



National and Online Resources

TRIP! Project

www.tripproject.ca

Health Initiative for Men (HIM)

www.checkhimout.ca

Erowid

www.erowid.org

Need more information and resources on HIV and hepatitis C? Contact CATIE:

1-800-263-1638, www.catie.ca

Email: info@catie.ca



CATIE

Canada's source for
HIV and hepatitis C
information

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LIVING IN TORONTO?

Hassle Free Clinic

HIV/STI Testing

416-922-0566, www.hasslefreeclinic.org

The Works

Needle exchange, safer drug use equipment
and methadone clinic

277 Victoria Street

416-392-0520

CAMH Rainbow Services

LGBTTIQ Drug and Alcohol Counselling

60 White Squirrel Way

416-535-8501 ext. 6616

AIDS Committee of Toronto (ACT)

HIV/AIDS Information and Support

399 Church St., 4th Floor

416-340-2437, www.actoronto.org

www.torontovibe.com

Party drug info for gay and bi guys

www.himynameistina.com

Crystal Meth harm reduction for gay and bi guys

A



A



iS For ALCOHOL

Bottoms up!

- A) It's a socially accepted, widely available, potentially addictive drug. It's also a depressant (downer).
- B) Can make you feel relaxed, hilarious, outgoing and sexy. This is great, but there is a fine line between happy buzz and flat-out drunk. Know your limits!
- C) Enhances the effects of other drugs you're taking. Never mix with GHB, and other downers.
- D) Some people become (easily) dependent on alcohol. There's support out there if you're concerned about your drinking.

Answer: All of the Above

B



B



iS For Booty BUMP

Much more than letting your tooshie do the talking on the dance floor.

- A) Old school disco dance move.
- B) When drugs are inserted up your butt and are absorbed by blood vessels in your rectum. This has a faster, fuller effect than snorting or smoking.
- C) Can damage the mucosal lining in your butt, putting you at a higher risk of passing or getting HIV and STIs.
- D) Safer than injecting but riskier than other non-injecting ways of taking drugs such as smoking, swallowing, or snorting.

Answer: All of the Above



C



is For Crystal Dick

*Sounds nicer than
shrink-dink-raisin-bag doesn't it?*

- A) A crazy cock-shaped show piece you saw online.
- B) Can make those Viagra pills look mighty tempting...but this mix can be dangerous.
- C) A frustrating side effect that occurs when your sex drive is cranked way up from meth, but your penis can't get – or stay – hard.
- D) An opportunity to slow down and make sure you and your partner have condoms and lube handy.

Answer: All of the Above

D



D

iS FOR DOWNERS

Too happy? Too jittery?

Take some of these. They'll chill you out.

- A) There's always one in every group – you know, the one who rants about car accidents and killer bees.
- B) Drugs that cause tranquilizing, sedative or depressant effects by slowing down your body's central nervous system. Side effects include feeling stoned, numb, sleepy, decreased heart rate, and slurred speech.
- C) Includes alcohol, K, marijuana, GHB, opiates (percocets, oxys, heroin, morphine, codeine), sleeping pills, and poppers.
- D) Try to avoid mixing with Viagra or uppers such as cocaine or meth.

