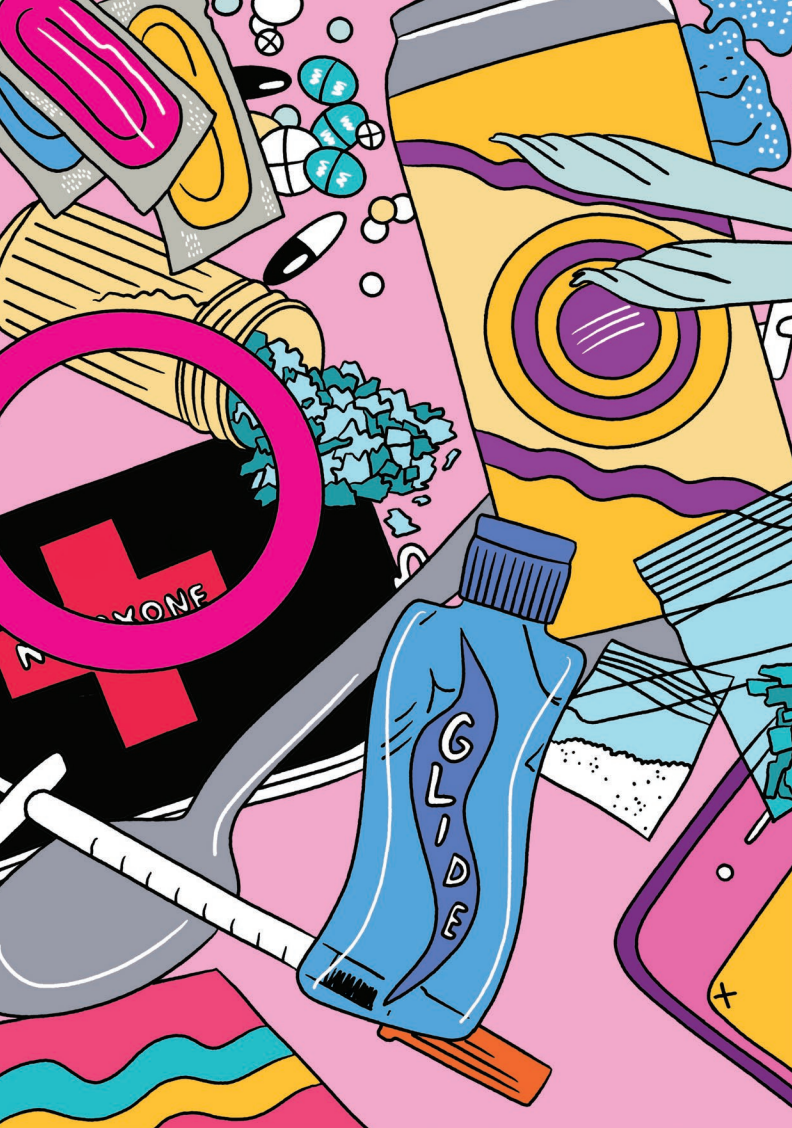




Your Party & Play Field Guide



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GMSH

GAY MEN'S SEXUAL HEALTH ALLIANCE

This resource is a collaboration of the Gay Men's Sexual Health Alliance and CATIE.

About the GMSH

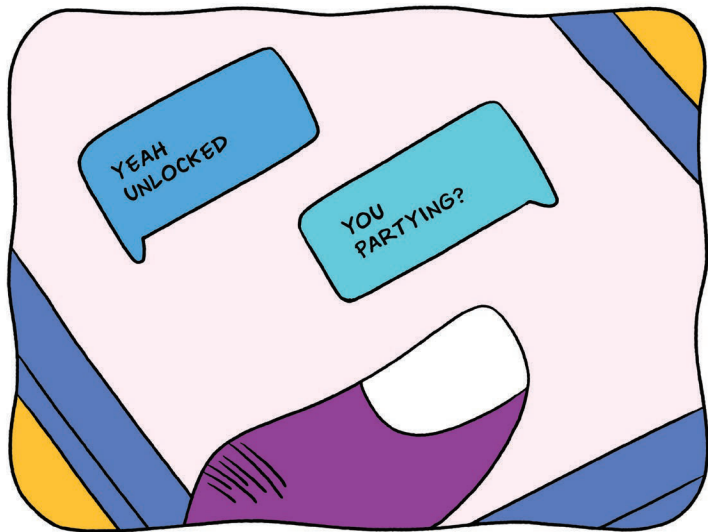
The Gay Men's Sexual Health Alliance (GMSH) champions the health of 2SGBTQ+ men in Ontario. We lead the development of cutting-edge sexual health promotion resources and collaborate with HIV service organizations and other service providers in Ontario to ensure 2SGBTQ+ men have the information, supports and services they need to have the sex they want.



About CATIE

CATIE strengthens Canada's response to HIV and hepatitis C by bridging research and practice. We connect healthcare and community-based service providers with the latest science and promote good practices for prevention and treatment programs.

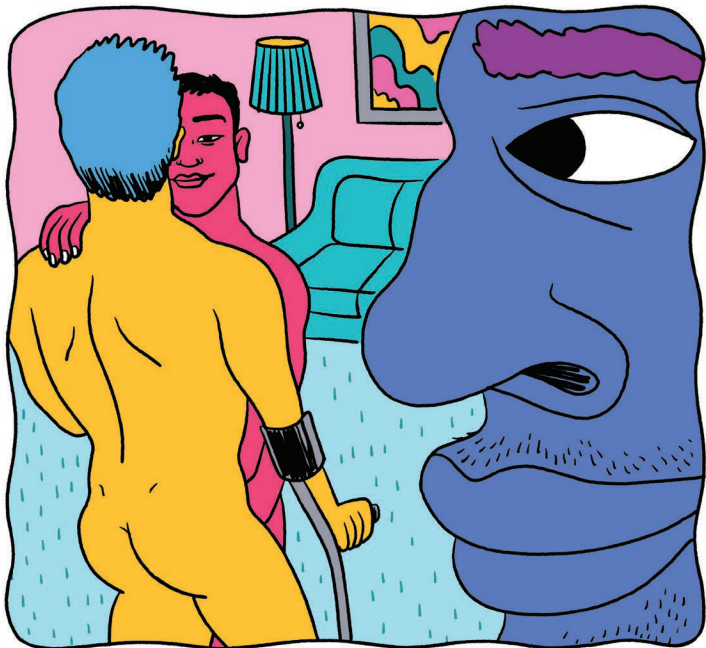




Are you newly involved with, or curious about, the party and play (PnP) scene? This resource is for you; it's your guide to navigating the scene in the safest and sexiest way.

