

*SIDE  
KICKS  
BERLIN*

# INFORMATION DESIGN FOR NAVIGATING RISKS

Christopher Clay — 11/2023



Während der Party GENUG WASSER trinken!  
Vitamine und Mineralstoffe helfen.

Drogen & Sex - klärt vorab was gewollt ist und was nicht.  
Auch auf Drogen gilt: SAFER SEX nicht vergessen!!!

KENN DEIN LIMIT. Eine genaue Dosierung ist sehr wichtig  
damit es nicht zu gefährlicher Überdosierung kommt.

VERMEIDE GEFÄHRLICHEN MISCHKONSUM,  
besonders Alkohol ist riskant.

Zum Schutz vor Infektionen NUR EIGENE UTENSILIEN benutzen  
(Röhrchen etc.)

Set & Setting - FÜHL DICH WOHL wenn Du konsumierst.

BEWUSSTLOSIGKEIT NACH DROGENKONSUM ERFORDERT  
DIE MELDE

## Konsumiere bewusst

## Use with intent

- |  |   |  |
|--|---|--|
| Was nimmst du heute?                                 | 1 | What are you taking today?                               |
| Wie lang soll's gehen?                               | 2 | How long do you plan to go?                              |
| Was soll nicht passieren?                            | 3 | What do you want to avoid?                               |
| Falls es zu Sex kommt:<br>Was ist dir dabei wichtig? | 4 | If you end up having sex,<br>what will you keep in mind? |
|  | ⋮ |  |



# GBL CHECKLIST

## Fit for G?

- ✓ I'm ready and willing to reliably track my timing & dosage tonight
- ✓ I'm willing to go without alcohol, ketamine and other downers to avoid the high risk of overdose

0.6 ml

0.8-1.2 ml

**Trial dose**    **Typical GBL dose**

Dosing depends on factors like purity, your stomach contents and tolerance

- ⚠ GHB may also be called „G”, but is dosed differently
- ⚠ Overdose easily results in sleep or coma and can be fatal

- 🧪 Measure your own dose exactly using a marked pipette or syringe
- 🥤 Dilute it in >100ml soft drink to avoid chemical burns
- 🕒 Document the current time and wait at least 1 hour

## G IF SOMEONE PASSES OUT

### Call for support

Never hide an emergency, e.g. for fear of getting banned – first aid has priority

