



**Sex & drugs  
have always  
been around.  
Only there was  
no Internet.**

Let's talk openly about pleasure, risks  
and chemsex-related damage.

# About Chemsex

Chemsex is understood to be the concept and phenomenon associating the use of drugs during sexual relations for a prolonged period of time among gay men, bisexuals and other men who have sex with men/MSM.



This association between consumption and sex in a group scenario is usually practiced in gatherings often referred to as "sessions", and these in turn can entail risks and possible damage in certain cases. These risks include addiction, abuse, overdose, sexually transmitted infections, debts, psychological suffering ... and more

## Management of pleasures, risks and damages in chemsex sessions

This campaign is based on the fact that chemsex does not cause harm to the majority of people who can practice it, although the different risks associated with its practices must be known, accepted and addressed through the empowerment of the population and an active prevention strategy.

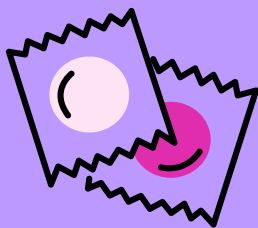
In promoting leisure that is as healthy as possible, the pleasure, risk and damage management approach is used in prevention so as to empathize with the population (especially the young population) by understanding their choices (and pleasures). At the same time, we try to anticipate risks and minimize any harm since, at Yrichen, we have decades of experience helping individuals and families suffering from pain and exclusion resulting from addictive behaviours.

# Recommendations and tips



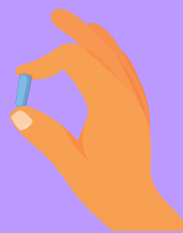
## HIDRATACIÓN

Es importante que bebas mucha agua durante las sesiones.



## PRESERVATIVOS Y LUBRICANTES

Recuerda utilizar preservativos y lubricantes.



## PrEP Y TAR

No olvides la PrEP y el TAR.



## JERINGUILLAS Y RULOS

Evita compartir rulos y jeringuillas. Y usa las vías de administración adecuadas.



## MEZCLA DE SUSTANCIAS

Conoce las características de las sustancias y los efectos que pueden tener si las mezclas entre ellas.



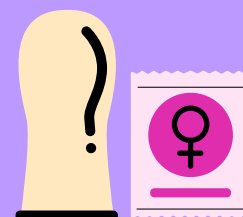
## CANTIDAD Y DOSIS

Controla la cantidad de las sustancias y espacia las dosis en las sesiones.



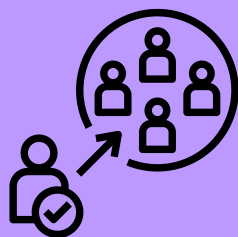
## LÍMITES

Reflexiona sobre tus propios límites.



## SESIONES

Conoce las características y la situación de las sesiones a las que acudes



## EN QUÉ PARTICIPAS

Deja claro en qué actividades sexuales quieres participar.



## NO ABANDONES

No abandones a nadie si le da un chungo o dobla. Llama al 112



## TIEMPO

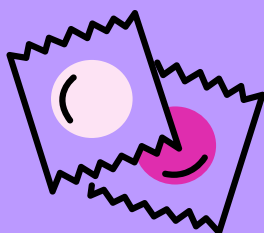
Tómate tu tiempo entre sesiones.

# Recommendations and tips



## HYDRATATION

It's important that you drink plenty of water during the sessions.



## CONDOMS

## AND LUBRICANTS

Remember to use condoms and lubricants.



## PrEP & TAR

Don't forget PrEP and TAR.



## SYRINGES AND ROLLERS

Avoid sharing rollers and syringes. And use the appropriate routes of administration.



## MIX OF SUBSTANCES

Know the characteristics of substances and the effects they can have if you mix them with each other.



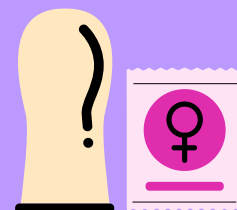
## QUANTITY AND DOSE

Control the amount of substances and space the doses in the sessions.



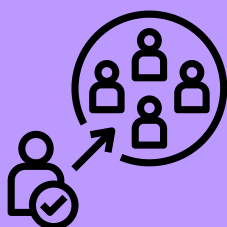
## LIMITS

Reflect on your own limits.



## SESSIONS

Know the characteristics and situation of the sessions you attend



## PARTICIPATION

Make it clear what sexual activities you want to engage in.



## NOT LEAVE

Do not LEAVE anyone if they give a bad or double. Call 112 (EMERGENCY NUMBER)



## TIME

Take your time between sessions.

# Resources Guide



## FREE RAPID STD TESTS IN GRAN CANARIA.

**Amigos contra el Sida:** C/ Antonio Machado Viglietti, nº 1. Las Palmas de Gran Canaria. Telf.: 928 230 085. // C. Colón, esquina Graciosa, Local 6, Módulo 1. Vecindario. Telf.: 928 149 570 - 928 240 144.

**Colectivo GAMÁ (LGTB de Canarias):** C/ Paseo Tomás Morales, nº 8, bajo. Las Palmas de Gran Canaria. Telf.: 928 433 427.

**Médicos del Mundo:** C/ Tomás Morales, 59, 1º, 35004- Las Palmas de Gran Canaria. Telf.: 928 367 100



## WEB RESOURCES ABOUT CHEMSEX IN SPAIN

- <https://www.chemsex.info>
- <https://www.chem-safe.org>
- <https://www.apoyopositivo.org>
- <https://www.paseosconciencia.com>
- <https://www.checkpointcanarias.com>

### UAD Fundación Canaria Yrichen.

C/ Sor Carmen Peña Pulido s/n (La Pardilla) 35213.  
Telde. **Tel.: 828 025 419 / 621 249 559**

C/Uruguay 5, El Tablero,  
San Bartolomé de Tirajana.  
**Tel.: 928 723 400 (ext. 1680) / 652 082 205**



**[www.yrichen.org](http://www.yrichen.org)**  
**[chemsex@yrichen.org](mailto:chemsex@yrichen.org)**

**FINANCE**

**COLLABORATE**

