



# LET'S TALK



## Safer Partying



# WHO ARE WE?

Interior Health's Youth Harm Reduction Coordinators are here to support all the amazing people out there who work with youth.

We offer:

- Training for service providers
- Substance use policy consultations
- Consultation on substance use education approaches, program recommendations and resources
- Access to harm reduction services and supplies for youth; including naloxone programs, safer sex and safer substance use supplies, and drug checking services

Looking for credible harm reduction information, resources and tools specific to youth?

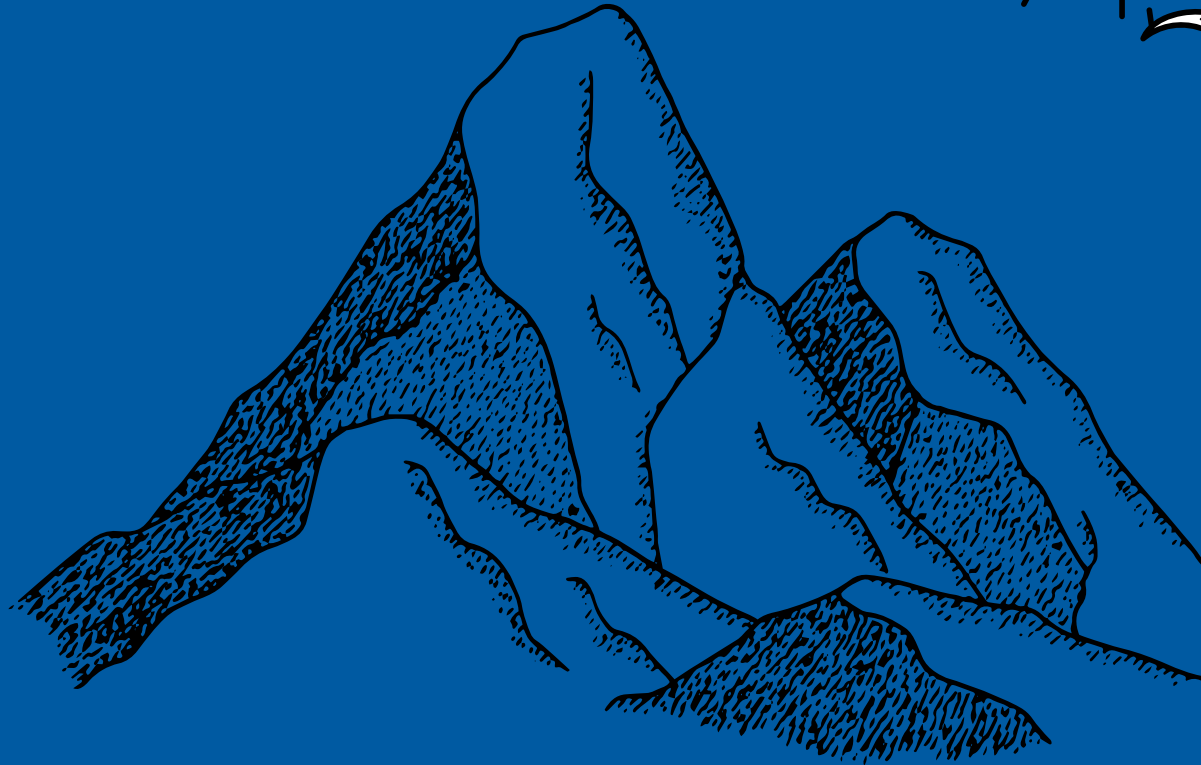
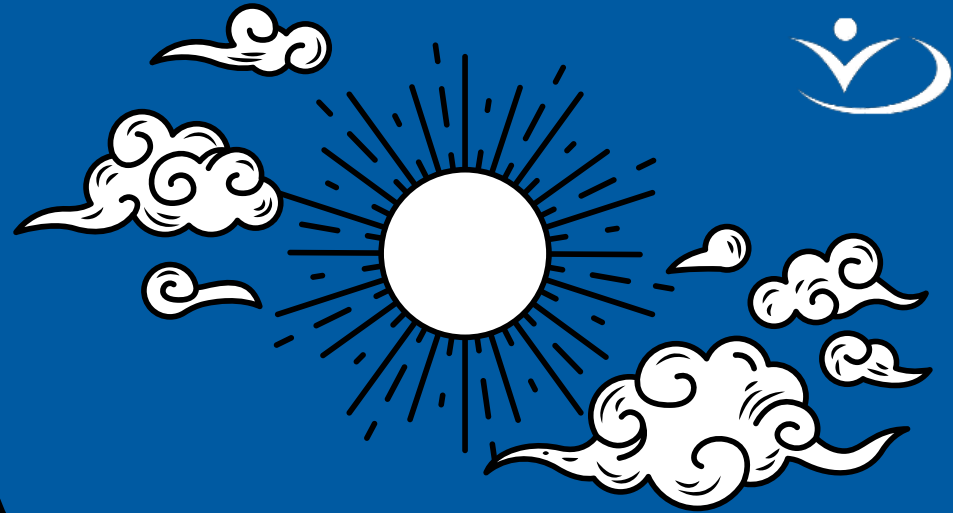
Check out our **TOOLKIT!**