This booklet is primarily a harm-reduction resource. The GMSH takes no stance on drug use, neither for nor against it. Instead, our principles support the well-being and health of gay, bi, trans, queer men and any guy into guys, whether they party or not.

Our PnP community includes many guys. If you are trans, racialized, HIV-positive, older, or brand new to the scene, we kept you in mind as we developed this information.



Do You Party?

You're chatting with a guy online, and so far, it's a match. He's hot, he's close by, and you're making plans. Then he asks, "do you party?"

So, what do you say? Drugs plus sex seems like a simple equation, but there's a lot to learn about PnP and there are many ways it can go. No one stops to explain everything to you when you begin partying, after all. But many guys report wishing they had more accurate information when they first started. Where can you go to find solid facts about how the drugs work or reliable advice about how to balance everyday life

with partying without feeling judged or being told to quit? That's why this guide exists – to give you the proper tools to navigate the drugs, the sex, and yourself as you explore party n' play.

As you know, "party" refers to chems like crystal meth and GHB, which can, in turn, make the "play" feel really good, intense, or inviting. And while the hardcore, hot sex may be the reason guys start to PnP, there are sometimes other reasons why we keep coming back. It can also be a way to cope with shit like homophobia, racism, transphobia, HIV stigma, loneliness, body image, and self-esteem.

Around 25% of guys who party will experience PnP turning from pleasurable escape into a severe problem that has consequences in their everyday lives. Playing the odds you won't be one of these 1 in 4 isn't a good strategy. To improve your chances, you can learn how to spot red flags, invest in supportive friendships and learn about the drugs you're partying with.

Party Favours 101

When you think about PnP, crystal meth and GHB are the drugs that come to mind – these two have a bad reputation that follows them around. Yet, guys still love to party with them – why? Well, sex on these drugs can be hot and intense, not to mention it can last for hours. You feel more connected to people. Better about yourself. Of course, there are downsides like dehydration, losing sleep, and increased anxiety.

That's where harm reduction comes in. Taking steps to reduce the unwanted impacts of drugs is an effective way to make your partying healthier and safer. Reducing specific harms is a proven approach to managing partying. We'll be sharing some essential harm reduction tips throughout this section.

The foundation of any solid PnP harm reduction strategy is having accurate information about the drugs and the safest ways to use them.

Crystal Meth 101 (Tina, Crystal, T)

If you've tried crystal once, you probably know it's powerful stuff. A bit of Tina can amp you up big time, leaving you horny as hell, ready to try anything, and hot to trot with whomever catches your eye.

Crystal meth is a stimulant, meaning it increases activity in the brain and body. It typically causes an increased heart rate, sweating, sleeplessness, decreased appetite, alertness, euphoria, and increased stamina.

Meth works by flooding your brain cells with dopamine and norepinephrine, chemicals that your brain uses to send signals about pleasure throughout your brain and body. Dopamine causes you to feel good, happy, alert, and super into whatever and whoever you might be doing; that's the reason sex feels so incredible on T.

However, what goes up must come down. The rush of dopamine from meth makes your body's regular dopamine production go down. That's why coming down from T can be rough — you're running extra low on those good, high-energy brain signals and the bouncy vibes they brought with them.

Smoking

Smoking crystal is a simple and popular way to get high. Learning to do it correctly can save you burnt fingers and burnt lips and from burning up all your T. If you're looking for a detailed step-by-step guide, check out CATIE's resource at catie.ca/safer-crystalmeth-smoking.

It takes practice to get the hang of smoking T. Here are a few points about smoking etiquette and safety that are good to consider.

- Technically, T is vaporized, not smoked. You aren't burning the T; you melt it and allow it to turn into vapour.
- Is your pipe more lubed up than you? Take an alcohol pad to the stem and wipe it clean or use a clothespin as a makeshift pipe holder to keep it from slipping away.

- Sit upright when smoking. Smoking while leaning back is a recipe for a bad burn and lost Tina.
- Hold the lighter and pipe away from your body and especially exposed skin, and rotate your bowl between the 10-2 o'clock position while heating. This way, scalding T doesn't leave you scarred if spilled.
- Let your pipe rest on a cool, wet cloth between tokes. Bonus, the damp cloth can clean the outside of your pipe bowl.

Pig Tip:

Consider investing in a "bong" or water pipe — they are easier on your mouth and throat!



Injecting

Slamming is serious business. It is the most intense and immediate way to do T, so it has extra complications and can be dangerous if you don't know what you're doing. Luckily, it's possible to reduce the harm that slamming might risk by learning how to inject correctly and taking good care of yourself and others.

For a step-by-step guide on proper slamming techniques, check out partynplay.info or pick up the Sharp Shooters resource from CATIE's Ordering Centre (orders.catie.ca). If you do decide "to get to the point," get these pointers ahead of time.

- Missed a shot? Change to a new rig — needles dull after a single attempt. Reusing the same rig can really mess up your veins. Take a break, hydrate, and try again with a new needle in a little while. Blood clots quickly, even in a needle. There is no safe way to reuse a missed slam with blood in it. Injecting a blood clot can be fatal, so let it go and prepare a new rig.
- Want the rush but not the stress? An alternative to slamming is Hole Bumping (aka booty/pussy bumping). Hole Bumping is when you crush T, mix it with water, inject it in your hole and hold for around ten minutes. When taken this way, Tina is absorbed by your body almost immediately, much like slamming.

Pig Tip:

Learn to prepare and inject your slam safely rather than have someone else admin you. If you must have someone inject for you, knowing the correct steps ensures you'll know if something is off.



Too Much T?

Overramping

Overramping isn't just a case of doing "too much" meth — it is the experience of several overwhelming mental and physical reactions from the drug. These include sweating, joint pain, elevated heart rate and anxiety, and paranoia. Overramping is uncomfortable and may feel scary, but it is not a fatal condition. Focus on calming the person down, cooling them off and keeping them hydrated.

Psychosis

Have you ever witnessed someone at a party experiencing a reality that seems to be way different from yours? Maybe they're acting strange or super high. This kind of alarming break in perception and behaviour is meth-related psychosis. What causes this break is meth use and other party-related factors (lack of sleep, stress, etc.). Symptoms often include delusional thoughts, aggressive or paranoid behaviour, and seeing, hearing, or believing things that aren't there.

Supporting Someone in Psychosis

Meth-related psychosis is distressing for those experiencing it — they fear a threat or danger that to them is 100% real, even if it does not seem real to you. Don't deny or debate the details of their reality, as it will escalate the situation when you want to de-escalate it. Before you attempt to intervene, assess your ability to support the person in psychosis. Ask yourself:

- Do I have support, or am I alone?
- Do I know my exits?
- Do I believe this person will harm me or become violent?
- Am I calm/patient/grounded enough to offer support?

If you feel you can proceed, then try the following:

- Pause the use of substances and, if they're yours, put away any drugs or supplies.
- Change the environment by reducing stimulus — dim lights, turn down music/porn.
- Give the person space and do not crowd them.
- Speak calmly and evenly. Use short, clear sentences.
- Listen and repeat back to them what you hear them saying to show you understand.
- Only one person should speak at a time.
- Avoid saying “no” but give a few options of what is possible — offering a specific time frame, pathway, or resolution.
- Empathize with the scary or angry feelings caused by thoughts and beliefs without giving your opinion about whether they are real or not. For instance, “I can understand how someone watching you would be very upsetting. How about we move to the next room to talk in private”.

If someone becomes aggressive or violent, stay as calm as you can and try to exit. You may consider calling a mental health responder for help. Police can escalate a situation, so think twice and only call 911 if someone is clearly in harm's way.

GHB 101 (Gina, G, Water)

GHB. Half of the guys you meet just love it; the other half won't touch it. What is it about this one drug that generates such strong reactions? Well, it's easy to mess up. The difference between a GHB dose that results in mind-blowing sex and a dose that results in coma-like sleep (also called a G'ing-out) can be as little as a half millilitre. To say G is a tricky substance to manage is an understatement.

Basics

Did you know that GHB:

- Comes as a clear liquid that is you take orally.
- Has an extremely salty taste. G is taken with juice or another sweet drink to mask it.
- Is not to be injected or booty bumped.
- Is a depressant drug (like alcohol). Smaller doses produce a woozy, euphoric effect.
- Typically kicks in after about 10-20 minutes.
- Effects increase for about 30-60 minutes.
- GHB peak effects last about 1.5 - 2.5 hrs (followed by 1-2 hrs of more subtle effects).

Pig Tip:

Taking a break from partying will make your wallet, brain, and body all happy. Even a week makes a difference! Remember, tolerance goes down during breaks. Be careful with dosing if or when you start again.



GBL

A similar, more potent drug called GBL is sold as GHB sometimes or as GBL. You cannot tell the difference just by looking; GBL looks identical to GHB (a clear, odourless liquid) and converts to GHB in your body. However, GBL acts a little differently.

- Effects hit faster.
- 2-3 times as powerful as GHB.
- Taste is more chemical and less salty.
- Dramatically increased danger of G'ing out/overdose.

If your getting a new batch or someone else is providing the G, it can never hurt to ask if it's GHB or GBL, especially if you know GBL is used in your community.

Pig Tip:

What is a safer amount of GBL? Less than half of your usual GHB dose at most. Dose low, go slow and try to avoid using it alone.



Playing with Gina, The Harm Reduction Way

G Together

Try not to use G alone. When people G-out they go unconscious and can stop breathing. Have someone else there who can respond to an emergency. If you find yourself using G alone, at the very least notify a buddy to check in via text or phone.

Never Mix, Never Worry!

GHB does not mix well with other downers: alcohol, benzodiazepines like Xanax or lorazepam, ketamine, or opioids such as Fentanyl. Mixing G with any of these can cause breathing to become dangerously slow, which can result in death. Avoid these combinations!

Some guys do G and drink at the same, regardless of the danger. If you really must have both, go very slow — have only one drink an hour, and add an extra hour between G doses.

Label Your G

G looks like water, which can get dangerously confusing. Best to label your drink or storage container clearly. Using water bottles to store G makes for an easy mistake. Try a glass jar to keep the G from eating away at plastic.

G Dosing Basics

The potency of G varies from batch to batch. It can be tricky to guess the right amount of GHB to use and the right timing if you're doing a second dose. Testing your G in low doses, measuring accurately, assessing yourself and tracking your doses allow you to keep it cute and keep you conscious.

Measurement

Use a medical oral syringe, available at any pharmacy, or use a set of measuring spoons to measure out GHB (5ml is about one teaspoon). Avoid using bottle caps or eyeballing the amount. Both are inaccurate measures.

Test It Out:

With a new batch of G, take a small test dose before you go out to party (<1.5ml) and monitor your reaction.

Do a G Self Check:

Before you dose, ask yourself:

- ? When did you last eat?
Or drink water?
- ? How is your body responding right now?
- ? When did you last sleep?
- ? Can you afford to G-out right now?
- ? How do you usually respond to G?

Dose Low:

The G that's still in your system will be amplified by the dose that comes after it, so each successive dose needs to be less than the one before it. For example, if you took a 5 ml dose to start, your next dose would be 4 ml (max).

Go Slow:

Wait 2 hours between doses. Set up an alarm to remind you – don't go by how you're "feeling."

Track-It!: Track your doses.

Record the time and amount (see our handy G tracker at the back of this guide) and have it handy (in case of an emergency).

Detox

Seek medical advice before attempting to stop G "cold-turkey," which can be dangerous.

G-Outs

What does G-ing out look like? How do you respond? Here are common signs of G-ing out and basic tips for care for someone who has gone under.

Signs Before and During a G-Out:

- Nodding off
- Momentary blackouts
- General difficulty communicating
- Yawning
- Yelling or singing incoherently
- Not able to stand up
- Falling into a deep, coma-like sleep for about 4 hours

What to do when someone becomes unconscious from G:

- Don't try and wake them
- Place them in the recovery position (gently roll them on their side) to prevent choking on vomit.
- Monitor their breathing and call for help if it slows suddenly
- Do not leave them alone

Call 911 if:

- Breathing slows to less than eight breaths per minute
- They begin to vomit
- You have reason to suspect they have consumed alcohol or other downers
- You are otherwise unable to support them

Pig Tip:

Having sex with someone who's accidentally G'd out is not cool, hot, fun, or normal. This would count as sexual assault in the eyes of the law, even if you agreed ahead of time.







Pills, Pokes and Poppers

Poppers and boner pills (erectile enhancing drugs) like Viagra are common in the PnP scene. They can open you up (poppers) or get it up (boner pills) as needed. Useful, right? Both types of drugs have some side effects you'll want to know about and some interactions you'll want to avoid.

Hard-on Pills & Injections

A common antidote to the dreaded Tina dick, prescription medications like Viagra or Cialis are all used to help guys rise to the occasion. Here's a breakdown of what you want to know about brand-name boner pills.

	Viagra	Cialis
Dose	Between 25-100mg (200mg street pills are common)	2.5-20mg
Common Side Effects	Feeling flush, headache, heartburn, nasal congestion	Headache, heartburn, back pain, muscle pain, stuffy nose, flushing (warmth and redness in your skin), pain in your arms or legs
Time of Dose	30 minutes before sexual activity	Minimum 30 minutes before sexual activity, but often more time is needed
Duration	Up to four hours	Up to 36 hours

- Avoid if you are using poppers and are on blood pressure medication.
- Be cautious if you have very high or very low blood pressure, have chest pain or severe liver or kidney disease.
- For most trans guys, these meds don't work well for anything and can even cause pain.

Things To Know About Hard-on Pills

- If your hard-on does not go down after 4 hours, try Sudafed (or another drug containing pseudoephedrine hydrochloride) to counter the effects. If this does not work, seek medical attention immediately.
- Avoid using metal or rigid cockrings (in case a doctor needs to saw it off!)
- Don't double a hard-on pill with an injectable like Trimix.

A Few Words on the Fakes & Generics

According to a recent study, only 18% of "generic" Viagra purchased through online pharmacies was the actual drug. Considering the number of people buying so-called generic Viagra, that's a lot of disappointed customers.

While the benefits of accessing non-prescription boner pills are the lower cost and the convenience, the risks are real. While people perceive boner pills as harmless, if you're buying without a prescription, that may not be the case. Be careful and know your supplier.

Hard-on Injections (TriMix)

Pills aren't the only E.D. drugs. There are more potent **medications available as injections**. These are becoming more common at parties because of the instant and long-lasting effect they have. Come through, instant total top! The most popular formulation on the market is called Trimix.

Trimix is three different drugs compounded in a solution that is easily injected into your dick. Like Viagra, you can get a prescription from your doctor for Trimix; unlike Viagra, there are fewer imitations or knock offs on the market.

If you are taking Trimix not prescribed to you, ask the individual to whom it is prescribed for as much information about changes that have been made to the prescription over time, or the potency of the prescription.

Try to start with the minimum dose of 20 units (0.2 mL) and see how you react. Yes, it may not be enough, and you've stabbed your dick for nothing. That's better than taking too much and a trip to the emergency room.

If you do end up poking a second time, never increase the dosage by more than 10 units (0.1 mL) and choose a different injection site.

Pig Tip :

Putting a needle in your dick can be nerve wracking, it's not a bad idea to try and administer Trimix before you get too heavy into the other faves. Your dick is special and one of a kind – doesn't it deserve a steady hand?



Trimix	
Dose	General starting dose is 20 units, (0.2mL) and increased by a maximum of 1 unit at a time.
Equipment Needed	Sterile water, alcohol swab, small Kleenex square (for after), small gauge syringe (28 gauge is easiest), vial of Trimix.
Common Side Effects	<ul style="list-style-type: none"> • Headache • Dizziness • Injection site bruising/bleeding/scar tissue formation • Desensitized penis
Time of Dose	Five minutes before sexual activity.
How To Administer	Unsure about injection technique? Check out Sharp Shooters, available on CATIE's website and Ordering Centre.
Duration	<p>Up to four hours. An erection of longer than 4 hours may require medical attention.</p> <p>If your hard-on is painful and/or does not go down after 4 hours, try over-the-counter Sudafed or other antihistamine to counter the effects.</p> <p>If this does not work, seek medical attention immediately.</p>

Things to Know

- Trimix should come in an untampered glass vial and is a clear liquid with no “floaties” or particles in it.
- Trimix should be kept in the freezer or refrigerator to be most effective. Stored this way, it is good for up to 6 months.
- Avoid using metal or rigid cockrings with Trimix.
- Don't double up by doing an injectable and taking a hard-on pill.

Poppers

Poppers are the disco granddaddy of all gay sex drugs, though most guys barely acknowledge them as a drug to begin with. Poppers, also called alkyl nitrites, are a liquid you inhale from a small bottle for an immediate and intense euphoric high. The rush only lasts a few minutes, but poppers have the added benefit of relaxing your anal muscles. Bottoms up! Seriously though, appropriately used, poppers can make bottoming easier and more pleasurable and help reduce pain. Hallelloo!

Currently, poppers are illegal for purchase in Canada and semi-legal in many countries. That means you don't know for sure what's in the bottle (no matter what the label may say), how strong they are, or how long they'll stay fresh. Buy from a trusted source if possible, and start slow with each new bottle. Deaths related to poppers have not recently been recorded. However, combining them with Viagra or other drugs that impact blood pressure can be fatal.

- Using a lot of poppers can cause mild chemical burns to the nostril or skin. Try not to touch the liquid (or bottle) to the skin at all.
- Combining poppers with boner pills can be dangerous for certain people because they both lower blood pressure.
- People who have heart conditions or glaucoma or take blood pressure medications or other nitrates must be extremely cautious about poppers.
- Poppers can cause headaches, nausea, or vomiting in some people.
- Temporary poppers-related vision spots are sometimes reported; poppers-related vision loss is rare.