Answer: All of the Above

E



E

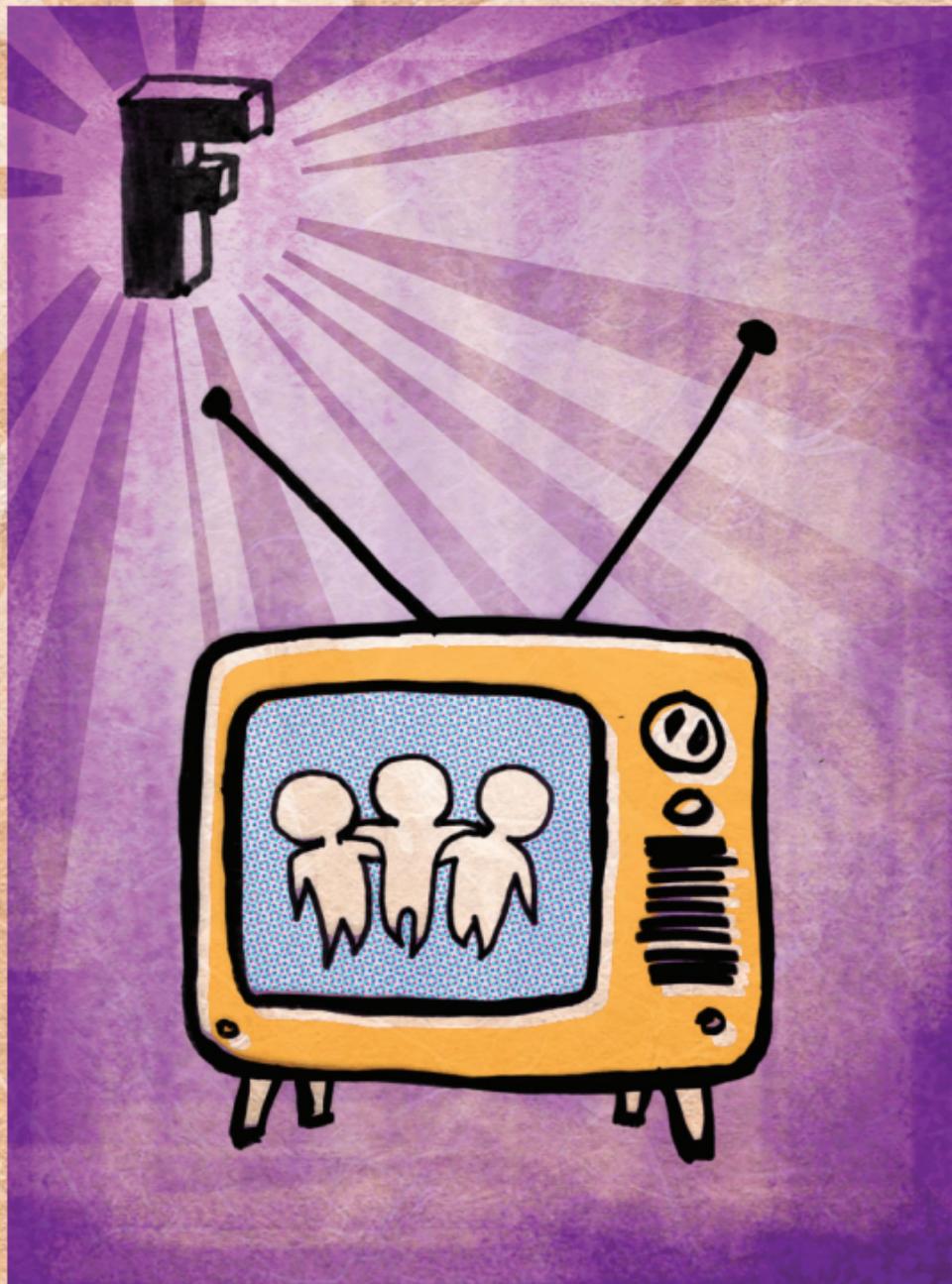


is For ENergy

Can you feel it? Well now you can drink it!

- A) It's essential! Keep yourself fully stocked with good sleep so you can work hard and play hard.
- B) Drinks containing ingredients ending in '-ine' that make you hyper and focused. Surprise –these are drugs!
- C) Not good to drink more than two servings a day. What's that fluttering? It's your heart racing from all the unpronounceable ingredients! Take a break and have some water.
- D) A type of supplement you can get in health food stores for a 'quick boost'. These also can make your heart flutter.

Answer: All of the Above



F



IS FOR FRIENDS

Those nice people who...

- A) Are still on TV after all these years.
- B) Tell you what's in the drugs they give to you.
- C) Don't turn your house into a drug den and get off your couch and go home when the party's over.
- D) Make sure you get home safe.

Answer: All of the Above

G



G



iS FOR GLAMOUROUS

"It ain't much."

- A) [glam-er-uhs]. Adjective: charmingly or fascinatingly attractive, esp. in a mysterious or magical way...
- B) What 'heroin chic' might look like but is not!
- C) A powerful, sometimes magical feeling that comes over you when doing drugs with friends and partying all night.
- D) The opposite of coke drips, K-holes, drunken tears, vomit, overdoses, crystal dick, hangovers, unsafe sex, and come downs.