[YHRC@interiorhealth.ca](mailto:YHRC@interiorhealth.ca)



A BIG SHOUT-OUT!!!

This workbook has been adapted by the  
Interior Health Youth Harm Reduction  
Team with permission from BYTE  
Empowering Youth in Whitehorse, Yukon



**How to use this workbook:** The activities in this workbook can be used as a complete program or you can select individual activities for your class/youth group.





# Tips & Tricks for Talking to Youth

Try to follow these tips and tricks for creating open, honest and non-judgmental conversations when talking to youth

## **Think about your own biases!**

Of course as adult allies we all have our own experiences that influence our opinions. Acknowledge where these biases might be present in your conversations and do your best to catch yourself if your thinking turns judgmental.

## **There are no bad questions!**

Try not to shy away from any questions and do your best to answer everything openly and honestly. If we can answer honestly now, we can build a strong foundation for more serious questions later.

## **Know your purpose!**

Why do you want to have this conversation? We want to build capacity and remind young people that they already have a lot of skills for navigating the world!

## **Be genuine!**

Be honest and sincere. It'll be much easier to have these conversations if youth understand there is no hidden agenda.





# Tips & Tricks for Talking to Youth

**Be conscious of your tone!**  
Use a tone and ask questions that encourage honest answers. Try saying things like "I want to understand more about that."

**Be comfortable with some silence!**  
If there is silence in your discussion, don't stress about filling it! Sometimes young people need time to open up, even if you have a close relationship with them already

**Manage your expectations!**  
Don't strike up this conversation with the goal of teaching a lesson or to change minds. Instead, be open-minded about learning about their perspectives.

**Be supportive and empower!**  
You might not necessarily agree with everything they say, but let them know you stand by them and their right to make their own decisions and have their own opinions.

**Listen!**  
Be present and set aside enough time to have a meaningful conversation. Listen to understand and not to respond

# Activity 1: Values



Let's start this workbook with simple questions that will help you think about how you feel about substance use. There are no right or wrong answers here, simply your opinions. After every statement, circle or highlight whether you agree or disagree with the statement. If you aren't sure or don't agree nor disagree, circle or highlight neutral.

Legalization of cannabis is a good thing

Agree

Neutral

Disagree

Addiction is a mental illness

Agree

Neutral

Disagree

You can use drugs without becoming addicted

Agree

Neutral

Disagree

You can make good decisions even while intoxicated

Agree

Neutral

Disagree

Alcohol and tobacco are the most harmful drugs

Agree

Neutral

Disagree

Drug use is a normal part of growing up.

Agree

Neutral

Disagree

# Activity 2: Match It



The more we know about something, the better equipped we can be to make safe decisions for ourselves! On the next page, match the picture of each substance with the correct name and fact by drawing a line between them, you may want to use different colours to better visualize the result. When you have completed the activity, reflect on the different ways to stay safe when experimenting with new substances.



