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Safer PNP From Dusk 'til Dawn



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A journey into the evening of PnP can be an incredible adventure. And just like with any adventure, it's important to be as prepared as possible. A party, from dusk 'til dawn, can be filled with many unpredictable elements. Whether or not you've been partying for 15 years or you've only PnP'd once, having tips and strategies for how to make your party more comfortable, safer, and enjoyable is essential.

To develop this resource, we asked a group of guys, collectively with 66 years of experience in PnP, what their harm reduction strategies are for before, during and after the party.

This is what they said.





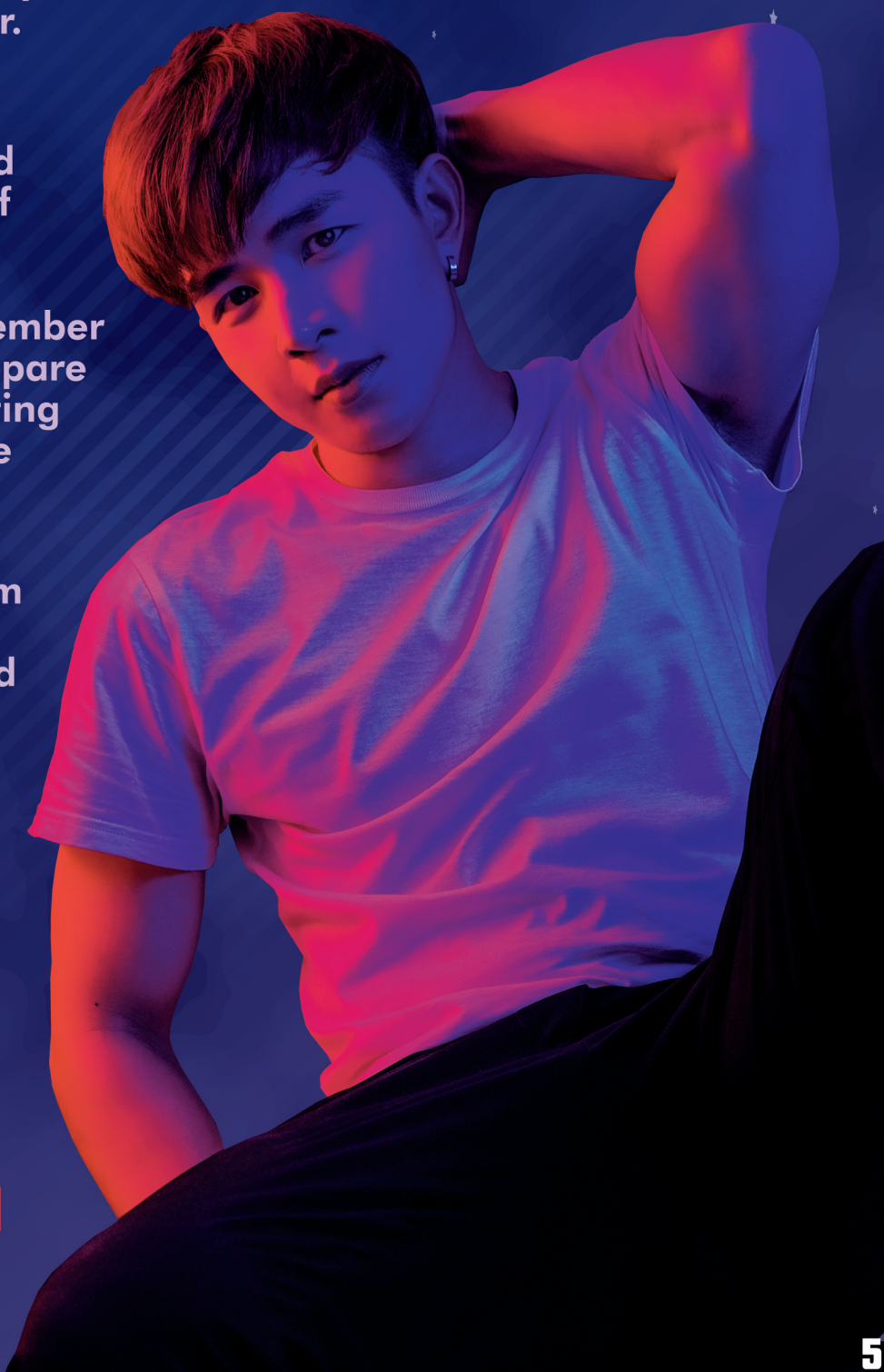
Before I Party

- ☺ Consider dividing your drugs into three parts. One part for what you plan to use on the night of the party, another for when you want to use more, and a last part to save for another party.
- ☺ Bring only enough money that you're okay parting with. That way if money is misplaced or stolen, you can manage your losses. At a minimum, try to budget for drugs, *Uber* fare, and food/water.
- ☺ Bring along HIV/PrEP/Insulin medications; more doses than you think you need but avoid bringing the whole bottle in case you forget it at the party.
- ☺ If you're hosting, think about easy, cheap meals like frozen pizza that are quick to make.
- ☺ Stock enough supplies for yourself as well as a few extras for others (syringes, sharps bin, pipes, bowls, etc.) so that everyone has their own.
- ☺ Have naloxone on hand to prevent overdoses from fentanyl contamination.

- ☺ Loading syringes and prepping in front of others can be difficult and take away your play time, especially if you're already high. Try to load syringes and premeasure doses earlier than the party.
- ☺ Before the party starts, chat with partners about what you're bringing. Tell them what you're comfortable doing and what you don't want to do. This sets a tone of honesty and comfort from the get-go, ensuring that expectations are met and you won't feel pressured later. Consent is mandatory.
- ☺ If you're hosting, set the scene and don't be afraid to put out all the fun stuff to enjoy while high. This could include things like toys, lube, or porn. Remember the sex sheets and to prepare your space (lighting, putting away valuables or fragile décor) beforehand.
- ☺ Contacting a friend or partner that you can team up with for the party is a great way to have a good time. Discuss when you are planning on leaving and check in with each other throughout the night. If you're going alone, it's a good idea to let a friend you trust know where you're going, how long you plan to be there and how they can reach you.

Check out torontovibe.com or actoronto.org for more harm reduction resources and programming!

Before I Party



When I am High n' Horny

- ☺ If you're hosting, be mindful of your valuables and make sure they are away and secure. Worrying about if your laptop or wallet is missing while guests are around could distract you from enjoying your PnP session.
- ☺ Food and hydration are invaluable during a party. Drinks containing electrolytes such as *Gatorade* are great to avoid dehydration and a bad crash. *Ensure*, juice, and smoothies are also good nutritional options.
- ☺ Taking breaks through-out the night can help you save energy, especially if you're planning to have a long night or several nights of partying.