Answer: All of the Above

H





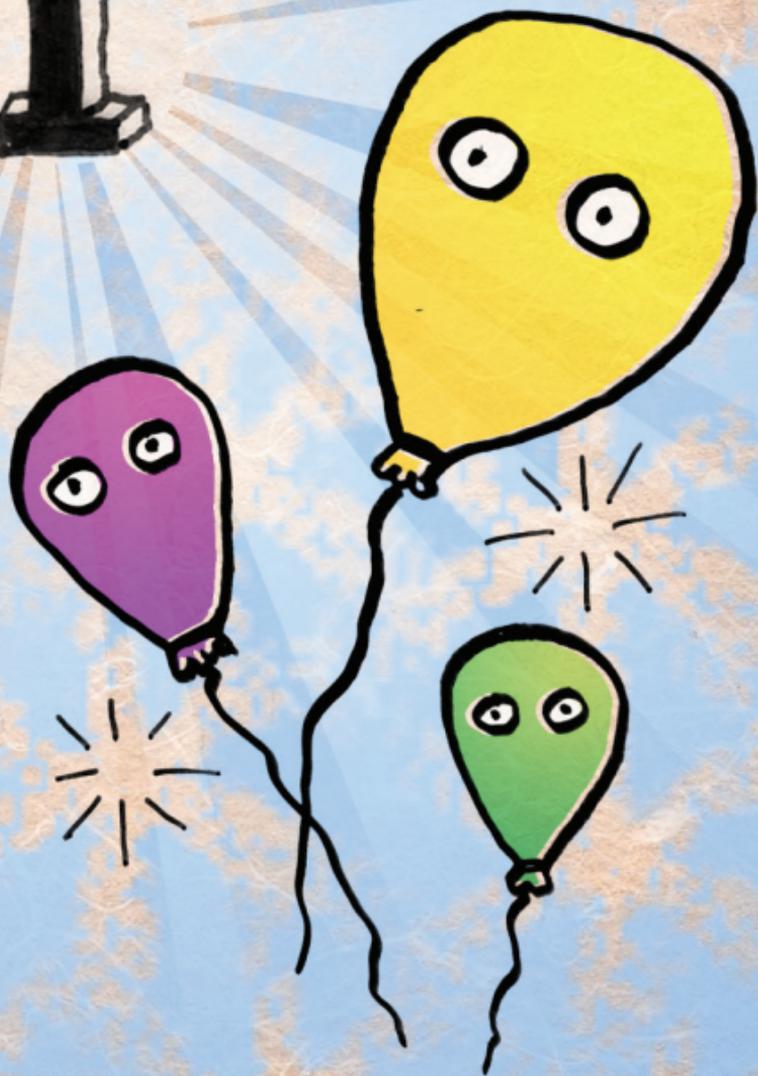
H

iS FOR HUNgover

"I swear I'm never drinking again...."

- A) It's so bad that the breathalyzer still thinks you're drunk.
- B) Describes the crappy sensations you feel after drinking too many alcoholic beverages: head and body aches, bed spins, puking, lack of energy, and nausea.
- C) Made better with food, lots of water, sleep, and something cool and sweet to reduce the acid and heat in your body from all that booze.
- D) If you're always waking up this way, maybe it's time to seek help.

Answer: All of the Above



I



iS FOR INHALANTS

Did someone say Poppers?

- A) 'Anal sex helper' when bottoming. Can make your ass loose, warm and relaxed...feels so good...with lube and a condom!
- B) A commonly used drug that causes sensations of euphoria, sexual arousal and desire by expanding blood vessels. Creates an intense head rush and enhances orgasm.
- C) Slang term for amyl [am-ul] and butyl [byu-til] nitrate. "Leather cleaner" and "room deodorizer". Careful: can cause chemical burns to the skin.
- D) Should never be used with GHB, Viagra or Cialis. This can cause heart attack or stroke.

Answer: All of the Above

J



J



iS For JUST Say KNOW

Cuz knowledge really is power!

- A) Know your limits.
- B) Know the law.
- C) Know your dealer.
- D) Know your body.

Answer: All of the Above

K



K



iS For K, OKay?

One, two, three bumps and woooo...

- A) Slang for 'ketamine'.
- B) A sedative that can cause people to experience psychedelic audio or visual sensations, out-of-body experiences, dissociative states, numbness, nausea or unconsciousness...especially with larger doses.
- C) Does not mix with alcohol or balconies. Your reduced spatial awareness can make this combo the worst trip ever.
- D) Taking too much can throw you down a K-hole, where you can't move or speak. Not okay if you're at a dance club, a big party or alone.

Answer: All of the Above



A large, bold, black-outlined letter 'L' with a white fill, positioned at the top left of the page.

IS FOR LIMITS

*Know your limits –
and try and stick to them!*

- A) Legal: Know the law and your rights. Many drugs are illegal.
- B) Sexual: Contract with yourself what you will/won't do before sex. Make sure that you feel safe before and after you cum.
- C) Body: Your body has limits to how much it can take. Feeling worn out, achy, irritable, digestive problems, depression, anxiety, and skin problems all mean your body needs a break.
- D) Financial: Make a party budget. You can have fun and still pay your bills.