### Wake them

and try to keep them awake gently

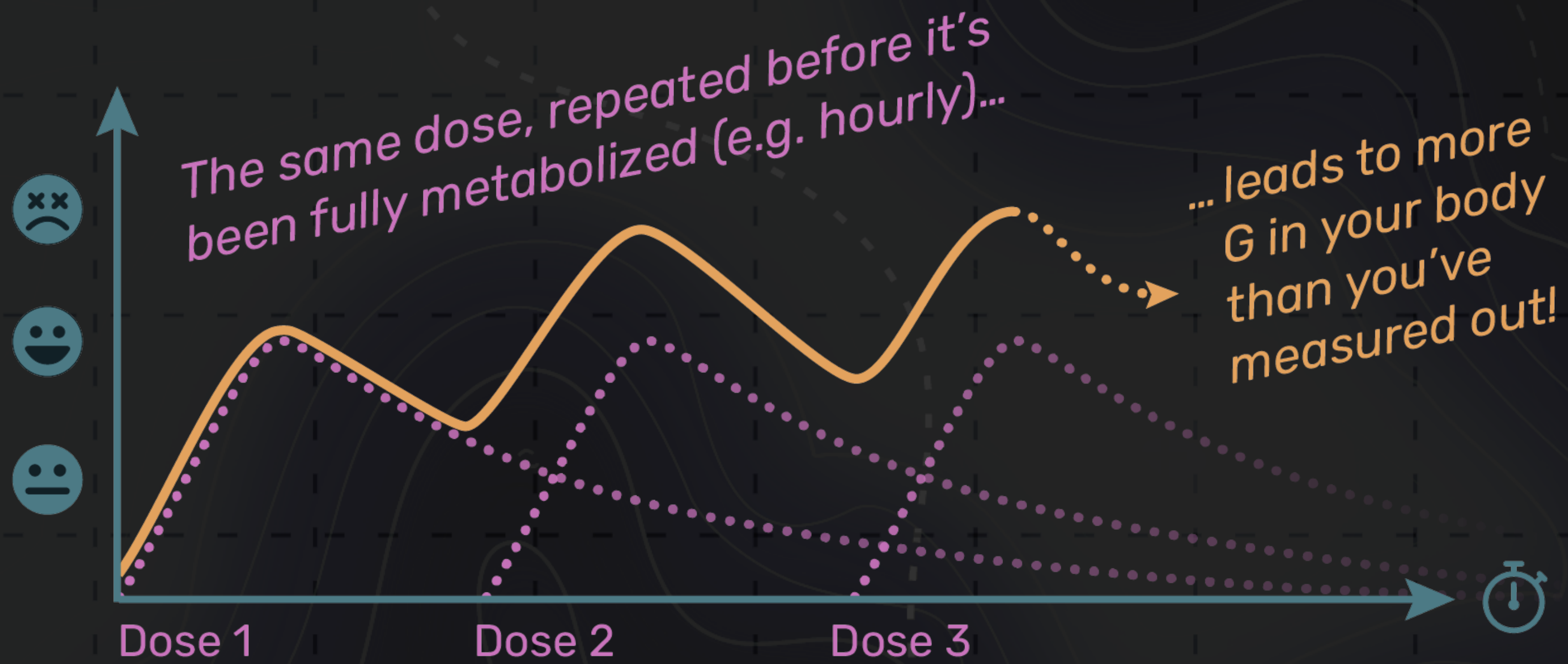
### Unwakeable? Risk of death!

