

# Party hard, party safe



female) and barrier creams can be purchased without prescription from your chemist.

Condoms protect against sexually transmitted diseases. The blunt fact is you only need to have sex once with one partner to catch HIV and other less publicized nasties. It's easier to protect yourself with condoms than worry about catching STDs.

It's easier to make good choices like using sexual protection when you are not severely affected by drugs or alcohol. But if you do drink or take drugs, there a few simple steps you can follow to do it in the safest possible way.

Firstly, if you eat before you start drinking alcohol you are less likely to get drunk. Spacing drinks out allows you to stay merry without tipping the scales towards overindulging.

Sticking to one drink an hour is a good guide to follow to avoid drunkenness. Sipping, rather than skolling, also ensures the drink gradually is absorbed into your body as opposed to the outright bodily assault that occurs when you skoll.

As drink-driving increases your chances of crashing on the way home, pre-nominating a designated driver who is not drinking to drive everybody home is recommended. It is often easy to find a willing driver if you ask around as many P-platers don't want to risk their license by drink-driving.

Groups can also nominate a 'designated straight person' who will not be taking drugs to keep a careful watch for unusual or erratic behaviors. It's a good idea to tell friends what drugs you are taking and when you take them so that

if anything goes wrong, your friends will be armed with the relevant information for medics.

Drug spiking is an increasingly common occurrence at parties and nightclubs. To avoid falling prey to this deception, do not let other people collect your drinks unless sealed. Never put your drink down or leave it unattended, even to go to the bathroom, because someone may spike it while you are not looking.

If someone you don't know well wants to continue partying with you later on, take a few friends along. Carrying a mobile is beneficial. If you need help, it's just a call away. Emergency service calls are free and work whether you have credit or not provided your phone is recharged. ☑

Lauretta Davies

**After celebrating O week, what can you do to ensure that you wake up the next morning (or afternoon) with nothing more than great memories?**

**T**here are simple steps available to make sure you have fun in a safe manner. Prepare in advance for a party so that you're not caught in a bad situation later.

Expect to meet someone great and enjoy a private party for the two of you later. If you have sex prepare for it and do it safely and healthily. But also

remember, you don't have to have sex just because you are prepared for it.

Several options are available to avoid unwanted pregnancy. Birth control tablets can be prescribed by any doctor but take time to become effective. Doctors offer an extensive range of birth control options that are effective immediately such as IUD's. Condoms (both male and

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