## QUICK TIPS

Check out these QUICK TIPS for ideas on how to stay safe. What are other ways you keep yourself or others safe when experimenting with substances?

### Avoid Mixing Drugs

Mixing drugs (including prescribed medication) is dangerous and the effect can be unpredictable.

### Avoid using alone

Try to have someone who is not using around to monitor and observe.

### Start Low and Go Slow

Start by using a little amount first and wait an hour to see the effects and your tolerance to it. If it is your first time or if you haven't used in a while your tolerance will be lower than if you use regularly.



# Activity 2: Match It



Match the picture of each substance with the correct name and fact by drawing a line between them, you may want to use different colors to better visualize the result. When you have completed the activity, reflect on the different ways to stay safe when experimenting with new substances.



Alcohol

Intranasal use, or “snorting,” of this substance takes effect within a few minutes, and lasts about 15 to 30 minutes. Injecting produces a “rush” that is felt within 30–45 seconds, and lasts 10 to 20 minutes. Smoking causes a high within seconds but it lasts only five to 10 minutes.



Cocaine

This substance initially has some stimulant effects such as releasing dopamine and making you feel happy and energized. However, this substance is actually a depressant that slows down our central nervous system. It can suppress dopamine leaving you feeling sad over time.



Cannabis

A powerful painkiller. It’s approximately 100 times stronger than other pain medications such as morphine. Therefore, it only takes a tiny amount of this substance to feel its effects. This makes it easier to overdose by unintentionally taking too much. This substance has no taste or smell and can be addictive, often referred to as “down” and is involved in over 80% of overdose deaths in BC.



Fentanyl

Quitting this substance before the age of 30 avoids more than 90% of the lung cancer mortality attributed to using it. Vaping this substance can cause lung damage and be highly addictive.



Mushrooms

Some users feel calm, giggly, relaxed and talkative. Colours may appear brighter and sound may seem more distinct. Appetite often increases. Can be smoked or ingested, strengths and strains vary resulting in a spectrum of side effects.



Tobacco

This drug is a hallucinogen that alters a person's perceptions such as seeing, hearing or feeling things that are not really there. Effects can range from ecstasy to terror, from mild distortion of the senses to full hallucinations (distortions in reality).

# Activity 2: Match It Answer Key



Match the picture of each substance with the correct name and fact by drawing a line between them, you may want to use different colors to better visualize the result. When you have completed the activity, reflect on the different ways to stay safe when experimenting with new substances.



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# Activity 3: Standard Drink Sizes



For this activity, we are going to look in to standard drink sizes. On the next page, use three different pencil crayons to colour in the red solo cup to show how much hard liquor, beer and wine you might pour in a glass for yourself or someone else. Afterwards, we'll see how it compares to standard drink sizes! Remember - there is no judgement here! We just want you to know how much you are drinking so you can make safe choices for yourself later!



## QUICK TIPS

Knowing how much of a substance you are using is important so you can plan to keep yourself safe when partying! For example, your plan to get home safely from a party might look different if you plan to have one beer or if you plan to have 10!



HOW MANY  
STANDARD DRINKS  
ARE YOU REALLY  
HAVING?



# Activity 3: Standard Drink Sizes



Use three different pencil crayons to colour in the red solo cup to show how much hard liquor, beer and wine you might pour in a glass for yourself or someone else. Afterwards, we'll see how it compares to standard drink sizes! Remember - there is no judgement here! We just want you to know how much you are drinking so you can make safe choices for yourself later!



# Activity 3: Standard Drink Sizes



**How many standard drinks are you really having?**

Now see how your pour compares to Standard Drink Sizes. On a red Solo cup, there are actually lines that indicate your standard drink sizes.

**Are you over pouring? Under pouring?**

**How many standard drinks do you actually pour in one cup?**



*Please note: you have to use the SOLO brand cups for this safer partying trick to work! Not all the other brands have the same lines.*

# Activity 4: Standard Drink Sizes



Now that you know a little bit more about standard drink sizes, think about how many standard drinks are in a shot, glass or bottle. Match the number of drinks there are in each bottle.