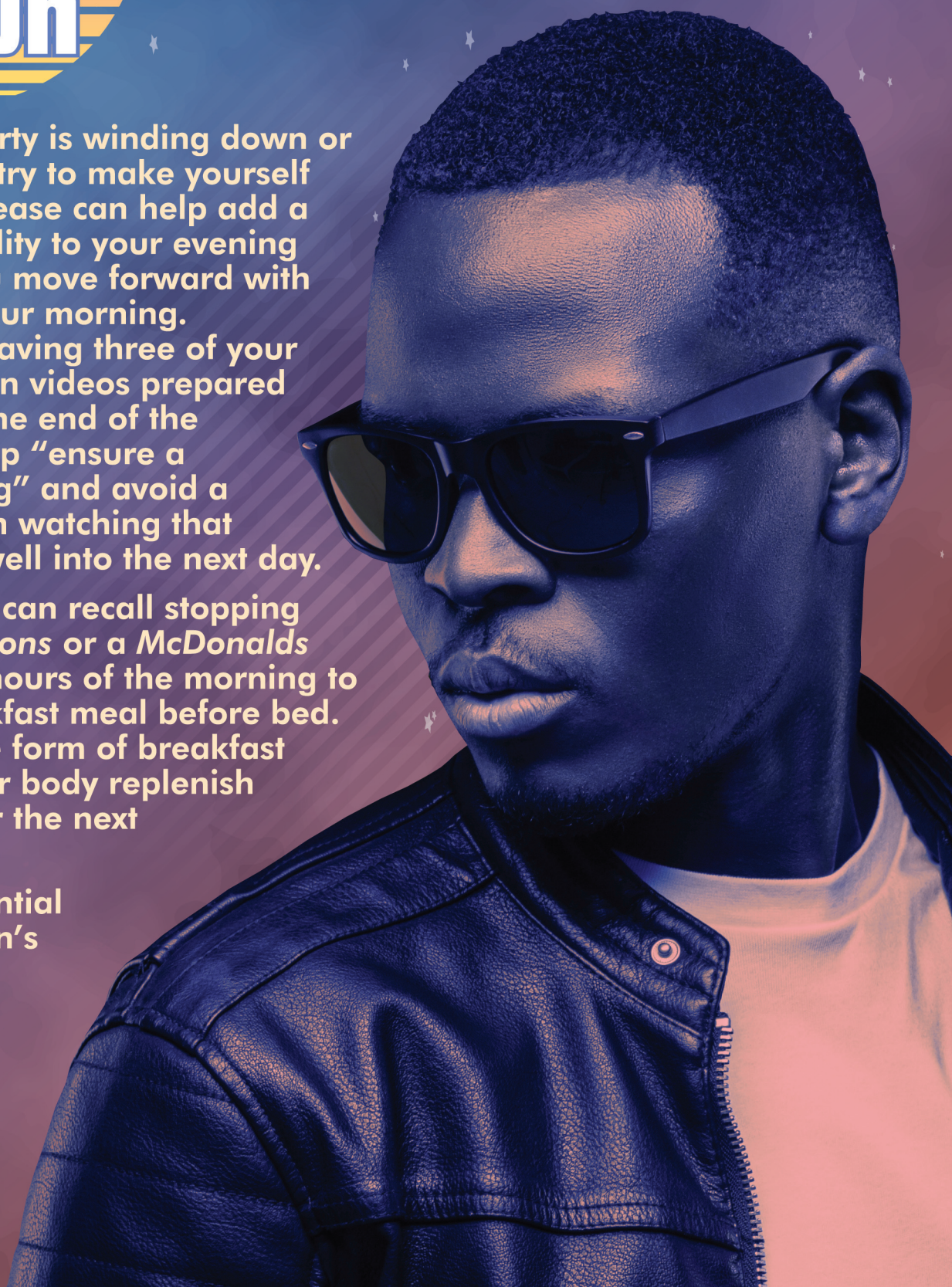
When I am High n' Horny

- ☺ Boundaries can shift during play so check in with your partners during sex to make sure you're both having a great time.
- ☺ Talk to your partners! It's good to know their drug experience and tolerance, especially if you're the one with the stash. Be prepared to educate others as necessary on what kind of drugs you'll be using and what you know about the batch.
- ☺ It's important to be aware of your partners moods and comfort levels. If you can see someone is overdosing, or if they're having a bad high, comfort and support them if you can. Don't be afraid to call for help if you need it. A bad buzz can affect the mood of the whole party.
- ☺ Be conscious of the host and how they're feeling. A happy host is a happy party.



When I am Coming Down

- ☺ When the party is winding down or almost over, try to make yourself cum. The release can help add a sense of finality to your evening and help you move forward with the rest of your morning. Sometimes having three of your favourite porn videos prepared to watch at the end of the night can help “ensure a happy ending” and avoid a binge in porn watching that carries you well into the next day.
- ☺ A lot of guys can recall stopping at a *Tim Hortons* or a *McDonalds* in the early hours of the morning to have a breakfast meal before bed. Having some form of breakfast can help your body replenish its energy for the next morning.
- ☺ Sleep is essential for your brain’s normal functioning and going to bed can cure you of any lingering effects from your partying.



When I am Coming Down

- ☺ Not tired? Try a warm bath and some Epsom salts or bath bombs to relax you. If that isn't enough, a melatonin supplement could help you fall asleep faster. Melatonin is a hormone that tells your body when it's time to head to bed.
- ☺ If you feel like you require more than a few days of rest to recover, consider taking a few sick days off from work or school to recover. Everyone's recovery experience is different.
- ☺ Consider binge watching a mindless show on *Netflix*. The distraction can help you zone out and relax while you recover.
- ☺ Plan something in the future that requires you to be in a solid place mentally and physically to enjoy. This can help you to push through the two or three days of hangover following a high and encourage you to remain sober until the next party.



Sometimes at a party, you're high, horny, and ready to have a good time and then all of a sudden you're told you need to leave the party. There are any number of signs that a party can be over: our body may be tired; our jaw is sore; we are too high; the supply of drugs has run out; or the host is no longer feeling it. None of these reasons for a party ending are personal, but simply a reality. Sometimes in the peak of horniness, we can rush into meeting each other and end up experiencing rejection because we don't meet the other person's standards. Navigating being told to leave can be a challenging aspect to partying, but the guys we chatted with had some excellent suggestions to avoid these situations.

Knowing When to Leave the Party

- ☺ Before agreeing to head over to a guy's house, video-chatting or speaking on the phone can be a great way to clarify each other's expectations before play. Video chatting or phone calling allows both guys to see if they are into each other and can allow for you to share what kind of sexual activities you want to do together.
- ☺ Sometimes we can get so high that we are no longer socially functioning and it can lead to us getting kicked out. Before heading to the party, deciding how much we will use can help us achieve the high we want.

Parties can end for many reasons, sometimes personal and sometimes not. Either way, when one person wants it to end, it's a good idea to listen.