Answer: All of the Above

M



M



act

is For Magic MUSHROOMS

*You make me feel like
a natural psilocybin...*

- A) Something the Caterpillar introduced to Alice.
- B) Often called shrooms. They are found in nature.
- C) Contains 'psilocybin,' which can cause psychedelic audio, visual and physical sensations. Altered reality, severe anxiety and paranoia can occur.
- D) Something best done in safe, mellow spaces, with a positive mind-set, plenty of water, and friends that will stick with you even if your trip goes bad.

Answer: All of the Above

N



N



IS FOR NEEDLE EXCHANGE

Needles, needles, everywhere...

- A) Tends to scare the shit out of governments and the general public. Don't be scared! They're actually amazing!
- B) A place that hands out free, unused needles/works and collects used ones. They offer services to help people who inject drugs overcome their addictions.
- C) Something that can prevent life-threatening illnesses like Hepatitis C and HIV which are easily spread when people share and/or re-use needles/works.
- D) Don't share! Dispose of them properly. Always use new needles.

Answer: All of the Above





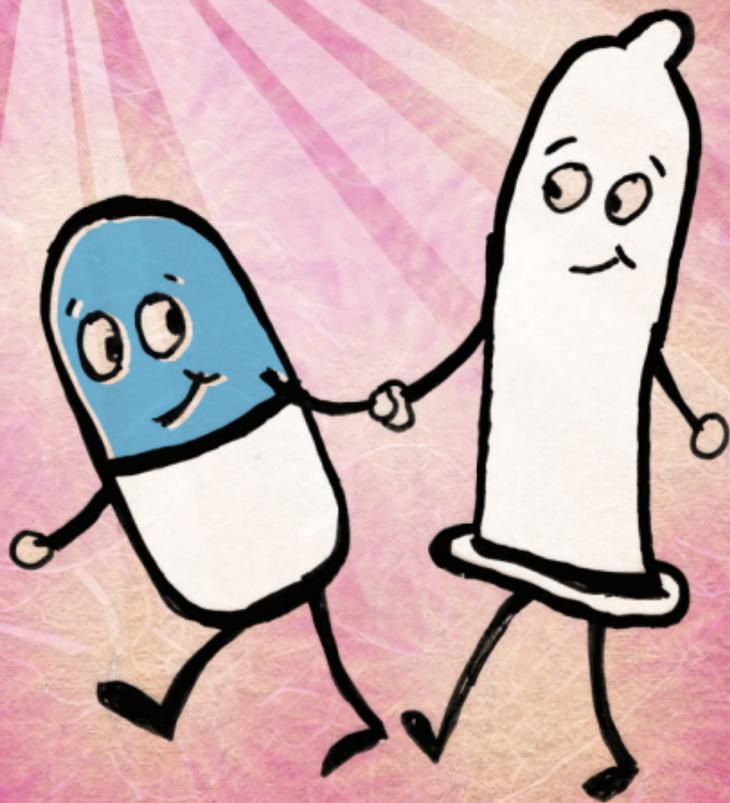
iS For Overdose

You don't have to die if you OD...

- A) Something that happens when you take too much of a drug (or combination of drugs) and your body is overwhelmed.
- B) Symptoms of an OD may include: lots of vomiting, passing out, difficulty breathing, choking on your own vomit or death from seizure or permanent physiological damage.
- C) Not always fatal if you respond in time. Learn the recovery position.
- D) Naloxone (Narcan) is a medication that reverses the effects of an overdose from opioids (heroin, methadone, morphine).

Answer: All of the Above

P





P

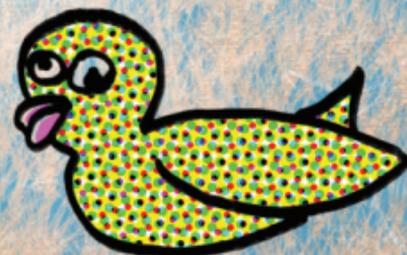
iS For PNP

Come on over, baby!

- A) Stands for “Party and Play”: used in chat rooms or personal ads for guys looking to hook up, drink, get high, and have sex.
- B) Can be super fun and hot! But can also give you a bad case of morning-after blues, including feelings of regret, anxiety, lowered self-confidence and shame.
- C) Often (but not always) describes crystal meth and condomless anal sex.
- D) Setting limits and having condoms/lube available before you get high can help ward off regret. It can also help ward off STIs and HIV.

