an overdose from opioids – including heroin, fentanyl, and prescription opioid medications – when given in time.



The Good Samaritan Drug Overdose Act

Protects you, the person who is overdosing, and anyone at the scene from being charged with:

- Simple possession of illegal drugs
- Breaches in pre-trial release, probation orders, conditional sentences, or parole related to simple possession

Does not provide protection against charges for:

- Selling illegal drugs
- Outstanding arrest warrants
- Offences other than simple possession of illegal drugs



Resources for Substance Use

**KAIROS (if
available)**

**Youthab Substance
Use Support &
Treatment Service
(Over 16)**

**Children's Mental
Health Services
(Under 16)**

**School Public
Health Nurse**

**Healthcare
Provider**

Handouts

What is your favourite substance/alcohol free thing to do at a party?

What are two positive ways of managing stress instead of using substances?

Where can you go if you have questions about substances, like cannabis and alcohol?

If someone is using cannabis, what steps could they take to make it safer?

How can you plan ahead to be safe at a party? What about at a bush or a field party?

What are some ways to plan ahead if you know you're going to be impaired after a party?

What would you do if a situation at a party got out of hand?

What are the signs and symptoms of an overdose or alcohol poisoning?

What do you do if someone overdoses or experiences alcohol poisoning?

In Summary...



Plan ahead



Remember it is ok to be substance free



Set limits in terms of substances



Say no to impaired driving



Look out for each other



Remember the importance of consent



Be safe and have fun!