2

1

16

8

5

1



ANSWER KEY: SHOT-1 MIXED DRINK-2 BEER-1 MICKY-8 TWO SIX-16 WINE-5



# Activity 5: Standard Drink Sizes



## 1. What is considered binge drinking?

- 5 or more drinks in one occasion for men
- 4 or more drinks in one occasion for women
- A whole week of non-stop drinking
- All of the above

## 2. What is the average percentage of alcohol in a bottle of vodka?

- 20%
- 30%
- 40%

## 3. What are some things you can do before drinking that will help keep you safe?

- Eat a meal
- Set drinking limits and stick to it
- Drink water and keep hydrated
- All of the above

ANSWER KEY: 1. All of the above 2. 40% 3. All of the above

# Standard Drink Review



- ✓ Now we know a standard drink is a measure of how much pure alcohol you're drinking, NOT the total amount of liquid in your glass
  - ✓ The size of the drink varies based on the concentration of alcohol
  - ✓ Remember to check the alcohol % on the bottle to know how much to pour to make a standard drink
-

# IMPORTANT INFO ABOUT OVERDOSES

## WHAT ARE OPIOIDS?

When people think of opioid use, they may think of street-obtained, or "street" opioids, such as heroin or fentanyl. However, opioids can also be used as medication to treat pain such as oxycodone, morphine or codeine. Opioids typically have very little taste or smell so they can be hard to detect if mixed with other substances.

- When we use substances, there could be a risk of overdose. Tips like not using alone and testing our drugs help us avoid some of that risk. It's also important to recognize the signs and symptoms of an overdose and know what to do if you see someone having an overdose.
- Overdose signs can be different depending on the substances you use, but the most common signs of overdose include vomiting, passing out and cool, clammy skin. Here we will focus on overdoses related to opioids.





# KNOW THE OPIOID OVERDOSE SIGNS



## **Not Responding**

Not moving, can't be woken up



## **Slow or Not Breathing**

Not breathing or slower than every 5 seconds



## **Making Sounds**

Snoring, gurgling, or choking sounds



## **Blue Lips & Nails**



## **Cold or Clammy Skin**



## **Tiny Pupils**

If any of the signs of overdose are present,  
**call 9-1-1 immediately**  
and follow the SAVE ME steps on the next page





### **S – Stimulate**

Is the person unresponsive?  
**Call 9-1-1 RIGHT AWAY**



### **A – Airway**

Open mouth,  
check airway



### **V – Ventilate (Give breaths)**

Use breathing mask, pinch the  
person's nose shut, give 2 big breaths



### **E – Evaluate**

Still not breathing?  
Proceed to Medicate



### **M – Medicate**

Give Naloxone nasal spray through  
nose, or inject Naloxone by syringe  
into a muscle. **Keep giving 1  
breath every 5 seconds**



### **E – Evaluate & Support**

Person still not responding  
after 3 to 5 minutes? Give  
another dose of Naloxone

**Follow the  
SAVE ME  
Steps**



1

## Stimulate & Scene Assessment

---

Check the scene to ensure it's safe. Try to wake the person up by poking and shouting. If no response call 9-1-1.

2

## Airway

---

Open their airway and check for obstructions and remove. Check breathing (10 breaths/min) plug their nose and tilt their neck back gently.

3

## Ventilate

---

Give 1 breath every 5 seconds.  
Breaths are crucial to the overdose response to keep the brain alive.

4

## Evaluate

---

Are they any better? Has their breathing or colour improved?

5

## Muscular Injection

---

Inject one dose in to their shoulder or thigh. You do not need to remove clothing. Continue to give breaths until the person is breathing on their own or help arrives.

6

## Evaluate

---

If no response after 3-5 minutes, give another injection & continue giving breaths. If breathing normally, place in the recovery position.