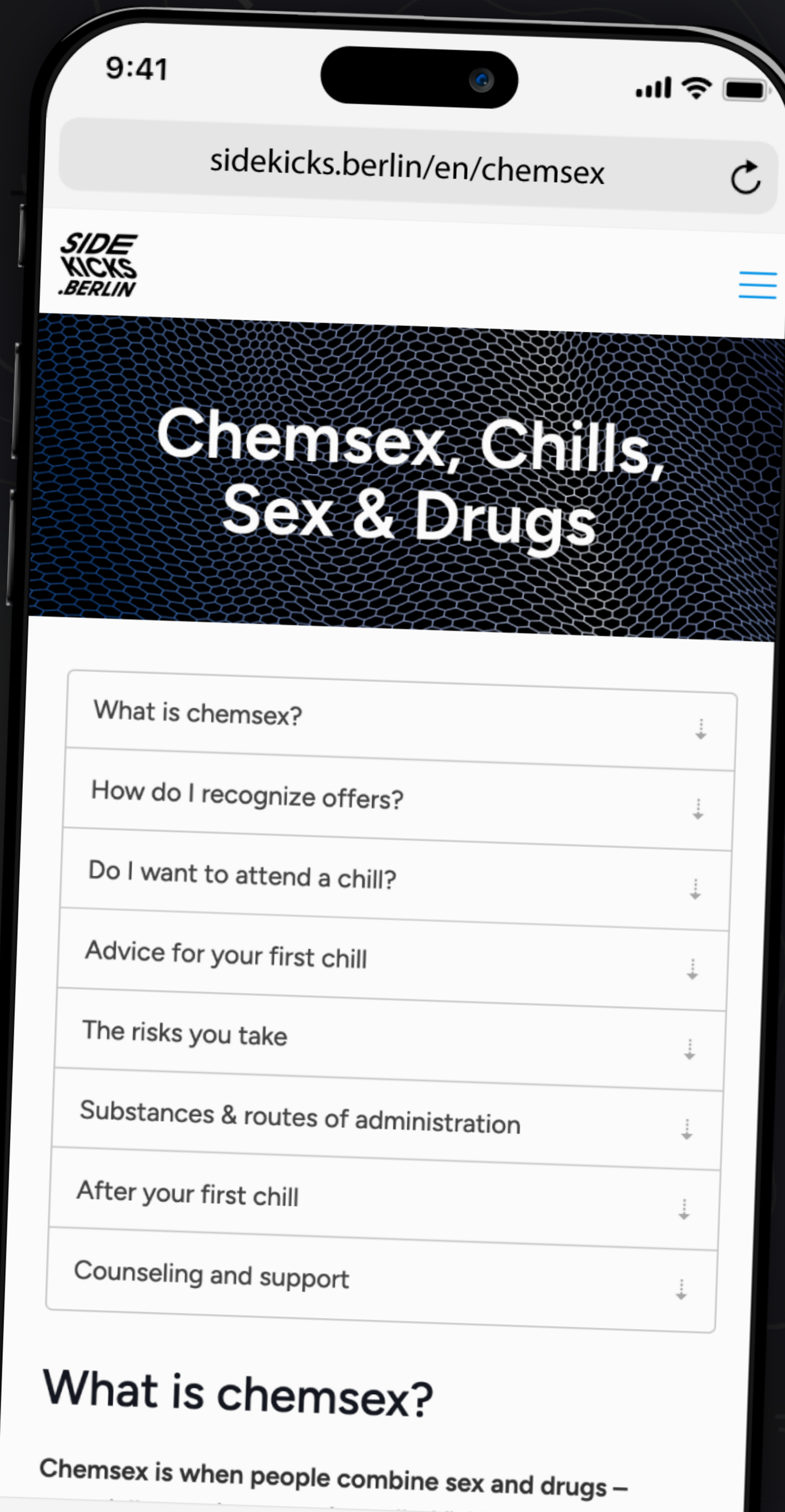
Put them in the recovery position (on their side, mouth downwards) & monitor breathing. Don't administer more drugs!

### ☎ 112 is a must, if:

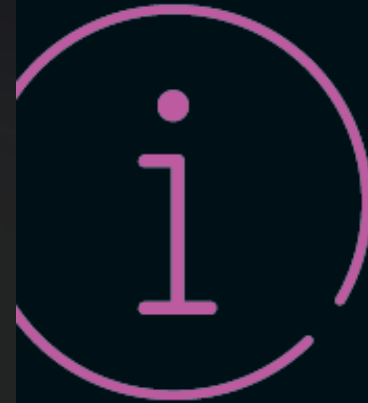
- nobody can continue to monitor them
- breathing is hardly noticeable or very slow (<8 breaths/min)
- person wheezes/snores
- person vomits







# WHAT'S A CHILL?



**Private parties with sex and substance use:** In queer scenes, those are called **chills/chillouts**, **chemsex** (in reference to chemical drugs) or **afterhours**.

**Chills may well run all weekend.** Guests come and go. They get high together, hang out, talk and have sex. They often get at times in groups.

Are you joining us for an afterhours?

Hey, chem friendly?



Seeking longtime!

PnP?

Party with clouds?

It can be difficult to maintain sobriety. Some participants are laser-focused on sex and in a kinky mood. Some are very chatty, even at times in groups. Some are deeply engaged in hookup apps or porn. Some also take **Viagra** and the like. Orgasms also often don't come easy high.

**Most participants are on PrEP** or use treatment as prevention. Condoms are rather uncommon.

**Chills can be exciting, worthwhile experiences** – but in such intense environments, things can also go wrong. For example, boundaries may get crossed or medical issues may occur, such as anxiety episodes, seizures or blackouts.

**Many have a hard time calling it a night and going home.** The comedown can leave people feeling exhausted, moody & unmotivated for several days.

