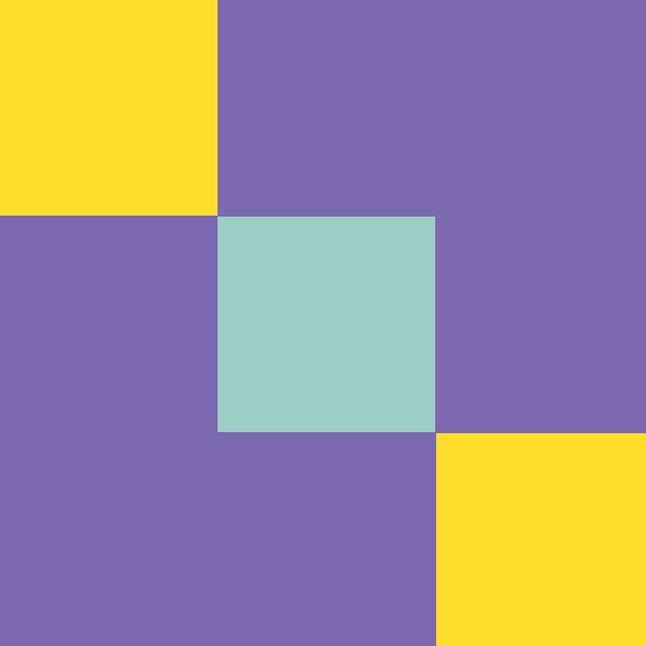




Chemsex

What it is & forms of
consumption



The term 'chemsex' can be used differently by different people. In general it means sexual activity performed while under the influence of psychoactive drugs, in some definitions limited to specific substances, in particular Crystal Meth, GHB/GBL, Poppers, Mephedrone and Ketamine. Substances used in chemsex are often called 'chems'.

1

Why are substances used in party settings?

To enhance sexual experience, Enhanced music experience. -to lose inhibitions, enhanced desire,

3

PNP

Also called 'party and play (PNP)', and 'chemfun'.

2

Safer use

Knowledge about risk reduction around drug use and 'Safer Use' of drugs is not widely-spread among gay and other MSM. It may become difficult for the user to keep to their Safer Sex or risk reduction strategy when under the influence of chems (being 'high').

4

Most common drugs used

Most commonly reported substances include GHB, methamphetamine, and mephedrone.

The background features a purple vertical bar on the left side. Overlapping this bar are three large, semi-circular shapes: a yellow one at the top, a purple one in the middle, and an orange one at the bottom.

Forms of consumption & their risks

Snorting

Smoking

Injecting (slamming)

Swallowing

Booty Bumping

Snorting

- Use a straw instead of paper money, which aren't sterile, but whatever is being used should not be shared
- No straws? A fresh post-it note will do
- Flush your nose with water after each session or line, this will help reduce the harm caused by the corrosive effects of the drugs. Use a nasal spray or simply cup some water in your hands and snort the water, then blow your nose.
- Another tip is to mix your drug into water and use a nasal sprayer. Note there are some dangers with tap water too. Recommended to boil it 1st, let it cool down then put it up your nose.
- Powder that is chopped as fine as possible will cause less damage to the nose and is easier to absorb.

Sources:

<https://www.substancemisuseresources.co.uk/harm-reduction-information/snort-swallow>

<https://dancesafe.org/speed/>

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>



Injecting (Intravenous)

- Drugs that are injected are mainly of three kinds: opiates like heroin, sedatives and tranquillisers and stimulants (amphetamines and cocaine). These may well be mixed to combine their different effects. For example, a mixture of heroin and cocaine is called a speedball.

Swallowing

- Swallowing drugs causes the slowest onset of drug effects, with the high feeling often around 20-30 minutes after consuming.
- Drugs are swallowed in the form of pills, dissolved in liquid, or wrapped in a small piece of tissue/smoking paper and swallowed with water.
- Avoid rubbing drugs such as methamphetamin into the gums as it can lead to mouth ulcers.
- Due to the swallowing resulting in longer until you feel the drug, dont take too much to start, and don't redose before an hour has passed.

