



WOMEN  
PARTY  
HIKE

*with less risk and more fun*



## DrogArt

The Association DrogArt is a non governmental organization which works in the field of drug and alcohol related harm reduction among young people.

[www.drogart.org](http://www.drogart.org) • 01 439 72 70

The program is co-founded by:

- MDDSZ
- MZ
- MOL OZSV
- URSM
- FIHO
- European Commission (Erasmus+)

The views of organization do not necessarily represent the views of co-founders.

- Before the party always eat well and dress appropriately for the weather conditions outside. Make sure you're dressed so you feel good and positive about yourself.
- Make sure you always have someone you can trust around you. Let your friends know where you are at all times.
- Be watchful over your drink and always drink just your own.
- If you decide to consume drugs, get them tested beforehand and get informed about the dosages. Women sometimes need a smaller dose than men to get the same effect.
- Do not forget, drugs can interfere with your contraceptive pill! To be safe and also prevent infections, always carry condoms with you.
- Be extra careful and always make your own decisions, only you know what's best for you.
- If physical contact with another person is uncomfortable or you agreed to something you're not really sure you're into, you can always change your mind, say no, and in a worst case scenario search for the security personnel to help you out.
- Make sure you have safe transport home. Do not drive if you have been drinking or doing drugs, and never go home with strangers.
- If something unpleasant happened to you, you can always talk about it.
- There is no excuse for violence. If you're currently in a violent situation you don't have to go through this alone. Reach out.

**If you think you're in danger, or you feel like it's some other form of violence, other than physical, call the Police on 113 or anonymously on 080 12000; or the Association for non violent communication (01 4344 822). In the event of health issues or issues whilst helping someone else with health issues call 112. Every workday between 8. and 16. o'clock you can also call DrogArt's counseling phone (041 730 800).**