Answer: All of the Above

Q



Q



IS FOR QUALITY CONTROL

It's all about quality not quantity...

- A) The process of checking that all products leaving a production facility are the same, meet specifications of size, strength, shape or otherwise defined quality.
- B) Make sure you know where your drugs are coming from and what they're cut with.
- C) New supplier? New dealer? New drug? Try dosing half of a pill or line and see how it affects you.

Answer: All of the Above

R



R



iS For RehAb

"They tried to make me go to rehab but I said 'no, no, no!'"

- A) An awesome song to sing along to.
- B) Places where you can regain freedom from addiction, finally sleep in a bed, eat a proper meal, and rebuild your relationships.
- C) Only works if you truly want to leave your addiction behind for good. Professionals can help you!
- D) Resorts where celebrities can be found "vacationing."

Answer: All of the Above

S



S



iS FOR SNOOTING

Let's take it to the washroom baby.

- A) A distinctive laugh that means someone finds you extra hilarious.
- B) A safer way to take powdered drugs than booty bumping or injecting, by sucking it up your nose.
- C) Best done with your own straw: sharing straws or rolled up bills puts you at risk for other people's coughs, colds and even Hep C.
- D) Hard on the membranes inside your nose. At the end of a coke night, nasal douche with warm, salted water.

Answer: All of the Above



T



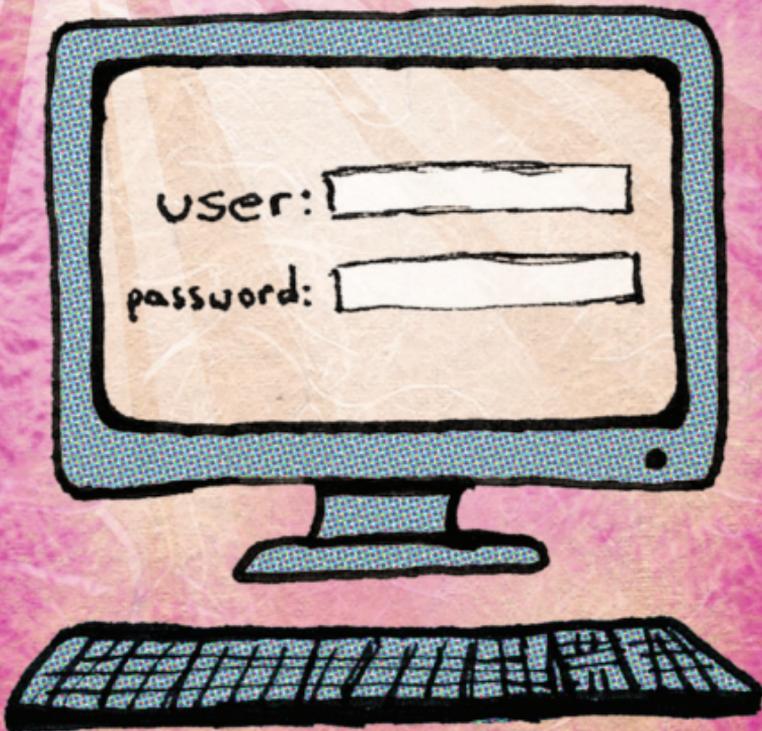
iS For Taxi

Take a train, a bus, or a taxi...

- A) Something your friends put you in when you're wasted, tripping over, falling down, dropping stuff, or starting fights with bouncers - definitely time to call it a night.
- B) A person you meet while out on the town who you sleep with 'cuz you need a ride home or a place to stay.
- C) A safe choice for getting home after partying when you or your friends are too drunk, high or stoned to drive home.