## DO I WANT TO ATTEND?

- > Am I looking for a sexual adventure?
- > Do I know my desires and boundaries?
- > Do I trust the people at this chill to be attentive and responsible enough to take risks with them?
- > Do I have time for a comedown – ideally, no other important plans for the following days?

**Allow yourself to decline invitations if you feel unsure. There'll be other opportunities in the future!**

- ▶ = may help reduce risks
- ★ = comparatively less risky method
- ◆ = potentially problematic
- ▲ = higher risk
- = especially dangerous / difficult to manage

## Ways of taking stimulants

- ★ **Swallowing** ("parachuting"): lowest urge to redose, lasts longer but requires higher dose and delays onset.
- ◆ **Snorting** (doing lines): may damage nasal mucosa, urge to redose may arise
- ◆ **Boofing** (rectal, dissolved in water): potent effect; may cause irritation that facilitates STI transmission
- ▲ **Smoking/vaping**: potent effect, lasts shorter, higher urge to redose, higher risk of dependence
- **Slamming** (IV injection): greatest risk of injury, poisoning and development of dependence

## Mephedrone etc.

(4-MMC, 4-CMC, 3-MMC, 3-CMC, etc.)  
crystals or sticky powder – white to beige

energy ✦ euphoria horniness  
disinhibition ✦ connection  
✦ enhanced senses

- ◆ In case of overdose: Restlessness, heart palpitations, risk of paranoia,...
- ◆ Over time: Redosing may become compulsive

[Details about mephedrone](#)