# Activity 6: Opioid Overdose Signs

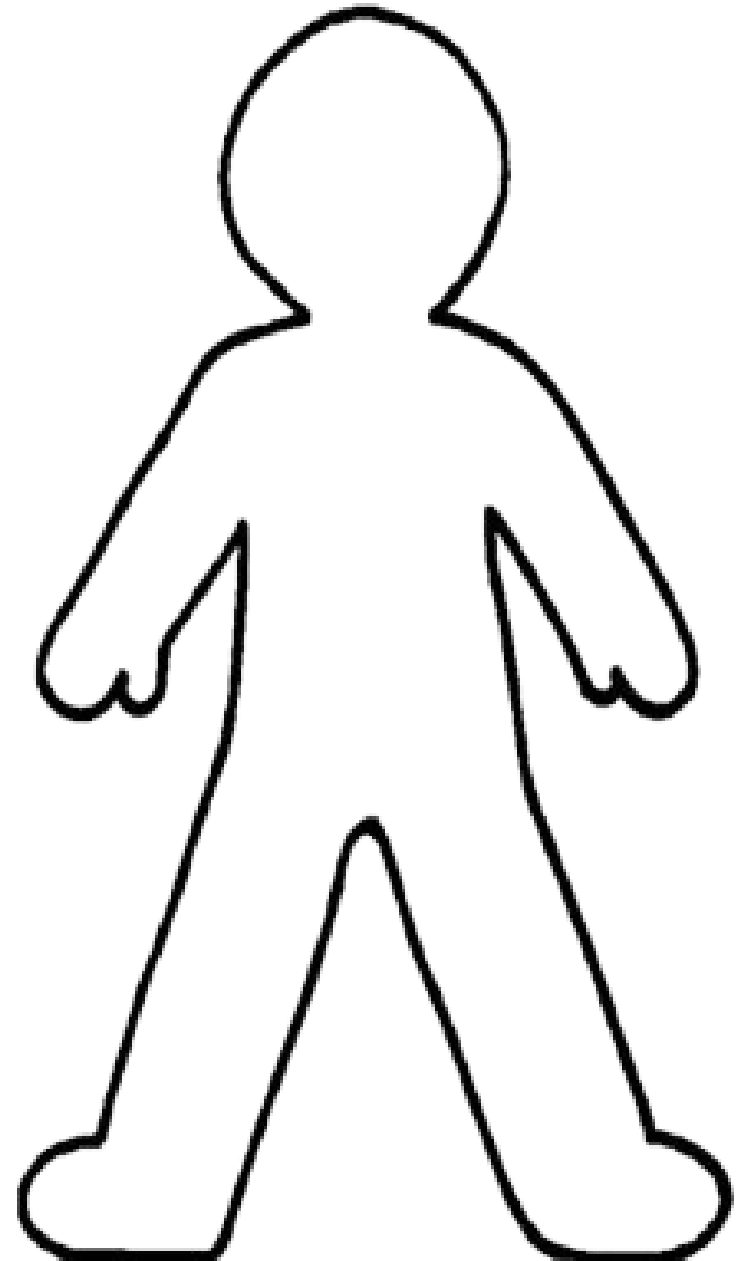


Use the body outline below to mark or write down any signs of an opioid overdose that you know.



## DID YOU KNOW?

Fentanyl is 100 times more powerful than morphine and used to treat severe pain. Most street fentanyl in Canada is produced illegally as a powder and is being increasingly found in street drugs such as heroin and cocaine, and used to make tablets that look like prescription medications. Many overdoses have occurred because people did not know that what they were taking was poisoned with fentanyl.



# IMPORTANT INFO ABOUT OVERDOSES

## WHAT IS NALOXONE?

- Naloxone (Narcan) is a safe drug used to temporarily reverse overdoses caused by opioid drugs. It does not work on non-opioid overdoses, but will not cause harm. It can buy time and save lives before the paramedics arrive.
- Naloxone acts within 3-4 minutes but the protective effect only lasts for 20 to 90 minutes.
- It is not a substitute for immediate medical attention, it is a temporary treatment that quickly wears off: always call 911

### DID YOU KNOW?



Canada has a Good Samaritan Drug Overdose Act that protects people who call for help when someone is overdosing. The act protects anyone seeking emergency support during an overdose, including the person experiencing an overdose.