Sources:

http://ohrn.org/wp-content/uploads/2021/06/Connecting_Section3_Safer-Snorting-Swallowing_Pg78-81.pdf

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>



Booty Bumping

- Booty bumping involves mixing drugs, commonly meth or cocaine, with sterile water and squirting it into the anus through a syringe without a needle.
- The rectum is very efficient at absorbing a high percentage of a drug into your bloodstream.
- Another way of administering drugs through your anus is by "dabbing" or "stuffing" by wrapping the drug in rolling paper and inserting.
- It is less physically damaging to booty bump with water.
- Use lube to prevent rips or tears, gently insert the syringe into your anus and insert the drugs, after a few minutes then remove the syringe.

Sources:

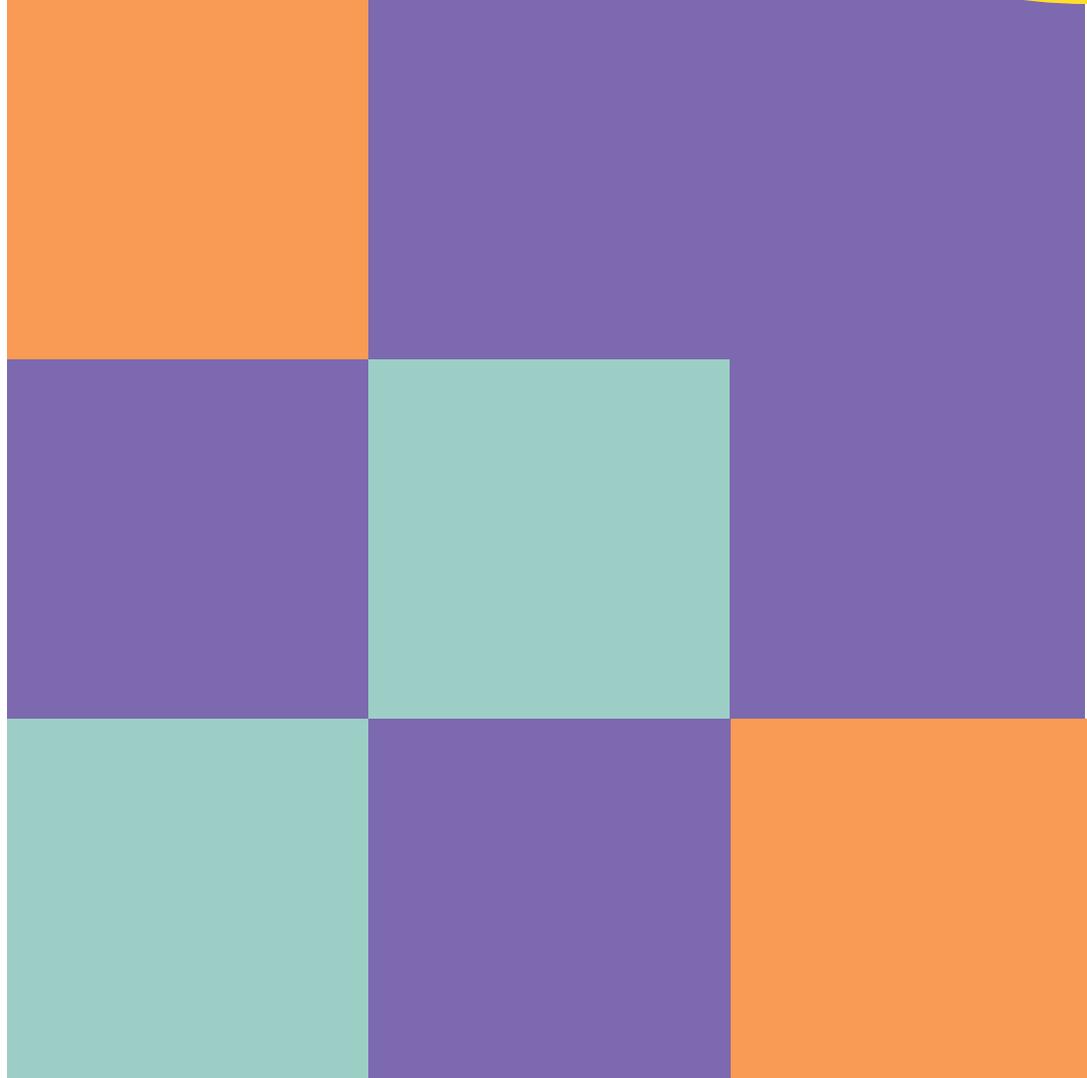
<https://www.sfaf.org/collections/beta/how-to-booty-bump-better/>

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>



Chemsex

GHB/GBL





It's a chemical found in our brain, and can also be manufactured in a laboratory. It has been identified as a Schedule I and Schedule III controlled drug. Making it illicit to produce and to a prescription is important to acquire it. It is a sedative drug and industrial solvent. GBL is the most common form of G now and is a clear liquid that has a strong chemical smell and taste. GHB is a clear, salty liquid with no smell. Sometimes it comes as a powder that's added to a drink. Both are usually mixed with a soft drink, but never alcohol.

1

How it's used

Can be used orally by mixing in a drink and sometimes with alcohol (although using with alcohol increases risk), and can be used through injecting for treating people struggling with addiction disorders. Evidence shows addiction to alcohol and heroin can be curbed with the help of GHB under medical supervision. It is also known to help with narcolepsy.

3

Negative side effects of G

There are some reported negative side effects including dizziness, drowsiness, vomiting, & some loss of consciousness, which is dangerous as it could cause death from choking on vomit. Overdoses can happen when people rush their next dose and take before 2 hours have passed since your last dose, if the G is stronger than expected, or if it's being mixed with alcohol.

2

Highs of G

The high comes after about 20 minutes, but this is different for everyone. The effect of G can produce feelings of euphoria, horny and social. A dose of G can last for about 1-2 hours, and it is recommended that you wait at least 1 hour before taking another dose to prevent overdosing.

4

Dosing

It is hard to know what a safe dose is as the strength of G varies a lot, therefore it is recommended that you take your dose using a barrel, but try it at home first. Use a barrel to determine the dose you're comfortable with. There is not much difference (less than a millilitre) between the dose that gets people high and the dose that can cause an overdose. Doses need to be precise and measured with a syringe.

Sources:

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>



Sex on G

- While high on G, you can feel extremely aroused.
- G helps to relax the anus
- It makes it harder to ejaculate, leading to enhanced stamina to keep having sex for longer times
- G can lower peoples inhibition, making unprotected sex more likely, and resulting in contracting STI's

Sources:

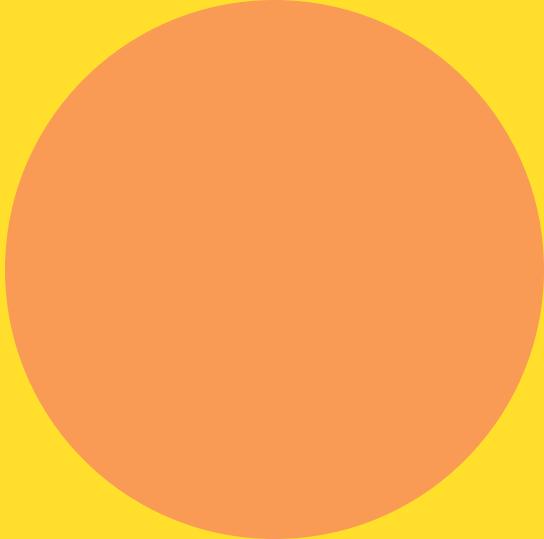
<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>

Long term regular use of G

- People who use G regularly can build up a tolerance to G, meaning you need to take more to feel that same high.
- You can become physically dependent on G if you use it regularly, to avoid this, it is best not to take G for more than 2 days in a row.
- When it comes to withdrawals from G if someone is addicted, could be quite dangerous without medical support.

Sources:

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>



Using G with other drugs

Depressants:

- Mixing G with depressant drugs (e.g. alcohol, ketamine, antihistamine, benzo's, opiates etc.)
- Mixing these can result in slowed breathing and losing consciousness, and in worst case scenarios, lead to a fit, coma or death.
- It is recommended to have no alcohol in your system even hours before using G.

HIV drugs:

- G can also react badly with some HIV medications (such as Ritonavir & Cobicistat), and result in collapsing.

Sources:

<https://drugpolicy.org/drug-facts/cocaine/reduce-harms>

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>

Harm Reduction Tips

1

Shake your bottle of GHB

Shake your bottle of GHB before taking your dose. The drug can settle at the bottom of a vial, causing later doses to be stronger if it is not mixed.

2

Keep them awake

If you see someone becoming drowsy when using GHB/GBL, don't allow them to fall asleep, as they are not 'sleeping' but are unconscious and may not be able to wake up and can stop breathing. Keep them awake and moving until they feel less drowsy or medical help comes to help.

3

Recovery position

To stop someone who is unconscious from choking, put them in the recovery position - never on their back, and sit with them checking their pulse and breathing until help arrives.

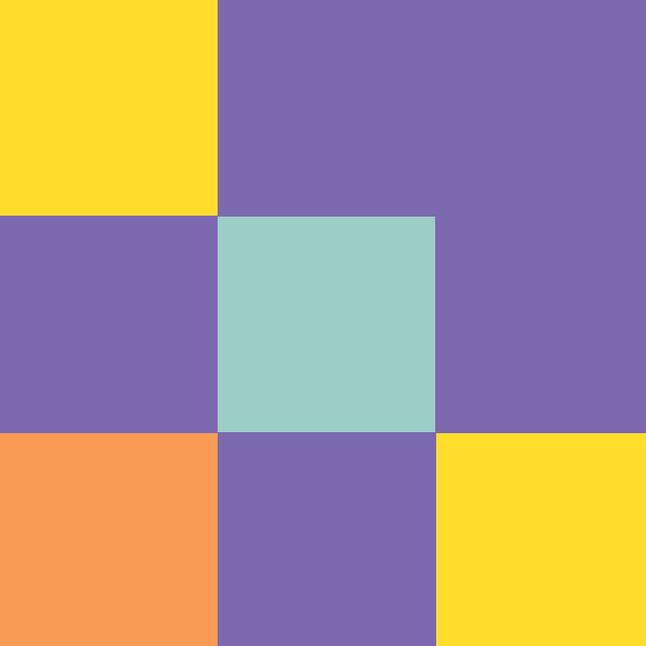


Sources:
<https://harmreductionto.ca/ghb>



Chemsex

Methamphetamine



Methamphetamine, also known as meth, crystal meth, crystal, tina, or crank, is a stimulant that affects the central nervous system, producing feelings of euphoria and increased energy. It is normally in the form of a white powder that has no smell and tastes bitter.

Methamphetamine can also appear in a semi-transparent crystallized form, or in pill form made from compressed powder. Often used to hang out, take part in sex parties and during sex or clubbing, meth releases the brain's stress hormone norepinephrine and 'feel good' chemicals dopamine and serotonin.

1

How it's used

There are five ways to consume Meth: Smoking, Snorting, Injecting, Orally, and Booty Bumping. The effects of Meth vary when comparing smoking with injecting or booty bumping or snorting.

3

Overamping

When people take too much meth than they intended to, it can lead to "overamping", which shows itself as anxiety or paranoia, or physical effects - overheating, increased blood pressure, vomiting, chest pain, falling asleep, convulsions and stroke. Psychological symptoms of overamping include; extreme anxiety, paranoia and agitation, panic, hallucinations.

2

Highs of meth

Often, meth is used for increasing energy during long sex or dancing sessions. When used, people feel euphoric,

4

Avoiding overamping

Drinking plenty of water, sleeping enough, and eating good foods will help avoiding overamping. An essential strategy for using any drug is "start low, go slow", meaning starting with a small dose, and waiting for feel the effects of it before using again.

Sources:

<https://drugpolicy.org/drug-facts/what-is-meth>

<https://s-x.scot/sex-relationships/chemsex/crystal-meth/>

<https://harmreduction.org/issues/overdose-prevention/overview/stimulant-overamping-basics/recognizing-stimulant-overamping/>

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>

Sex on Meth

- Meth can make the user feel very horny and have sex for longer, as well as increasing sex drive, and self-confidence.
- If having sex for a long time and/or in a rough way, it can cause a sore or cuts in some places
- It is important to use plenty of silicon or water-based lube and check the condom is in place, putting on a new one after 30 minutes.
- If the meth is booty-bumped then this can put someone at a higher risk for acquiring or transmitting an infection, so it is important to always carry condoms.

Sources:

<https://drugpolicy.org/drug-facts/harm-reduction-meth>

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>

Using meth with other drugs

HIV drugs/PrEP:

- Can be fatal if taken with meth, as HIV drugs can slow down the metabolism of Crystal which leads to high levels of the drug in the bloodstream, making overdose more likely.

Ecstasy, cocaine, poppers, Viagra type drugs:

- Can lead to sudden spikes in blood pressure, chest pains, heart attacks, and strokes.

Anti-depressants:

- There is an increased risk of serotonin syndrome, and dangerously high blood pressure levels.

Sources:

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>

Harm Reduction Tips

1

Teeth grinding

Meth can increase the facial motor skills, i.e. teeth grinding, to help with this you can chew gym to try to protect teeth, gums and cheeks, but this won't help to stop getting sore cheek muscles from chewing. Some recommend taking magnesium and calcium for relaxing your muscles and reducing the teeth grinding.

3

Fully vaporise

If smoking meth, the meth must be fully vaporised, ensuring you do not inhale any liquid - which will harm your lungs. It is recommended to use a jet lighter to help with this.

Sources:

<https://drugaware.com.au/meth-help-tool/safer-use/#Safer-ways-to-use>

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>

<https://drugpolicy.org/drug-facts/harm-reduction-meth>

2

Safer injecting practices

Like all methods of administration, injecting carries risks, but there are ways to reduce these risks:

- If someone is injecting methamphetamine, they should make sure to clean their skin with alcohol first, use a tourniquet, and use a sterile cooker.
- Rotating injection sites, drinking lots of water, and not smoking before injecting are other ways to practice harm reduction while injecting methamphetamine. Rotating sites is important because it gives previously used injection sites and veins a chance to heal, thus preventing infections and abscesses.
- Injecting into a vein is preferable to injecting into an artery, because injecting an artery causes pain and the substance is pushed right into the tissue.



Chemsex

Mephedrone



Mephedrone, also known as MCAT, meow, bath salts, bubble, white snow, and meph, is a psychoactive synthetic stimulant that is chemically similar to amphetamines, that is known to engage mental functions. Meph is commonly cut with other substances, and the quality of the drug can vary hugely.

1

How it's used

Mephedrone is a powder that is white, yellow or cream in colour, which often when first received is in the form of tiny crystals. Mephedrone in its powder form can be snorted or swallowed wrapped in paper. When dissolved in water it can be booty bumped.

3

The comedown

The comedown from meph can be a powerful experience, leaving someone feeling depressed, tired and having difficulties concentrating for a number of days following.

2

Highs of meph

Meph can make you feel horny, empathetic, talkative, confident, and euphoric and has been compared to a mix of MDMA and cocaine.

Sources:

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>

Sex on Mephedrone

- Meth can make the user feel very horny and have sex for longer, aswell as increasing sex drive, and self-confidence.
- If having sex for a long time and/or in a rough way, it can cause a sore or cuts in some places
- It is important to use plenty of siicon or water-based lube and check the condom is in place, putting on a new one after 30 minutes.
- If the meth is booty-bumped then this can put someone at a higher risk for acquiring or transmitting an infection, so it is important to always carry condoms.

Sources:

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>

Using meph with other drugs

- Mephedrone is a relatively new drug, meaning the risks of using it with other drugs is not entirely known and can be unpredictable.
- Mixing mephedrone with other stimulants such as speed or ecstasy, is not recommended due to the strain that meph already puts on the heart and nervous system.
- Using mephedrone with alcohol can also result in vomiting and nausea.
- As a golden rule in harm reduction it is best to avoid using different drugs (including alcohol) together at the same time, and with mephedrone and the lack of research about it yet, this is especially essential.

Sources:

<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use/>



Chemsex resources

- David Stuart's ChemSex Care Plan:
<https://www.davidstuart.org/care-plan>
- David Stuart's ChemSex First Aid:
<https://www.davidstuart.org/chemsex-first-aid>
- MSM Trainings: ChemSex Sexualised Substance Use:
<https://www.msm-trainings.org/module/prevention/chemsex-sexualised-substance-use>
- Sex Health Wellbeing For Gay and Bisexual Men: What is Chemsex: <https://s-x.scot/sex-relationships/chemsex/what-is-chemsex/>