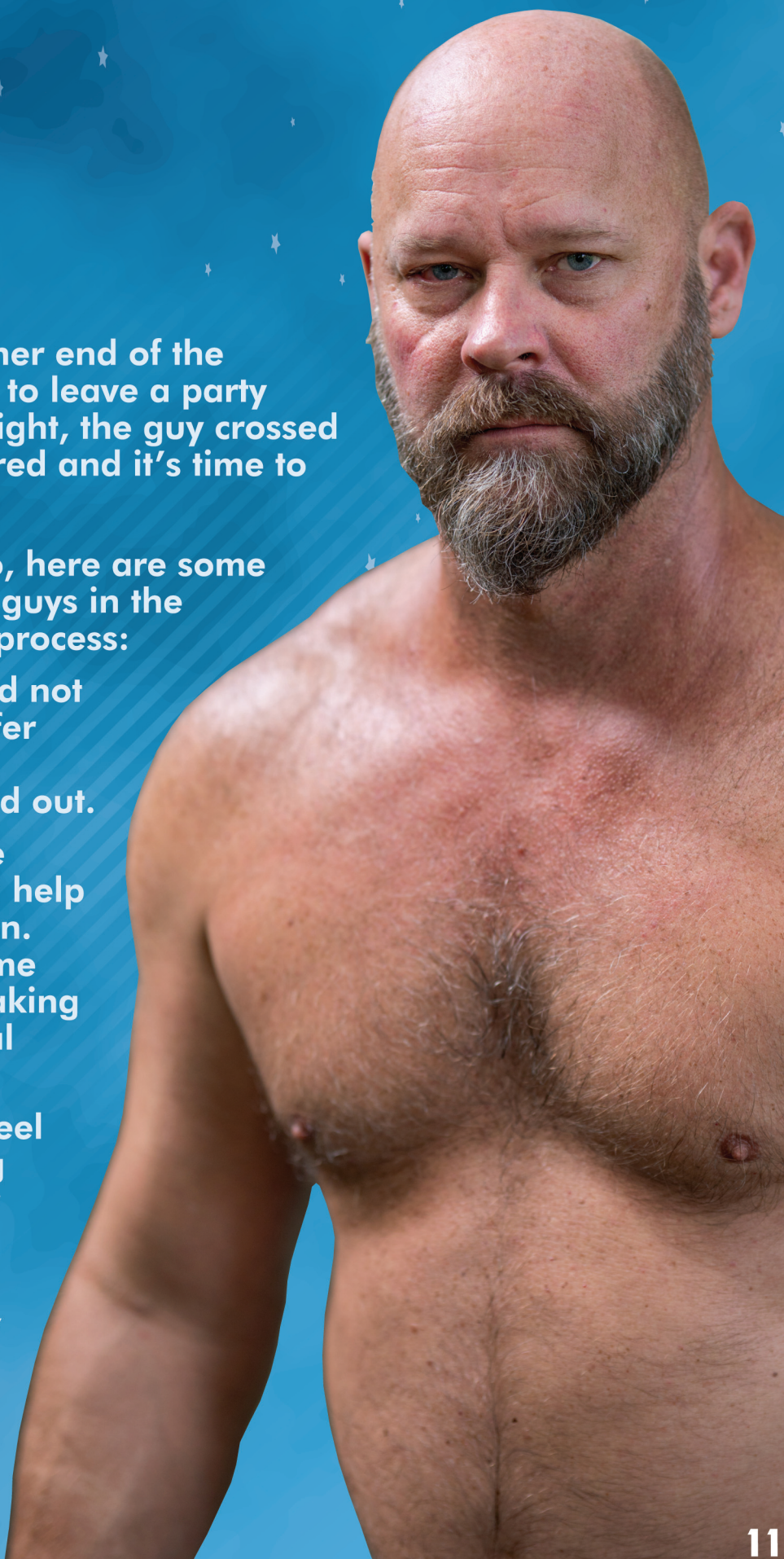


Knowing When to Leave the Party

Sometimes we are on the other end of the situation and want someone to leave a party because the chemistry isn't right, the guy crossed your boundaries or you're tired and it's time to call it a night.

If you're asking people to go, here are some strategies provided by other guys in the community to help ease the process:

- ☺ Slow down the process and not jump at them to leave. Offer them food, water, or the bathroom before they head out.
- ☺ Talking about why you are ending the party early can help bring clarity to the situation. You can help take the blame off the other person by making it about your own personal needs or boundaries.
- ☺ Play matchmaker. It may feel awkward, but so is finding each other on *Grindr* after making an excuse to kick them out. Say something like "Hey, our time is over, but maybe I can support you in looking for someone?" and wait until they find another match on their dating app.





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about Safer PnP
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