Pig Tip:






DON'T DRINK THE POPPERS. That's a toxic chemical, boo.



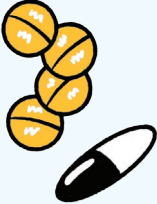



Mixing

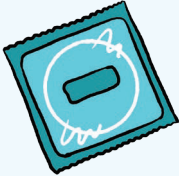

Guys who party often mix drugs together to get a better high, but do they know certain pairings can be dangerous? Here are some risky combinations to remember.

DANGEROUS PNP DRUG COMBINATIONS

GHB + Downers	Downers include: <ul style="list-style-type: none">• alcohol• sleeping pills and anxiety pills like Xanax• ketamine,• opioids like fentanyl, heroin, oxycontin Mixing any of these with G can cause breathing to slow down to dangerous levels and potentially result in death. Avoid these mixes and definitely avoid them when using them alone.	
	If you do choose to mix G with a downer despite knowing the risks, you can still take a harm reduction approach. Have a maximum of one drink an hour and wait an extra hour between G doses.	
GHB + Tina	Combining Tina and Gina is so popular, some call them “the twins.” But they are very different drugs. The major risk here is using more of one to compensate for the effects of the other. For example, you might aim to take the edge off your T high with G and accidentally pass out. This combo also puts a strain on the heart, since Tina wants to speed up your heartbeat and G wants to slow it down. Be cautious if you have heart issues in your family history.	
Poppers + Viagra/ Cialis	Together, poppers and dick pills plunge your blood pressure to dangerously low levels. In extreme cases, this could cause stroke or heart attack in people who have any blood pressure conditions. If you take any blood pressure meds, this message is for you! Don't mix these two!	
	If you took boner pills, but later can't help but have a whiff of poppers, take a small one. Pay attention to how your heart and head feel before deciding to do any more.	

PnP Tips and Tricks

<p>Be the hygienic host! Keep party spaces tidy. Don't forget soap and clean towels!</p>	<p>Agree on an end time to the fun (with yourself or your playmates).</p>		<p>Set an hourly timer to remind you of the time. Pick a chill ringtone.</p>
<p>Cross-contamination with opioids (like Fentanyl) is rare but can be fatal. Carry Naloxone and know how to use it.</p>		<p>When in doubt, use more lube.</p>	<p>Hosting? Set all belongings aside in plastic bags. No more lost keys!</p>
<p>Not so into a hookup or a scene? Don't stay! Have an exit strategy ready.</p>	<p>Drink a glass of water or sports drinks every hour at least to keep up with the action.</p>		<p>If you only have one pipe, use a mouthpiece to avoid sharing more germs and gunk than needed</p>
<p>Carry extras of everything, especially harm reduction supplies like new rigs and pipes.</p>			

<p>Set aside tokens, money, or a transit card to get home.</p>	<p>Use cute wine charms to signal if someone's glass has G in it.</p>	<p>R u feeling wound up? Go for a short walk to get some air.</p>	<p>Tina can be hard to handle. You can make a scoop by cutting a straw diagonally.</p>
<p>Can't sleep? Try a sleepy time tea.</p>	<p>Moisturize your hands, face, lips and body. Stay supple.</p>		<p>Ask for help if you need it — even if that simply helps getting home or getting a drink of water.</p>
<p>Drugs aren't free. Did you include them in your budget?</p>		<p>Use a new condom when sharing a toy. No mess, no stress.</p>	
<p>Keep track of dosing, especially with G. When did you take it, and how much?</p>	<p>Get a battery pack for your phone. This is a lifesaver. Avoid stolen chargers and missed texts.</p>		<p>If you take medication, set a reminder on your phone ahead of time.</p>
<p>Feel kinky? Fun! If you're trying something new, test it sober first.</p>			

<p>People care about you! Check-in with a friend before you go out partying. Signal that you'll be off the radar for a day or two.</p>	<p>Dry mouth sucks. Use Biotene or xylitol gum to keep that hard-working mouth slippery and smooth.</p>	<p>Don't keep your G in a water bottle or any other container that can be mistaken as something else.</p>	
<p>Eat something, even when you don't feel hungry. Think yogurt, ice cream, watermelon, grapes, anything that goes down easy.</p>		<p>Keep a weekly journal where you keep track of partying. Revisit it to see what works best.</p>	<p>Find a buddy in the scene who you can talk to about partying.</p>
<p>Take breaks. Find a chill-out space if possible or turn off the porn and lower the lights a bit.</p>	<p>Protect your electronics with a password and use secure message apps if you're talking about anything sensitive.</p>		<p>Using a pill organizer can help you keep track of when you last took your meds.</p>

Pig Tip

Are you staying at a party long past the point of having fun? You might have FOMO syndrome — fear of missing out. Remember the benefits of sticking to your limits and that there will be other parties and fun to have.



Managing the Comedown

After the high comes the crash. It's normal to feel sluggish, sad, cranky or sick for a few days after partying. How rough will it be? That depends on which drugs you took, how much, for how long, and what you got into. Your body also is wiped from lack of sleep, quiet, food, water, or time to rest. Give it these things now!

Crash Course:

- Drink more water than you think you need. Yes, water!
- Caffeine can help with low energy but only a bit.
- You likely won't feel up for your job, social plans, or chores. Postpone if you can.
- Give into sleep whenever possible.
- Try to get fresh air at least once a day.
- If you start having really dark feelings, reach out to someone even if you really don't want to — just one text.
- Do not make major life decisions while you're coming down. Girl, just don't.

Partying Poz

There are several reasons why poz guys might experiment in PnP. Why is that?

- The party scene was, and is, a place where being poz is the norm or even desired status.
- Barebacking is common in the PnP scene. It can be liberating for poz guys to enjoy sex without condoms and free of judgment, especially with advances in HIV treatment like "U=U".
- Longer-term HIV survivors often find a way to reclaim sexual enjoyment and confidence through partying.

With all the poz-itives, partying can still have long-term impacts on our health. Here are five practices to lessen those impacts:

Connect to Care

There are barriers for some folks to accessing HIV care in Canada, whether that's medication, naturopathy, or ceremony. Local AIDS Service Organizations are a good starting point for support, as are community health centers or even harm reduction spaces. They may offer care directly or have relationships with affirming providers. The best place for you is one that does not stigmatize your HIV status or your drug use.