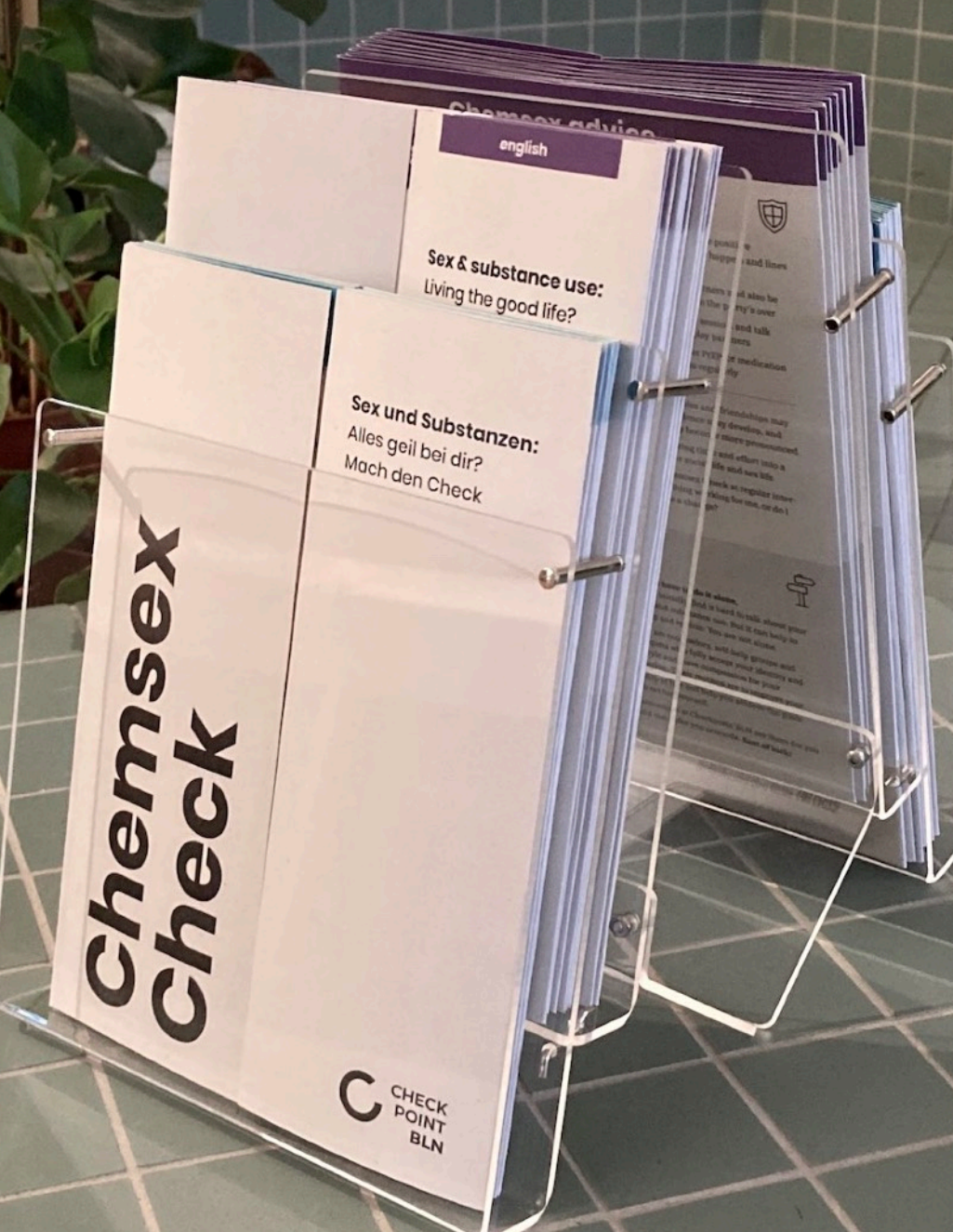
## Tina

(crystal meth)  
crystals – white

✦ energy euphoria horniness  
✦ disinhibition self-confidence  
chattiness

- ◆ Easily leads to staying awake for mu
- ◆ Sober sex may lose its appeal
- ▲ Psychological dependence can easil
- ▲ Risk of paranoia, hallucinations and p  
(esp. with sleep deprivation)

[Details about Tina](#)



# chemsex check

english

**Sex & substance use:  
Living the good life?  
Do a self-check**

**How it works:**

**1 Where you're at**

Circle every field that currently applies to your substance use in sexual contexts.

→ How do you feel about your individual balance of positive effects and risks?

**2 Your red line**

Draw a line from left to right that you do not want to cross in the future.

(Above = acceptable, below = plan to avoid. The line does not have to be straight.)

→ Do you have strategies to help you stick to your line? Any particular problem areas to address?

→ Do you have partners who share your boundaries?

**What is chemsex?**

Chemsex refers to the usage of psychoactive substances to enhance sex in queer scenes. Most commonly, these include:

- „G“ (GHB/GBL) • Mephedrone
- „Tina“ (Crystal Meth)

See reverse for advice on harm reduction and (if so desired) making changes!

**Chemsex Check**

free from shame and inhibition	finally able to fully let go	important life experience	raising my self esteem	experiencing community	found new friends/partner	am more relaxed now sober, too	stopped using
having fun	physical and emotional intimacy	in good, caring company	sticking to plans and boundaries	leaves me feeling satisfied	fulfilling sex life	enjoying sober life as well	steady, stable use
spend lots of time looking	frequent bacterial STIs	have abandoned some former hobbies	seeing old friends less	situations I later regret	sex acts I wouldn't want sober	sometimes keep going 2-3 days	it's worth it
GBL/GHB more than weekly	Mephedrone or Cocaine more than monthly	forget PrEP/HIV meds now and then	worried about others (e.g. overdosing)	meeting people b/c they share drugs	affecting my looks	afterwards lethargic/depressed for days	ashamed of my chemsex
G without measuring out, timing	sharing snorting straws	Crystal Meth (Tina) regularly	straining relationship with my partner	need higher dose than before	never have sober sex	all (close) friends use	want to make a change
not protecting myself from HIV	missing PrEP/meds multiple days	slamming (injecting)	(just about) every weekend	problems with sleep/irritability/anxiety	using alone	redosing until I run out	failed attempts to change
combining G & alcohol	consent/boundaries not always clear	sharing needles	missing days at work/uni	becoming more about the high than sex	can't stop thinking about it	episodes of paranoia, hallucinations	using GBL/GHB 24/7
combining Poppers & Viagra	have gone under on G (overdosed)	consent violated	A&E visit/ ambulance	repeatedly going under on G	(new) HIV infection	lost job/dropped out	suicidal thoughts

