

## 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

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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

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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:

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- > 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](http://drugfoundation.org.nz)  
[optforwellbeing.org](http://optforwellbeing.org)



AT THE HEART  
OF THE MATTER.  
NZ DRUG  
FOUNDATION.



## SAFER PARTYING



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