

# FOR A SUCCESSFUL PARTY

Here are some suggestions and information to make sure you have fun at your party.

## BEFORE: To be well prepared!

- Who will be there? Who am I comfortable with?
- How will I get there? Do I have a plan B and C?
- Have I told someone I trust about my plans?
- If I decide to have sexual contact or intercourse, what are my limits and what methods of protection will I use?
- Will there be alcohol or drugs? If I choose to drink or use, what are my limits?

Do I feel like going?

## My party bag!

It could contain:



- Cell phone with charger
- Important numbers on a piece of paper (taxi, trusted person)
- Cash and/or debit/credit card
- Bus pass or tickets
- Water bottle and snacks
- Condoms, lubricant and your contraception
- Sanitary pads and tampons
- Change of clothing and jacket

## Consent

You have the right and it's okay to...

- Choose not to consume alcohol and/or other substances.
- Say "yes" to some actions and say "no" to others.
- Decline a challenge.
- Change your mind at any time.



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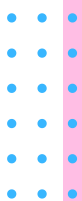
## During: To have fun safely!

- I make sure I have consent and I respect that someone can change their mind at any time.
- For shared and safe pleasure, I protect myself with a condom.
- If I drink or use, I start with a small amount to see how I feel and I am careful with mixed substances.
- I do not post sexual photos or videos.
- If there is an emergency or if I have concerns, I call 911.
- When I leave, I notify my friends and use my plan A, B or C.



## AFTER: To end on a positive note!

- Did I have a good time? Did I respect my limits?
- Do I have someone I trust to talk to, if necessary?
- Do I need emergency oral contraception? If so, I should quickly consult a health care professional.
- Have I been sexually assaulted? If so, I should contact someone I trust quickly and go to the hospital emergency department for support.



## Ressources: I need...



### To talk or get advice:

Aire ouverte: 819-966-6220

Info-Santé 811, option 1 or Info-Social 811, option 2

Tel-jeunes: 1-800-263-2266 [www.teljeunes.com/en](http://www.teljeunes.com/en)

Drugs: Help and Referral: 1-800-265-2626 [www.aidedrogue.ca/en/](http://www.aidedrogue.ca/en/)

**Emergency oral contraception:** pharmacy, medical clinic, Clic Santé, Clinique des femmes de l'Outaouais

**STBBI screening:** Clic Santé (STBBI and Sexual Health section), medical clinic, school nurse, Aire ouverte

**Sexual assault support:** CALAS Outaouais: 819-771-1773 <https://calas.ca/en/>

CALACS Vallée-de-la-Gatineau: 819-441-2111 [www.calacsvg.com](http://www.calacsvg.com)