Additional positive effects:

Additional negative effects:

**What next?**

**My future goal is:**

\_\_\_\_\_

*e.g. more empowered / less frequent / no more chemsex*

**Today/from now on, I will:**

\_\_\_\_\_

*e.g. make other plans for this weekend, arrange a counseling session, get rid of my stash, delete certain apps/contacts, go home at dawn,...*

**Want to talk about it?**

At Checkpoint BLN we're happy to discuss any thoughts and feelings you have about your sex life and substance use. We're here for you.

Just bring it up at your appointment, or book a dedicated video call in the "Just Talk" category:

→ [checkpoint-blm.de](https://checkpoint-blm.de)

→ Hermannstr. 256-258, Mo-Fr 14:00-20:00

**Open queer addiction meetup (Berlin)**

Mondays 18:30, no sign-up required

→ Schwulenberatung, Niebuhrstraße 59/60

**How was it for you?**

Give us your feedback on the Chemsex Check - briefly and anonymously!





# 1 Where you're at

Circle every field that currently applies to your substance use in sexual settings.

→ How do you feel about your balance of positive effects and risks?



# 2 Your red line

Draw a line from left to right that you do not want to cross in the future.

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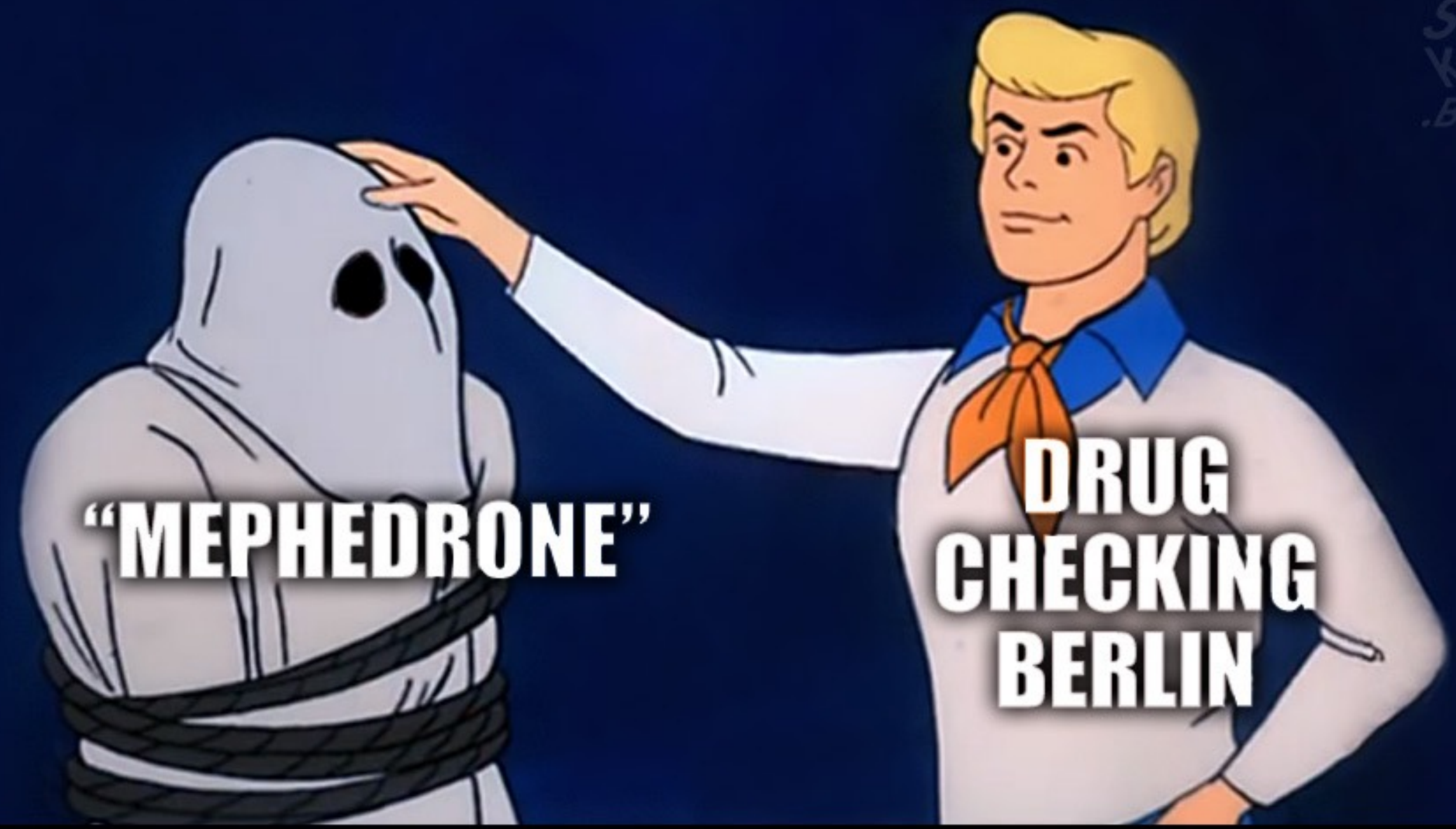