Answer: All of the Above

U



U



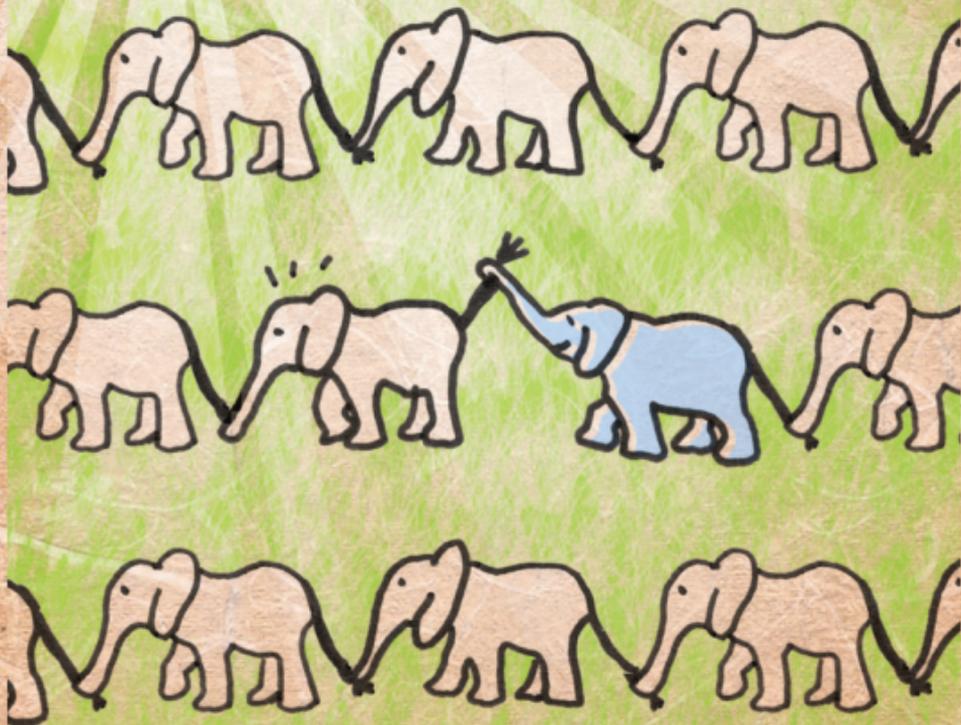
iS For User

Use me and lose me!

- A) A common term 'used' to describe a person who does drugs.
- B) Almost everyone - Advil, Tylenol, caffeine, ketamine, tobacco, alcohol... sorry, but we're all drug users!
- C) A friend or acquaintance who is only around when you have something they want—like money, drugs, party invitations, a place to stay, or a shoulder to cry on.

Answer: All of the Above

V



V



iS For Viagra

Once it's up, this baby can last!

- A) Registered trademark of sildenafil citrate, a popular medication to treat erectile dysfunction. Grandpa says he takes it for problems with his “back”.
- B) How much is too much? A cock that stays hard for 4+ hours can cause permanent damage. Ouch!
- C) Called Trail Mix when mixed with ecstasy, meth or other drugs.
- D) Can mess with your blood pressure and lead to a stroke if you take it with poppers, crystal, ecstasy, cocaine, and other uppers.

Answer: All of the Above

W



W



is For Withdrawal

The first day was the hardest...

- A) A safer sex strategy that doesn't really work. Condoms are your best bet!
- B) Symptoms experienced when stopping the use of a drug you've become dependent on.
- C) Can be described as hell, shitty, horrible and painful. Can include depression, vomiting, shakes, chills, insomnia, headaches, sweating, racing heart, and irritability.
- D) Going 'Cold Turkey' (completely stopping your use). Although quite unpleasant at first, it is faster than other methods of curbing drug problems.

Answer: All of the Above



X

Aa Bb Cc

Dd **Xx** Ff

Gg Hh Ii

X



iS For X

Got any X?

- A) Common slang for ecstasy in the U.S., but usually called “E” or “Molly” here in Canada.
- B) The “Love Drug” that makes you want to dance to electronic music and open your heart to strangers.
- C) Leads to a comedown a few days later sometimes called a “Tuesday.” Symptoms include anxiety, paranoia, and depression.
- D) Mixes well with water and goes just as nicely with sports drinks. Not recommended with things that dehydrate you like booze and caffeine.

Answer: All of the Above

Y



Y



is For you

You oughta' know!

- A) The person reading this.
- B) The person you don't have to be afraid to be
- someone you can choose to be proud of!
- C) Someone who knows that partying and
doing drugs can be fun but doesn't let it
consume them and knows how to keep a
balanced life.
- D) Someone who keeps condoms and lube
with them... just in case!

Answer: All of the Above

Z



Z



IS FOR ZZZZZ

I gotta get me some...

- A) Short hand for sleep, a natural state of rest for the mind and body.
- B) Withdrawal symptoms include heavy eyelids, tired muscles, confusion, bitchiness, inability to concentrate, and lack of energy.
- C) The ultimate comedown and hangover cure, especially after a night of partying. Don't fight it! Just say yes!
- D) Other side effects include better performance at work and play and flawless skin!

Answer: All of the Above