Visit <https://wheretocatie.ca/> to find services near you.

Take Those Meds

Missing a few doses of your meds is a common occurrence when guys party. Doing this too much can lead to medication resistance and/or increased viral load. Trust and believe, that is a situation you want to avoid. Plan ahead. Pack a travel bottle with you, enough for four days at least (just in case). Set a loud reminder on your phone, or get a friend to bug you.

Say Something

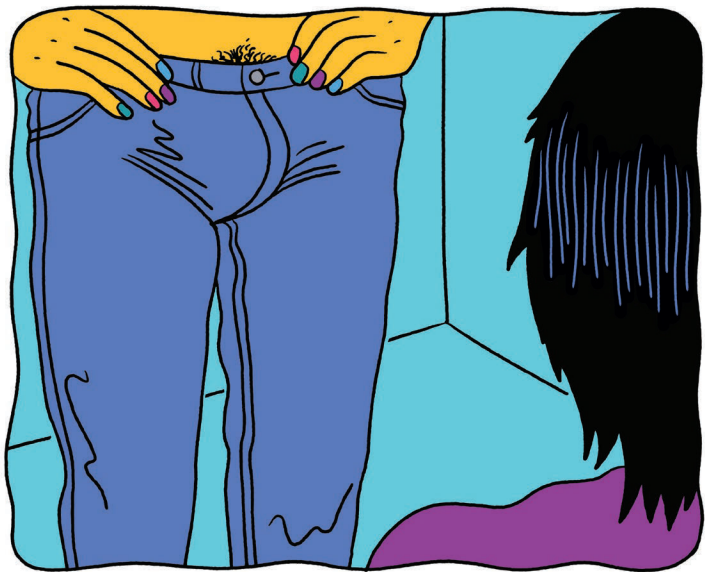
Along with taking meds on time, staying in care and on treatment is key for poz guys. It can be scary to bring it up with your doctor, but if partying impacts your health, you may have to discuss it. If your doctor is not willing to support guys who PnP, ask other poz guys you know about other options.

Be Good to Your Body

HIV tires our bodies out sometimes — so does partying. Take a breather, drink a glass of water, eat a real meal or snack.

Know Your Drug Interactions

Certain HIV meds contain booster agents that cause the liver to act more slowly. When the liver acts more slowly, any drugs stay in the body at higher levels for longer.



Playtime

You saw this section coming, right? The sexual health part? Don't worry. This isn't another lecture full of rules or scare tactics — these are the basic facts, provided so you have them and can use them. You love sex, we love sex, and PnP can make for some pretty hot fun. Knowing the basics about any health issues simply makes sense.

Hepatitis C

What do you know about hepatitis C (HCV)? Hep C, as it's known, is a virus that attacks the liver. The liver is a key organ that filters everything you consume, storing some of the good stuff and getting rid of waste. Hep C can lead to liver disease, including cancer.

Hep C is transmitted from blood-to-blood contact. The highest risk activity for Hep C is sharing injection equipment, but it can be passed through broken skin or tears in the lining of the nose, mouth or anus. HIV-positive people are at a greater risk of contracting Hep C.

Hepatitis C is a strong virus: it can live outside of the body for many days. This means dried blood can also pass the virus. When slamming or otherwise partying, stick to these key guidelines:

- **Always use a new rig to slam. Always! Reused injection equipment is the #1-way Hep C transmission occurs. Do not try to clean syringes/needles yourself with bleach or other cleaning products.**
- **Whenever possible, use different mouthpieces or insert straws when sharing pipes.**
- **Use your own straw or stem to snort rather than sharing.**
- **Wash your hands well and often.**
- **Don't re-use tourniquets, baggies, spoons or other equipment.**

Hardcore Assplay is more likely to cause tiny wounds deep in your ass, where Hep C can enter. Take extra care with these situations:

- **Fingering, fisting, punching — never a bad idea to take a break.**
- **Long fucking and pounding sessions, with one or many guys.**
- **HIV or another STI is present.**
- **Your hole is dry as a result of dehydration, douching too much, or not using enough lube.**
- **Using toys. Clean them between holes or cover them with a new condom. Oil based lube can weaken latex condoms leading to breakage and damage sex toys (depending on material).**

You can have hepatitis C and not know it. Untreated Hep C can cause severe liver damage. Luckily, doctors can test for the virus easily. Ask your healthcare provider to do a test for Hep C at least once a year. If you find out you have Hep C, there is a simple and effective treatment to cure it. But it is far better to take steps to avoid it.

HIV Basics

HIV (human immunodeficiency virus) is easy to prevent and modern treatments work extremely well. Unfortunately, many people who still associate HIV with the early days of the AIDS crisis make decisions based on fear and incorrect information.

Here are the real scientific facts about HIV today:

The only fluids that can transmit HIV and are more common in the party scene are cum, blood and rectal fluids, and front-hole fluids.

Luckily, HIV transmission can be avoided. Condoms, the classic, are an effective and simple way of preventing HIV transmission (as well as pregnancy).

For most poz guys, the antiretroviral medications that are taken for HIV work so well that the amount of virus in the body becomes undetectable. And guess what? "Scientists agree: Poz guys with an undetectable viral load cannot transmit HIV through sex."

If you're HIV-negative, you can take certain medications to prevent acquiring it. These HIV medications are referred to as PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis). In some provinces, you can access PrEP for free through local programs.

If you haven't thought about your own plan for HIV prevention, check out *The Sex You Want* at www.tsyw.ca, which can guide you.

Pig Tip:

PrEP and U=U are fabulous tools, but remember that neither can prevent pregnancy — condoms, on the other hand, can. Some trans guys can get pregnant, so make sure to have this conversation if it's relevant.



Testing and STIs

Sexually transmitted infections (STIs) suck, but they happen and can't be prevented using PrEP, PEP, or U=U. Just as you'll want to test regularly for HIV and hepatitis C, test for other STIs like syphilis if you experience symptoms and more frequently (every 3 months at least) if you're having anonymous sex with multiple partners. For HIV testing, if you'd rather be more discreet, search online to find an anonymous HIV testing location in your region. Self-testing kits for HIV are now available in Canada but access varies by province.