# Naloxone Kits



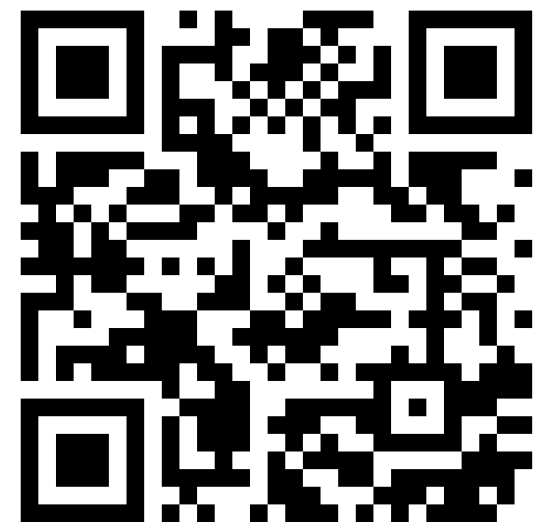
**Kits are  
Free!**



What's in a kit?

- SAVE ME instructions
- Alcohol Swabs
- Gloves & Breathing Mask
- 3 Vanishpoint® syringes
- 3 ampoules of Naloxone
- Overdose response form

Find a Naloxone Kit distribution  
site near you!



# Activity 7: What Would You do?



**Now that we've thought a little bit about substances, overdoses and standard drink sizes. Let's look at some scenarios and examine if they show us examples of 'safe' or 'risky' partying.**

**What would you do to make it safer?**



**Check out the scenarios  
and consider the  
prompting questions**

# Scenario 1



**You have just arrived at a house party and your friend asks you to team up to play beer pong.**



- **What are some risks of binge drinking games such as beer pong?**

- **How can one reduce risks while playing drinking games?**

- **Describe advantages and disadvantages of drinking and using substances.**

# Scenario 2



**It's the weekend and you're headed to a bush party. You're standing around the fire having some drinks when your friend offers you some prescription pills they brought from their house. They insist they are safe as they were prescribed by a doctor.**





- **What are some of the risks of a bush party?**

- **What are some of the risks of mixing alcohol and drugs when partying?**

- **If a drug is prescribed does that make it safe to use?**

- **How could you reduce the risk if you decided to use drugs and/or alcohol at this party?**

- **What are some ways you could plan ahead when going to a bush party?**

# Scenario 3

**You decide to throw a small house party but your friends invite more people, including people you don't know. It turns into a rager and people are trashing the house. You've had lots to drink and are starting to panic that the neighbors will call the cops.**



- **What would you do if your "small get together" turned in to a big house party?**

- **How do you know your limits when you are drinking alcohol?**

# Activity 4 Debrief: What Would You do?

## Scenario 1

- While playing drinking games that involve chugging it is important to know the dangers of binge drinking. Binge drinking may lead to alcohol poisoning which can cause passing out, vomiting, irregular breathing and more. It is always best to drink a glass of water or two between alcoholic drinks.
- It takes approximately an hour to process a standard drink so it is helpful to count your drinks and try not drink more than 1 standard drink per hour. If you are playing a drinking game like beer pong try pouring no more than two full beers in all the cups or fill some of the cups with water.
- Drinking and partying may be a fun social event but too much drinking can make it difficult for us to make safe decisions. Remember, you can't consent if you aren't sober!





# Activity 4 Debrief: What Would You do?

## Scenario 2

- It is better not to mix drugs and alcohol but if you do avoid mixing a depressant (ie: alcohol) with:
  - a stimulant (ie: cocaine, ecstasy, ritalin, adderall, etc.)
  - cannabis
  - another depressant (morphine, hydromorphone, ativan, valium etc.)
- Mixing can make you feel out of control much faster than the use of either drug alone and can lead to an increased risk of seizure, heart attack and overdose.
- If using prescription drugs, think about what type of medication it is. How is it supposed to make you feel? How might it interact with other substances?



