# TIPS & TRICKS

How to survive a party without trouble...

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We are two nonprofit organizations, which work in 3 regions in the Czech Republic. We work with people who use various substances. We're here for everyone who needs us.

NO JUDGMENT!

## CHILL OUT

Even in party mode it can pay off to stop and take a break. You'll sober up a bit and your body will gain new strength.

## NO CHALLENGE


You don't have to try out everything. Don't get peer pressured into something that you don't want to do. Follow your gut.

## LESS IS MORE

It's better to drink booze with lower percentage of alcohol. You won't wake up in the morning feeling like someone hit you in the head with a hammer. :)

## SETTING

Not every moment is suitable for using substances. Trying it out somewhere alone isn't a good idea.

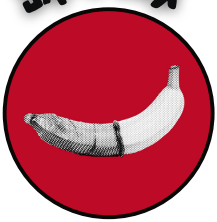
## HARD COAL

Hard coal is an absorbent. It helps the stomach, if the alcohol and drugs haven't ingested into the blood circulation.

## PROTECT YOUR EARS

Ear damage caused by loud music can be permanent. Protect them with earplugs and don't expose yourself to extreme noise.

## SAFE SEX



Doing it with a condom may not feel as free, but it prevents you from catching an STD.

## KEEP IT UNDER CONTROL

Keep track of how much of everything you have consumed. A brief summary will help you decide whether you should have more.

## DON'T RUSH

Do you want to enjoy the evening or at least remembered who you met? Don't rush with anything you consumed. Night is long. Don't drink with an empty stomach.

## DON'T MIX

Tasting everything is tempting. However, a direct proportion applies. More quantity means worst condition. Stick to just one. You will appreciate it the next day.

## EASY DOES IT

Each of us have their own limits witch we can estimate. Stay within your limits and don't overstep it. Age, body weight and gender have a huge influence.

## DRINK WATER

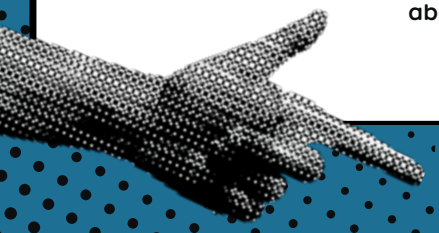
Alcohol and other drugs dehydrate the organism. Be aware of dehydration and overheating of your organism. Don't forget to get yourself some nonalcoholic drinks. Half a liter per hour is a great option for your body.

## DON'T RISK

Before you will drive, make sure you are able to drive safe or call for a lift. Maybe you're just tired. Better to sleep for a while at the party then in a hospital or lose your driver license.

## CHECK THE QUALITY


If you are not sure about quality, don't try it. It will probably not suit you, and you will feel unwell.



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