Pig Tip:

Rough sex, friction, shards in your hole, or menstruation — there are many reasons blood may appear during sex. If someone is bleeding, pause the fun, let them know, and consider taking a break.







Rules, Respect and Race

There's no such thing as a perfect partier. Navigating the social space of PnP is a never-ending lesson in being yourself at the same time as you learn how others tick, what to avoid and what gets everyone off.

Party Fouls

Every scene has its etiquette. Beginner mistakes will happen, but here's your cheat sheet to party with fewer hiccups.

1. Gossip

Guaranteed, no one likes gossip. Keep people's privacy in mind. Don't dish out tea that isn't yours.

2. Sharing Pics or Vids

Unless your buddy said to go ahead and share that hot fuck video, sending or showing it to others is a serious faux pas. Extra penalty for posting it online.

3. Overstaying

If your host says it's time to go, then you gotta go. We all know how "Five more minutes, I'm about to cum!" can turn into another 3 hours waiting. Go now, get off when you get home.

4. Guest List Only

Ask your host or your guests before having someone else

come by. Avoid that awkward moment when the dude you invited over is the nasty ex-boyfriend that your current guest was complaining about earlier.

5. Zoning Out

Don't be on your phone constantly or looking for the next hot porn for an hour. Be present, have fun, and build in little zone-out breaks to satisfy "the urge."

6. Sprawling

The sprawl (aka that thing when your stuff is suddenly all over the place) is a surefire way to lose important stuff and is a hassle to pack up. Hosts — try having a storage box to keep people's stuff in one place.

7. Stealth Dosing

Never is it ever OK to give people drugs without them knowing what they are taking (or that they are taking it).

8. Assumptions

It's easy to make assumptions about people — we all do it sometimes. Before making a mistake, try not to jump to conclusions about someone's identity, culture, gender pronouns, safer sex preferences, relationships with drugs, sexual position, thoughts or intentions. Try just listening for another minute before jumping in to ask, too.

9. Leaving The Lid Open

The lube, your drinks, popper and the lighter are just some of the many messy and flammable things that are best kept off faces that they could ruin.

10. Wandering Cock Rings

Seriously, take a last look at your dick and ask yourself, "did I walk in with this on?". If not, return it to its owner.

Stud Tips

1. Lock It Up

Keep things tucked away, and they won't tempt sticky fingers. If you're going out, leave your valuables behind, and whatever you take, keep them in one secure place. Keep your valuables safe and secure, and you won't have to buy new ones.

2. Trust Your Gut

Spare everyone a lot of grief by avoiding the hookups and situations you know will be duds.

3. Pay Attention

Pay attention to the space, your body, your buddy, to body language, to time passing, to changing energy, to comfort, to discomfort, to boundaries, to your belongings.

4. Know What You Can Give, not Get

Maybe you always pay your way, have your own supply and host the best parties, but remember, not everyone is as well off. Be clear upfront if you expect someone to pitch in. If some

guys just don't have the coin or connections, why not pay it forward (when you can) for that good party karma?

5. Get Your Plan On

PnP without a plan? That's a choice. Set limits around partying and share them with another human being who will help you stick to them.

6. Give Compliments

We are all aware that as a community, we can be some #judgementalbishes — try offering the hot guy you're with a compliment, or say something nice... it'll come back to you.

7. Be Direct

No beating around bushes — guys who PnP often prefer a direct "no" or "no thanks" to the alternatives- ghosting, passive-aggressive hints and intense "looks."

8. Pack Lite

What do you really need? Change of clothes? Transit fare? Toothbrush? Check. Two suitcases and your board game collection? Not so much.

9. Have fun

That's obvious, right? But seriously, enjoy yourself. Make the party a place to let your hair down, be yourself and enjoy the good things that PnP can be.



Pig Tip:

Studs know U=U! Having a profile seeking "drug and disease free" or "clean only" promotes fear and HIV stigma. File under capital T for tired and tacky. Thank you.

U=U

Let's Talk About It?

Listen, PnP offers a lot of people an escape from the anxieties of day-to-day life. Even so, we can't leave behind our complicated identities at the door.

Big picture issues shape who we are and impact how we relate to others; homophobia, transphobia, racism, colonialism, body issues, shame, money, social status, and HIV stigma are some of these issues.

Let's Talk About Race and Community

Think about the last few times you've partied. Who was there? Was it people you've known for a long time or people you just met? Did you feel like you could relax and just be yourself, or did you feel like you had to work to fit in? Did anyone there share your culture, skin colour, background or experience? What changes when you are partying with people who look a lot like you versus people who come from a different world?

Either option comes with benefits and drawbacks, whether you're racialized (including Black guys, Indigenous guys, and People of Colour) or white. There is comfort in people who feel more like home or who share your culture. In a world where people are treated poorly because of racism and fear, being with others in your community can offer a sense of safety. Partying with people you know can also be tricky because of the relationships and social norms at play.

It might be easier not to think about race for white guys or guys who belong to a "dominant" culture — but acting as though differences don't exist leaves many people feeling unseen. On the other hand, fetishizing someone for their skin colour, age, ability, or anything else is disrespectful and dehumanizing. It's tricky, but being proactive and being respectful can stop us from doing something harmful down the line.

Think about the pros and cons of partying only with people who are part of your community. Compare them to the pros and cons of partying outside of that scene. What do you notice?

	People From/Within Your Community	People Outside Your Community
+	<ul style="list-style-type: none"> • Familiar, more comfortable • It might offer more safety and protection • You're able to explore without taking financial, legal, and safety risks (e.g. travelling to a stranger's place) • No language barriers, clear cultural norms around money and manners 	<ul style="list-style-type: none"> • Less anxiety about gossip and stigma from people who know you • Can lead to good new connections, better understanding, friendships and relationships
-	<ul style="list-style-type: none"> • Can limit your network of friends and way of thinking • For people with privilege can give a pass to ignorance or allow shitty behaviours to go unchecked • Stress about running into people you know (or who know you) when you'd rather not worry • Gossip and infighting can have a bigger, longer impact within tight scenes • Competition and bad intentions between community members occur. • Harms are often a result of trauma or other complexities faced for people in marginalized groups 	<ul style="list-style-type: none"> • May encounter (or perpetuate) racist or unfair ideas or stigma • Perceived and actual power imbalances may result in abusive situations or loss of agency • Too common that people who are different are fetishized or treated as some sort of exotic "other."