# Activity 4 Debrief: What Would You do?

## Scenario 3

- It is always best to only invite people you know and trust to your home. Make sure to set some boundaries and people who shouldn't be there should not be let in. If you are inviting a lot of people to your home, make sure to hide/ lock up your valuable items. It is always recommended to have a sober responsible person who is not using and can help ensure the party stays under control.
- Some people use alcohol to manage stress and anxiety but drinking too much can decrease your ability to control difficult situations and because alcohol is a depressant, you can feel more stressed or anxious after using.



# Activity 8: I Can Handle It



Check out the following situations below. How prepared do you feel to respond to these situations? As you read, think about some steps you could take in each situation.

**1. Your friend is passed out on the couch, you know they have drank a lot during the night. You are scared they will vomit and choke. What do you do?**

Nothing to worry about

I can handle it

Let me get help

I am freaking out

**2. Your friend has been drinking heavily and a guy you don't know is trying to walk her home – should you intervene?**

Nothing to worry about

I can handle it

Let me get help

I am freaking out

**3. You have been drinking and flirting with someone all night when they ask you to go upstairs with them. What now?**

Nothing to worry about

I can handle it

Let me get help

I am freaking out

**4. Someone at the party has been drinking heavily and has been trying to pick fights all night. What do you do when they approach you?**

Nothing to worry about

I can handle it

Let me get help

I am freaking out

# Activity 8: I Can Handle It



Check out the following situations below. How prepared do you feel to respond to these situations? As you read the situations, think about some steps you could take in each situation.

**5. A person you know from school is acting weird. You heard they took some ecstasy – should you help them? How?**

Nothing to worry about      I can handle it      Let me get help      I am freaking out

**6. The RCMP shows up to a party at your house – what should you do?**

Nothing to worry about      I can handle it      Let me get help      I am freaking out

**7. A close friend has been drinking and decides to drive home. They keep saying they're fine but you're not sure...**

Nothing to worry about      I can handle it      Let me get help      I am freaking out

**You can't always make every situation or party 100% safe but there are lots of ways to reduce your risk. Check out the tips on the following page for more information on what to do!**



# QUICK TIPS



## Q #1

- Clear a pathway to the bathroom
- Give them a bucket & glass of water
- Place them in a recovery position



## Q #2

- Stop your friend and check on them - remember alcohol impairs judgement
- Use the buddy system - if you come to the party together, leave together
- Offer to leave with your friend and the guy





## QUICK TIPS



### Q #3

- Think about how much you have both had to drink. If either of you are drunk, you cannot consent to sexual activity
- If you aren't drunk and do consent, consider if you feel safe and have protection such as condoms on hand

### Q #4

- If it feels safe to do so, ask them to leave or maybe think about ending the party
- Call an adult you trust or 9-1-1 for help



## QUICK TIPS



### Q #5

- Watch for signs of overdose and don't leave them alone
- Reassure them
- Keep them hydrated (sip don't gulp!)
- Call 9-1-1 if you are worried

### Q #6

- RCMP need reasons to enter your home. If they suspect underage drinking, they can enter your home
- Answer the door and break up the party
- Make sure no one drives away if they have been drinking



## QUICK TIPS



### Q #7

- Let them know it is not safe to drive
- Walk home or take a cab home with them instead Invite them to crash on the couch
- Call 9-1-1 if they still decide to drive

# Activity 9: Safer Party Plan



Now that we've practiced some of our knowledge when it comes to substances and we've learned a few tools on how to stay safe when partying such as using with a buddy and knowing our drink sizes - let's brainstorm other ways we can keep ourselves safe before, during and after a party. What are things you already do to keep yourself safe when partying and what are things you want to remember to do in the future?

On the next page, fill out your Safer Party Plan! Here is an example of our Safer Party Plan:

Before	During	After
CHARGE YOUR PHONE PICK A DESIGNATED DRIVER LET SOMEONE KNOW WHERE YOU ARE GOING	USE THE BUDDY SYSTEM (STAY WITH YOUR FRIENDS) DRINK WATER THROUGHOUT THE PARTY	DON'T DRIVE EAT SOME FOOD PUT DRUNK FRIENDS IN RECOVERY POSITION BEFORE BED

