


Educate yourself around PrEP and PeP (links provided at end of article) and keep in mind PeP and PrEP offer protection around HIV only not other STIs. Remember to stay hydrated and avoid drinking alcohol as this can increase the effects of drugs like GHB but also increases the risk of overdose. Remember to take your regular meds, if you use any. Set alarms and timers on your phone to remind you to take breaks. Respect each other – consent is extremely important and remember, “No” means “No”. Set your limits – be clear about what kinds of sex you’re into and try to rest and recover after a big sesh.

### Some other things to be mindful of



Sometimes liquid or dissolved drugs are put in a barrel (without a tip) and inserted and squirted into the butt (booty bumping). Drugs taken this way (anally) are absorbed faster than if swallowed and tend to have a stronger effect. This, in addition to swallowing your drugs can be a good option if you have trouble finding a vein or need to give your veins a rest.

However, if you are going to put drugs up your bum, dissolving it in water and squirting it with an unused, needleless syringe can reduce the chances of burning or damaging the delicate lining of your bum.

Rubbing a drug onto or into the bum can numb or irritate it and sometimes cause bleeding or inflammation and this can increase the risk of infections. Drugs like coke, meth and mephedrone

can damage or burn the lining of your bum, which can cause pain or bleeding and make you more susceptible to infections.

Drugs such as GHB/GBL can be quite caustic and are better off swallowed as attempting to booty bump it can cause serious damage the delicate lining of the bum.

Always use an unused needleless syringe (barrel) when booty bumping and avoid sharing them. Sharing a used, needleless syringe once it's been up someone else's bum increases the risk of transmitting STIs, HIV and hep C; particularly if the lining of the bum has been damaged by butt play or drugs. Dabbing drugs into more than one bum without cleaning the finger can also spread infections. During any kind of butt play, infections like shigella (shigellosis) and hep A can be transmitted so ensuring you thoroughly clean your bits and bobs (including hands and toys) can reduce the risk of this.

### WATCH THIS SPACE

AIVL are currently working on creating polydrug sexpicks with a focus on chemsex. These kits aim to reduce potential harms associated with the combining of poly drugs and sexual activities. The kits will contain items like lube, condoms, barrels, peer written info and resource tips, hydrolytes, chewing gum, lip balm and more.

Kits will be available from Drug User Orgs and NSPs towards the end of the year.

#### Other resources-



menrus.co.uk



qpp.org.au



positivelife.org.au



pivpoint.org.au