Let's Talk About Trans Guys and PnP

Trans guys are members of the PnP community — after all, all kinds of people like drugs and gay sex. But often, trans experiences aren't accounted for in party scenes. As a result, trans guys often have more to think about when entering a space:

- Who will be there?
- What does this guy/these guys know about playing with trans guys?
- Will they be respectful of my pronouns and privacy?
- Will the sex be hot? Will it be awkward? Will it be both?
- Will I be treated differently for being trans?

This goes for anyone, but think ahead about what questions you'll want to ask the host, what kind of buzz you're after, who you could call or text and how you'll get home (do you really want to be coming down on public transit?)

If there's one thing guys who party know, it's that the world opens up when you include all types of men in your play.

It's up to everyone to be respectful and make space for that magic to happen. Cis guys — do your homework ahead of time if you have questions about trans guys' bodies. Treat them with respect, and don't make a big deal out of their body or gender. That means using the pronouns they use, avoiding prying questions, and having a talk about safer sex. For guys who don't know much about trans experience, this might be nerve-wracking — it's OK to make mistakes, but make sure you learn from them.



If You Need Support

If you need help finding new syringes, condoms and lube, an HIV self-test, a listening or supportive ear, counselling or supervised consumption spaces, check out partyandplay.info and whereto.catie.ca for more information.

If you're in crisis right now, if you feel unsafe with yourself, if you feel you may harm yourself or someone else: DIAL 911.

Red Flags

Stigma sucks. To the people in your life, your partying might be hard to understand, or it might be a particularly taboo topic to discuss in your community. Some people who love you may have only learned one way to think about drugs: "Drugs are bad. If you do them, you need to stop, no questions asked." We know that there's a huge spectrum of how people use drugs and whether it's a problem for them, but how do you know if you're doing OK or if things are out of hand?

Here are some common red flags that can signal it's time to slow down:

- You are spending a lot of time with people you do not know, like or trust.
- Your body is acting up — for instance, you see spots in your vision, your skin or nails have changed dramatically, or it smells bad when you sweat or use the bathroom.
- You can't keep up with work, friends, and family.
- You're spending more money on drugs than you can afford.
- You feel like you don't have control over your drug use, or feel like you can't stop yourself even if you want to.

If you're concerned about your use, or you're struggling to manage dependence, pause for a moment and think it through.

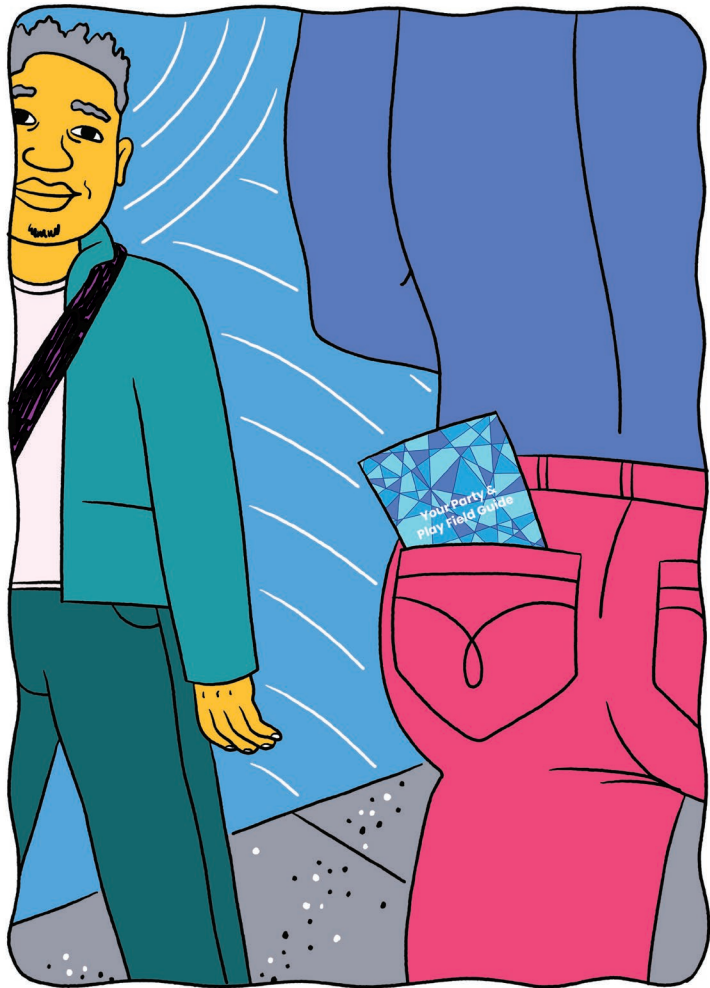
1. Take a deep breath. And another. You'll be OK.
2. Take stock of how you feel – what emotions are these? Try to let go of any internal judgment.
3. Identify what has you concerned, and what your goal might be.
4. Talk to someone you trust. Ask them to listen with an open mind.
5. Instead of judging yourself or blaming yourself for how you feel, step back and ask about what else might be going on in your life. What small things can you do to begin to get where you want to go? There are a whole range of supports that can help you think through these things.

Five things that are proven to help people meet their goals around substance use are:

- Keeping a journal
- Meditation
- Regular exercise
- New, social hobbies
- Changing your environment (temporarily or long-term)

Most people who have made big changes like this will tell you that it rarely works to go it alone. Peer groups, counselling, and non-judgmental friends can help you stay grounded and plan to manage partying.

If you decide you need serious help to stop partying for good, public or private rehab and anonymous recovery groups work for some people.



Off You Go?

If you've read some of this guide, all of it, or even just flipped through, here's the takeaway: partying is misunderstood. It's fun, hot, stigmatized, secretive, risky, and liberatory all at once. The more you know and the more curious you are about both the negative and positive aspects of PnP, the better off you will be.

It's called partying for a reason, so don't forget to have a good time. Until our piggy paths cross again, oink!

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