# Activity 9: Safer Party Plan



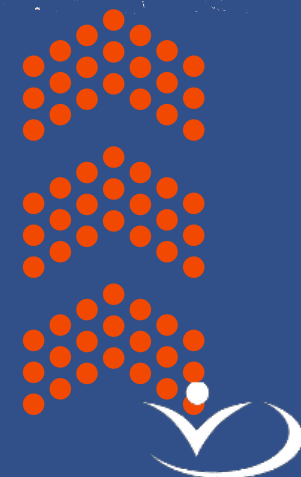
Before a party	During a party	After a party



# SUPPORT & INFORMATION RESOURCES

It can be hard to know where to get good information about substance use or to know where to turn if you or someone you know is using substances unsafely.

Here is a list of resources where you can go for non-judgmental information and support.



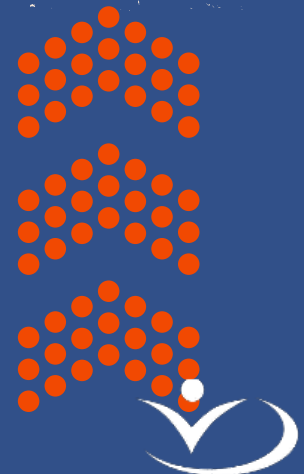


- **Teens | Interior Health** healthcare info for teens: Find information on substance use, mental health services, sexual health, vaping and more. In person and virtual options available!  
[www.interiorhealth.ca/information-for/teens](http://www.interiorhealth.ca/information-for/teens)
- **YOUTH Snap Shot** Local Mental Health & Substance Use: 310-MHSU (6478)  
[www.interiorhealth.ca/sites/default/files/PDFS/substance-use-service-directory-for-you.pdf](http://www.interiorhealth.ca/sites/default/files/PDFS/substance-use-service-directory-for-you.pdf)
- **Apps & Virtual Care**: List of virtual supports for mental health & substance use.  
[www.interiorhealth.ca/sites/default/files/PDFS/mobile-apps-and-virtual-treatment.pdf](http://www.interiorhealth.ca/sites/default/files/PDFS/mobile-apps-and-virtual-treatment.pdf)
- **Foundry BC** – Free and confidential support – both online and in-person for those aged 12-24. Mental health, substance use, sexual health & social services. Mobile app available to access services.  
[www.foundrybc.ca](http://www.foundrybc.ca)



## Youth Help Line

- Kids Help Phone 1-800-668-6868
- Interior Health Crisis Line Network 1-888-353-2273 IOR 1-800-784-2433
- KUU-US (Indigenous) Crisis Line 1-800-588-8717
- Metis Crisis Line 1-833-638-4722
- BC Crisis Line 1-800-784-2433
- **Youth in BC Chat** - Online chat daily 12-1am [www.youthinbc.com](http://www.youthinbc.com)



- **Overdose Prevention**

- **Lifeguard App** - App used to reduce harm and prevent unintentional deaths for people of all ages.

[www.lifeguarddh.com](http://www.lifeguarddh.com)

- **Drug Checking** - Stop guessing, start checking. Resources & locations for checking your drugs.

[www.drugchecking.ca](http://www.drugchecking.ca)

- **Toward the Heart** - Find resources on harm reduction supply locations, Naloxone training, overdose prevention and safer sex & drug use information.

[www.towardtheheart.com](http://www.towardtheheart.com)

- **BC Harm Reduction Supply Map** - [www.towardtheheart.com/site-finder](http://www.towardtheheart.com/site-finder)

- **IH Harm Reduction Info** - Information on supply distribution, stigma reduction, drug checking, overdose prevention & treatment, safe needle disposal and harm reduction practices.

[www.interiorhealth.ca/health-and-wellness/mental-health-and-substance-use/toxic-drug-crisis/harm-reduction](http://www.interiorhealth.ca/health-and-wellness/mental-health-and-substance-use/toxic-drug-crisis/harm-reduction)

- **Text Alerts** - Free, real-time text messaging service for anyone to receive toxic drug alerts or share information about toxic drugs in their community. This service is anonymous.

[www.towardtheheart.com/alerts](http://www.towardtheheart.com/alerts)