→ Do you have strategies to help you stick to your line? Are there particular problems to address?

→ Do the people you engage in chemsex with share your boundaries?

In connection with chemsex, I'm experiencing...

exciting experiences	relief from shame and inhibitions	sex is more enjoyable than ever	self-confidence boost	I feel like part of a community	meaningful new friend- or relationships	I'm also enjoying sober sex more now	It's less important for me than it used to be
fun	intimacy	being in good, caring company	I generally stick to my plans and boundaries	It generally leaves me feeling satisfied	I have a fulfilling sex life	I'm also enjoying my sober life	the amount of chemsex in my life is stable
I spend a lot of time looking for it	frequent bacterial STIs	I've given up on some former hobbies	I'm seeing old friends less	sex acts that I'm not really into sober	situations that I later regret	sometimes I keep going for 2-3 days	It's getting more prominent in my life
GBL/GHB more than once a week	Mephedrone or 3-MMC more than once a month	I forget my PrEP or HIV meds now & then	I worry for some of the people I encounter	I meet some people because they share drugs	It's affecting my looks negatively	low mood & low energy for several days after	I feel ashamed of my chemsex
I take G without exact dosing and timing	I share straws or pipes	Tina or Monkey Dust regularly	It's affecting my relationship with my partner	I need a higher dose than I used to	I don't have sober sex	all my closest friends engage in chemsex	I want to make a change
I'm not protecting myself against HIV	I forget my PrEP or HIV meds regularly	I inject (slam)	chemsex (just about) every weekend	my focus has shifted from sex to being high	I also use alone	I redose until I run out	I've tried to make changes but failed
I combine G + alcohol	I'm not sure everything was consensual	I share needles or injecting equipment	I've missed days at work/uni	problems with sleep/irritability/anxiety	I can't stop thinking about it	episodes of paranoia, hallucinations	I use GBL/GHB 24/7
I combine poppers + Viagra	I've overdosed on G	I've overdosed on G several times	I've needed emergency medical attention	violations of consent	I was newly diagnosed with HIV	lost my job/dropped out	suicidal thoughts



**“MEPHEDRONE”**

**DRUG  
CHECKING  
BERLIN**



**SOME RANDOM  
NEUROTOXIC  
RESEARCH CHEMICAL**



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