

WAYS TO REDUCE HARM



**when taking drugs for the
first time**



KNOW YOUR STUFF



Even if you've taken drugs before, taking drugs in a new environment, and buying them from someone new, brings its own risks

TOP TIP: check your drugs before you take them. You can use services such as WEDINOS, or see if you have a local option!



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DON'T GO IT ALONE



Did you know?

**56% of students who use drugs,
do so at home or in their
accommodation**



**TOP TIP: think about where you're taking
drugs. It's best to be in a safe and familiar
environment around people you trust**

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START SMALL



Even when we do know what we're taking (woo drug checking!), we often don't know its potency. It may be a lot stronger than you expect

TOP TIP: start off small, e.g. a dab or half a pill, and wait at least two hours before taking any more



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ONE AT A TIME

Did you know?

**41% of students who take drugs
have never mixed two or more
drugs**

**TOP TIP: mixing drugs, or mixing drugs and
alcohol increases the risk of harm. If you're
planning to take drugs, stick to water!**

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LEARN MORE



For more harm reduction advice, you can visit the following:

