



# STUDENT VOICES

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*Collaborating with students to develop and communicate your approach to alcohol and drug use.*



# Who are we?



## **SSDP Leeds: Students for Sensible Drug Policy**

- Focus on harm reduction.
- Reform global drug policy.
- Spread information and educate about the potential uses, and harms of drugs.

Within Universities, SSDP advocates for a harm reduction policy to be implemented, and encourages students to take an active role in influencing drug policy.

We run educational events such as 'Psychedelics in Psychiatry' and 'Cannabis and Psychedelics: The true story', alongside spreading harm reduction and safety information.

We have been working with LUU to implement a free drug testing kit scheme and make harm reduction advice widely available around the union.

# What is Harm Reduction?



Reducing possible negative effects of drugs and alcohol by:

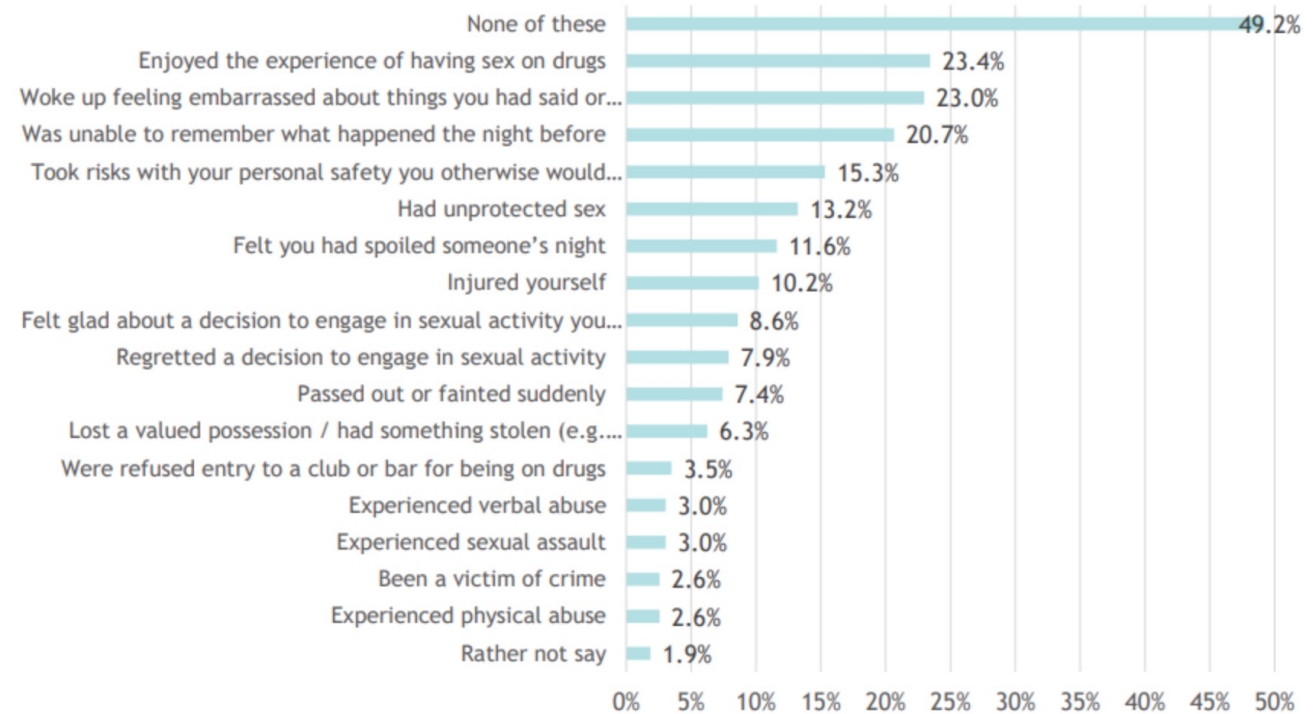
Signposting people towards evidence and information.

Allowing people to make their own informed decisions on drug and alcohol use.

Provide a safe space for confidential discussion.

Advocating for an evidence based drug policy.

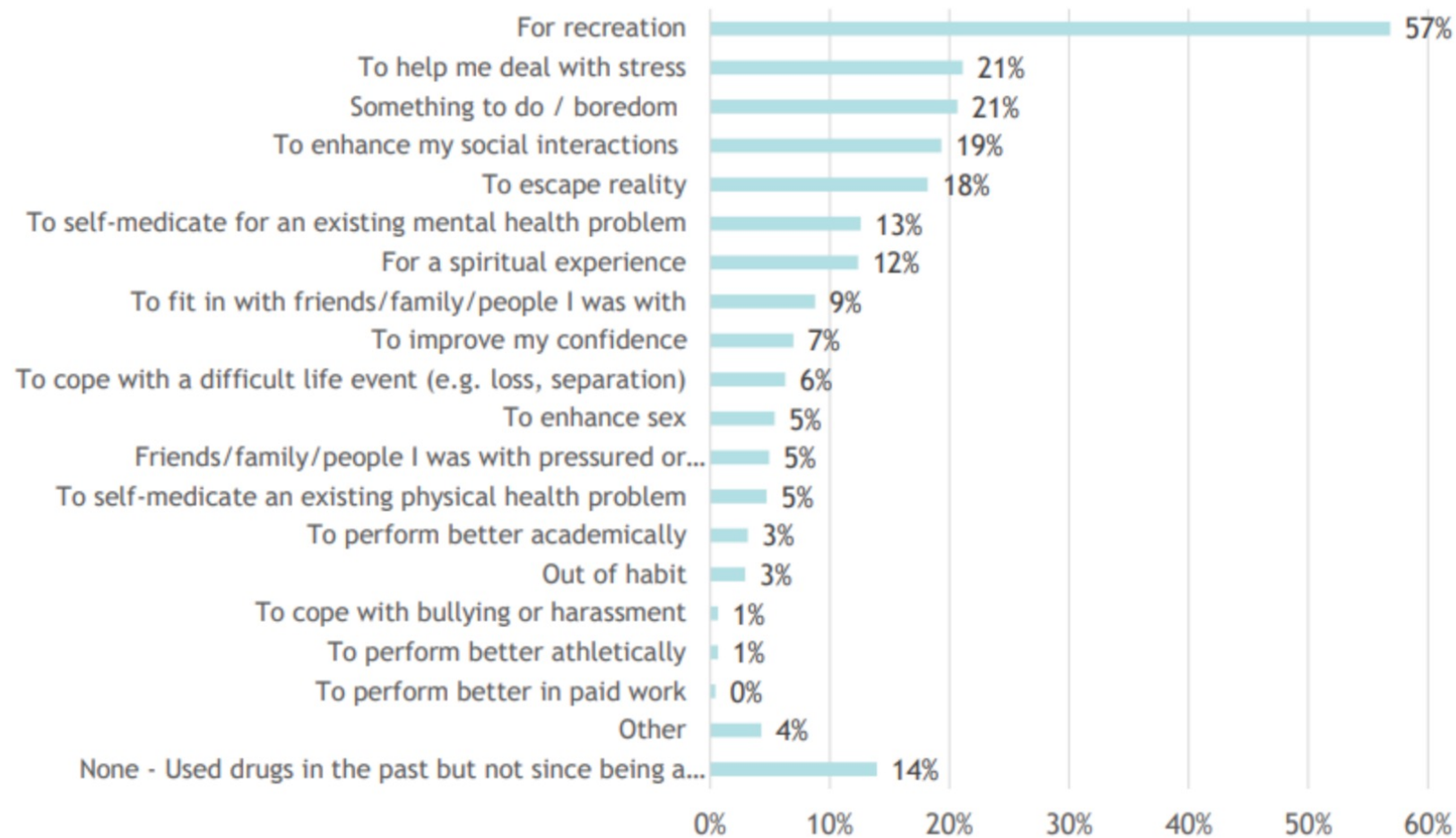
## Impacts of Drug Use



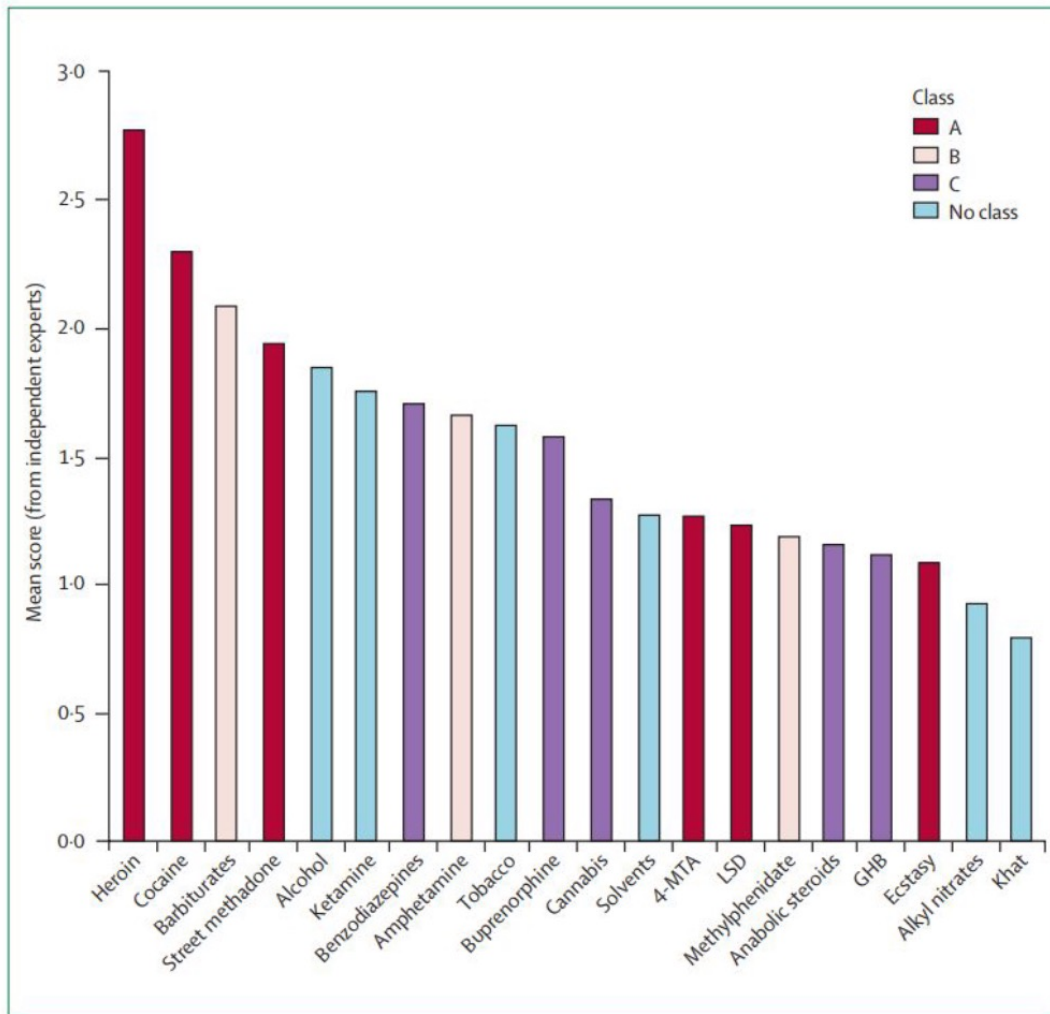
Q. Which of the following have you experienced since you have been at university / college whilst using drugs? [Base: 431 Balance: No response and never used drugs]

# What is Harm Reduction?

## Why do students report using drugs?



# The Truth About Drugs



Drugs, including alcohol and tobacco, can cause harm to individuals and society.

They have been classified into categories of how strictly they should be regulated based on the harms and risks of each drug.

However, the process behind this classification is not transparent or specified which reduces confidence in its reliability.

In 2007, David Nutt developed a rational and transparent scale which assessed various drugs and their harms.

*Factors:* potential to cause physical harm to the individual user; the tendency of the drug to induce dependence; and the effect of drug use on families, communities, and society.

# Drug Policy



In the UK there are two main legislations regarding Drug offences:  
*The 1971 Misuse of Drugs Act (MDA) and the 2016 Psychoactive Substances act.*

The MDA came into force following the UN Drug Control Conventions and defined criminal

offences for

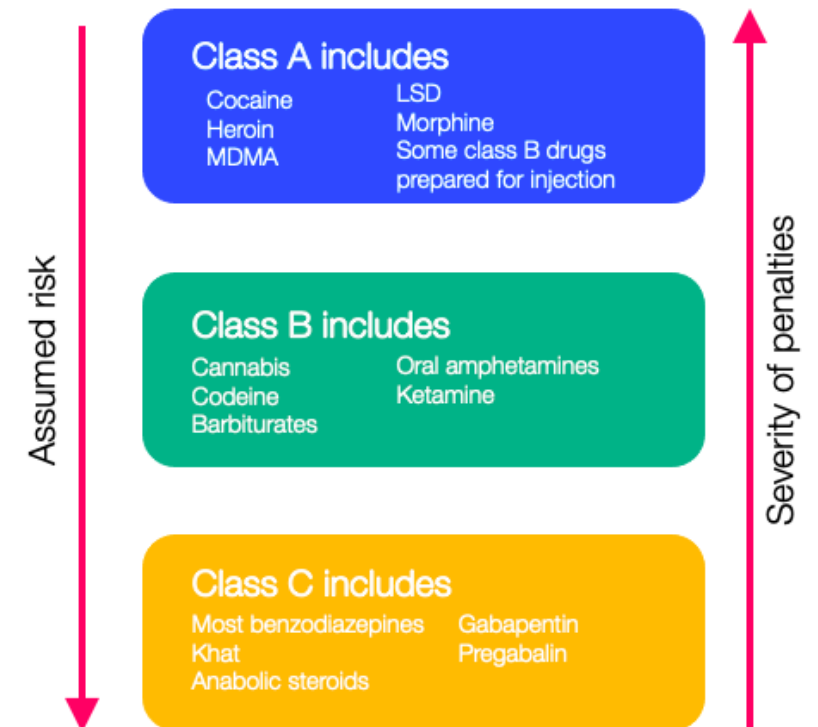
- Possession
- Supply
- Production of controlled drugs

Assessed based on their relative and class of a drug.

*Class A being most harmful and Class C being least harmful.*

Following an increase of 'legal highs' in the mid-2000's, the UK government created the 2016 Psychoactive Substances Act.

This criminalised the production and sale of any substance capable of producing psychoactive effects.



# Harm Reduction in Universities



18.6% of adults aged 16-24 reported using drugs in 2022.

SOS report that in student populations 13% of people report using drugs.

In 2018 in England, 44% of pupils aged 11-15 in England reported having drunk alcohol. Over half of university students drink alcohol more than once a week.

At UoL - survey found around half of students who engaged in drug alcohol use knew little about harmful drug interactions.

**Universities have the opportunity aid student safety by spreading harm reduction advice.**

*- Harm reduction workshops, drug testing kits, working with societies.*

**It is not always easy to engage students, advice must be clear, concise and easy to follow.**

*- Appropriate language use is integral*

# Drug Interactions



## Guide to Drug Combinations

Version 4.0  
Generated on 17 Nov 2019 at 12:15 UTC

↑	○	↓	⚠	⚡	✖
Low Risk & Synergy	Low Risk & No Synergy	Low Risk & Decrease	Caution	Unsafe	Dangerous

	LSD	Mushrooms	DMT	Mescaline	DOx	NBOMes	2C-x	2C-T-x	5-MeO-xxT	Cannabis	Ketamine	MXE	DXM	Nitrous	Amphetamines	MDMA	Cocaine	Caffeine	Alcohol	GHB/GBL	Opioids	Tramadol	Benzodiazepine	MAOIs	SSRIs	
LSD	LSD	↑	↑	↑	↑	↑	↑	↑	↑	⚠	↑	↑	↑	↑	⚠	↑	⚠	○	↓	↓	○	⚡	↓	↓	↓	LSD
Mushrooms	↑	Mushrooms	↑	↑	↑	↑	↑	↑	↑	⚠	↑	↑	↑	↑	⚠	↑	⚠	○	↓	↓	○	⚡	↓	↑	↓	Mushrooms
DMT	↑	↑	DMT	↑	↑	↑	↑	↑	↑	⚠	↑	↑	↑	↑	⚠	↑	⚠	○	↓	↓	○	⚡	↓	↑	↓	DMT
Mescaline	↑	↑	↑	Mescaline	⚠	⚠	⚠	⚠	⚠	⚠	↑	↑	↑	↑	⚠	↑	⚠	○	↓	↓	○	⚡	↓	⚠	↓	Mescaline
DOx	↑	↑	↑	⚠	DOx	⚠	⚠	⚠	⚠	⚠	↑	⚠	⚡	↑	⚡	⚠	⚡	⚠	↓	↓	○	⚡	↓	⚠	↓	DOx
NBOMes	↑	↑	↑	⚠	⚠	NBOMes	⚠	⚠	⚠	⚠	↑	⚠	⚡	↑	⚡	⚠	⚡	⚠	↓	↓	○	⚡	↓	⚠	↓	NBOMes
2C-x	↑	↑	↑	⚠	⚠	⚠	2C-x	⚠	⚠	⚠	↑	↑	↑	↑	⚠	↑	⚠	○	↓	↓	○	⚡	↓	⚠	↓	2C-x
2C-T-x	↑	↑	↑	⚠	⚠	⚠	⚠	2C-T-x	⚠	⚠	↑	⚠	⚡	↑	⚡	⚠	⚡	○	↓	↓	○	⚡	↓	⚠	↓	2C-T-x
5-MeO-xxT	↑	↑	↑	⚠	⚠	⚠	⚠	⚠	5-MeO-xxT	⚠	↑	↑	⚡	↑	⚡	⚠	⚡	○	↓	↓	○	⚡	↓	⚠	↓	5-MeO-xxT
Cannabis	⚠	⚠	⚠	⚠	⚠	⚠	⚠	⚠	⚠	Cannabis	↑	↑	↑	↑	⚠	↑	⚠	○	↑	↑	↑	↑	↓	↑	○	Cannabis
Ketamine	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	Ketamine	↑	○	↑	⚠	↑	⚠	○	×	×	×	×	⚠	⚠	○	Ketamine
MXE	↑	↑	↑	↑	⚠	⚠	⚠	⚠	⚠	⚠	↑	MXE	○	↑	⚠	⚠	⚠	○	×	×	×	×	⚠	⚡	⚠	MXE
DXM	↑	↑	↑	↑	⚡	⚡	↑	⚡	⚡	↑	○	○	DXM	↑	⚡	×	⚡	○	×	×	×	×	⚠	⚡	×	DXM
Nitrous	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	Nitrous	↑	↑	↑	○	⚠	⚠	⚠	⚠	↓	○	○	Nitrous
Amphetamines	⚠	⚠	⚠	⚠	⚡	⚡	⚠	⚡	⚡	⚠	⚠	⚠	⚡	↑	Amphetamines	↑	⚠	⚠	⚠	⚠	⚠	×	↓	×	○	Amphetamines
MDMA	↑	↑	↑	↑	⚠	⚠	⚠	⚠	⚠	↑	↑	⚠	×	↑	↑	MDMA	⚠	⚠	⚠	⚠	○	×	↓	×	↓	MDMA
Cocaine	⚠	⚠	⚠	⚠	⚡	⚡	⚠	⚡	⚡	⚠	⚠	⚠	⚡	↑	⚠	⚠	Cocaine	⚠	⚡	⚠	×	↓	×	×	○	Cocaine
Caffeine	○	○	○	○	⚠	⚠	○	○	○	○	○	○	○	○	⚠	⚠	⚠	Caffeine	○	○	○	○	↓	○	○	Caffeine
Alcohol	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	×	×	×	⚠	⚠	⚠	⚠	○	Alcohol	×	×	×	×	⚡	⚠	Alcohol
GHB/GBL	↓	↓	↓	↓	↓	↓	↓	↓	↓	↑	×	×	×	⚠	⚠	⚠	⚠	○	×	GHB/GBL	×	×	×	×	○	GHB/GBL
Opioids	○	○	○	○	○	○	○	○	○	↑	×	×	×	⚠	⚠	○	×	○	×	×	Opioids	×	×	⚠	○	Opioids
Tramadol	⚡	⚡	⚡	⚡	⚡	⚡	⚡	⚡	⚡	↑	×	×	×	⚠	×	×	×	○	×	×	×	Tramadol	×	×	×	Tramadol
Benzodiazepine	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	⚠	⚠	⚠	↓	↓	↓	↓	↓	×	×	×	×	×	↑	○	Benzodiazepine
MAOIs	↓	↑	↑	⚠	⚠	⚠	⚠	⚠	×	↑	⚠	⚡	×	○	×	×	×	○	⚡	↑	⚠	×	↑	↑	×	MAOIs
SSRIs	↓	↓	↓	↓	↓	↓	↓	↓	↓	○	○	⚠	×	○	○	↓	○	○	⚠	○	○	×	○	×	×	SSRIs

This information has been researched to the best ability by the TripSit team, and the greatest effort has been made not to include incorrect or misleading information though some information may never be 100% accurate. This chart is meant as a quick reference guide and additional research must always be done. It is not sufficient to only consult this chart when considering a combination. Use at your own risk and please try to be safe. When mixing drugs keep potentiation in mind and start with lower doses of each substance. For more information on specific drugs visit <http://drugs.tripsit.me>

Up-to-date information, details, explanations, and references are published on <http://combo.tripsit.me>

Further information about individual drugs including dosages, durations, and HR advice is available at <http://drugs.tripsit.me/>



Mobile App



Support Us

# Involving Students



- Collaborate with social secs, wellbeing officers.
- Break down the barrier between drugs and alcohol.
- Work with and target societies
  - huge part of student life and safe-spaces for students.
- Open a conversation – results may not be immediate.

# Involving Students



- Creating approachable services where students can feel heard and valued.
- Student Union as a bridge between students and the university.
- Improve student experience.
- Students may know better than union staff what needs to be improved/changed.
- Allow students to help.
- Drug and alcohol 'trends' change over time, students may be more aware of popular drugs and harmful alcohol-based games which staff may not be aware of.

# Disclaimer



- Different universities and students will take this change at different speeds.
- We are not expecting things to change overnight.
- Education is the most important step
  - Opening the conversation.
  - Drug interactions.
  - Spiking
- Conversations about these issues can be *uncomfortable*.
  - Non-judgemental approach.
  - Setting boundaries are important.
  - Consider implications of harm to others.

**What language would you use to engage students in a conversation about drug use?**

**How would you advertise accessing drug testing kits as part of a university/union initiative?**

**In a conversation with a student, harmful alcohol/drug use is insinuated involving another student.**

*How is best to tackle this? What support systems may be available?*

**A student has had a difficult experience involving drug use and would like some wellbeing support. However, they are concerned about getting in trouble.**

*Are there systems in place to deal with this?*

*Is it clear to students that if they require confidential support, they can access it?*

# Effective Examples



## - **Christie cup: Leeds, Manchester and Liverpool sporting event**

- Students signed a the Code of Conduct
- No incidents of dangerous intoxication

## - **Keele University**

- Focus on mental health aspect of drug and alcohol use.
- Clear communication with students about drug testing and confidential support.
- Detailed information on a variety of drugs.

# Effective Examples – Keele University



Alcohol and drugs

Support

Harm reduction policy

Our commitment

Rules

Raising a concern

SOS Drug Impact

## INTERNAL SUPPORT

- [Student Experience & Support](#)
- [Residence Life](#)
- [Counselling & Mental Health](#)
- [Chaplaincy](#)

Support can also be found at KeeleSU through the [ASK service](#).

## EXTERNAL SUPPORT

- [Staffordshire Treatment and Recovery Service \(Stars\)](#)
- [Health Assured](#)
- [Keele GP Practice](#)
- [Resolv](#) (particular support for solvents, gases and psychoactive substances)
- [Community Drug and Alcohol Service \(CDAS\) Stoke on Trent](#) (any students living in Stoke-on-Trent will not be covered by Stars and would therefore receive support from CDAS)

## WHAT CAN AN ADVISER HELP WITH?

The advisers are trained to understand what support is available both at Keele and in the community for students who are struggling with substance use. They can let students know about what support may be appropriate and how to get in touch or make a referral to that team.

An adviser can also signpost students to honest and accurate information about the use of different substances to further educate themselves on using the substance, the effects and the risks.

You can speak to an adviser to discuss getting support for your substance use issues, understanding where to find information or simply for a confidential, non-judgemental chat.

The advisers cannot offer specific harm reduction advice about specific substances and are not trained to deliver any type of clinical intervention. If this is needed, they will instead refer the student into the appropriate team.

# Effective Examples - UWE



- Late Night Do It Right
- About LNDIR
- Drugs and Alcohol Awareness Week
- Harm Reduction: Alcohol
- Harm Reduction: Drugs**
- Advice on Cocaine usage
- Advice on Ketamine Usage
- Drugs Checking and Testing
- Mixing Drugs with Alcohol
- Support and Advice
- What's the real cost of Nitrous Oxide
- Spiking

## DRUGS HARM REDUCTION

UWE has a policy of harm reduction when it comes to alcohol and other drugs. This means that although most drugs are illegal and UWE and The Students' Union both don't condone the use of illegal drugs, we are focused on providing you with education to make sure you stay safe if you or your friends choose to take drugs.

Taking drugs always carries a risk and can potentially be harmful. If you choose to take drugs please read this article on what to bear in mind.

Watch on YouTube

## ALCOHOL HARM REDUCTION

UWE has a policy of harm reduction when it comes to alcohol and other drugs. Harm reduction means we want to help you reduce the risks associated with the use of alcohol and other drugs - including legal, physical, and wellbeing risks.

Below you'll find all the information you need to ensure you stay safe, have fun, and have a healthy relationship with alcohol.

### ALCOHOL HARM REDUCTION

UWE STUDENTS SAY...

- Late Night Do It Right
- About LNDIR
- Drugs and Alcohol Awareness Week
- Harm Reduction: Alcohol**
- Bristol Rules Campaign
- Drugs: Harm Reduction
- Have a GREAT Night In
- How to avoid a hangover
- Tips For Your Night Out
- Dont Drink And Drown
- Get Home Safe
- Harm Reduction: Drugs
- Spiking

# How to Advertise

Sober socials – inclusive or exclusive?

Language and wording.

Union staff, university staff, or students?  
Student ambassadors?

Good examples:

## EXAMPLES OF HARM REDUCTION IN OTHER AREAS



SUN  
SCREEN



SEAT  
BELTS



SPEED  
LIMITS



BIRTH  
CONTROL



CIGARETTE  
FILTERS

### CAUTION: Caffeine crystal & powder found in circulation at Parklife 2021

Multiple samples presumably bought as MDMA were identified to be caffeine.

It is **visually similar to MDMA** crystal & powder.

Caffeine is a common legal stimulant found in many everyday hot & cold drinks which can **increase energy & decrease fatigue**.

Too much caffeine can result in headaches, insomnia & increased heart rate. **Caffeine overdose or fatality is rare but has occurred.**



*If you think you have taken too much caffeine try and get some rest. Symptoms usually ease once you have slept. Seek medical help if unwell.*



@WeAreTheLoopUK



@TheLoop\_UK



@WeAreTheLoopUK



Bad examples:



# How to Advertise



## Ketamine HARM REDUCTION

The easiest way to stay safe is by not taking drugs.  
However, if you still decide to use ketamine:

### Dosage

**#GoSlowStayLow - especially if it's your first time taking ketamine**  
Think about set and setting - your mood and surroundings can impact your experience. Is your environment safe and are you with people you trust? The effects of ketamine can be disorienting. Wait at least 30 minutes between doses - take a note on your phone as it's easy to lose track of time. At higher doses (typically 100mg+), many people will experience a 'k-hole' - which can be intense.

### Avoid mixing with other drugs

**Taking ketamine with other depressant drugs like alcohol, opiates or benzos (Xanax, etizolam, Valium) increases your risk - even at low doses**  
This includes prescription medications. Depressant drugs in particular increase your risk of losing consciousness and vomiting. Mixing with stimulants like cocaine and MDMA increases the risk to your heart.

### Reduce your risk of a virus

**Sharing straws can lead to transmission of viruses like Hepatitis C**  
Ketamine can damage the inside of your nose and lead to sinus infections. Make sure that the powder is finely crushed. Alternate nostrils after each line. Rinse your nose out with clean water after a session to remove any residue and prevent further damage.

### Long term use & signs to look out for

**People who take ketamine are at risk of developing a dependency**  
People who take ketamine frequently or at high doses are at considerable risk of experiencing abdominal pain (k-cramps) and developing bladder problems. Look out for UTI/cystitis as early warning signs. If you start to find it painful or difficult to urinate, notice blood in your urine, or experience incontinence (wetting yourself), stop using immediately and talk to a GP or local drugs service.

### Ask for help if needed

**Be aware of the signs of an emergency and know when to get help**  
Look out for people who mix ketamine with other drugs might have their balance affected, feel disoriented or sick, throw up or pass out - make sure they are in the recovery position and get help if needed. Pace yourself, know your limits & look after yourself and those around you.

The easiest way to stay safe is by not taking drugs; this guide is intended to minimise harm for those who decide to anyway. Every effort has been made to ensure that the information in this infographic is in keeping with the latest harm reduction advice. However, please use your own judgement & supplement with your own research wherever possible.

**Insufflated ketamine dosages by www.psychonautwiki.org**  
-Light: 10 - 30 mg  
-Common: 30 - 75 mg  
-Strong: 75 - 125 mg  
-Heavy: 150 + mg  
\*For interactions see: [https://wiki.tripsit.me/wiki/Drug\\_combinations](https://wiki.tripsit.me/wiki/Drug_combinations)

**WE ARE THE LOOP**  
[www.WeAreTheLoop.org](http://www.WeAreTheLoop.org)

## Cocaine HARM REDUCTION

The easiest way to stay safe is by not taking drugs.  
However, if you still decide to use cocaine:

### Dosage

**#GoSlowStayLow - especially if it's your first time taking cocaine**  
Avoid frequent redosing - risks increase, and desired effects are reduced. Effects can vary between individuals because of differences in body weight & tolerance. Other drugs may be cut into or mislabeled as cocaine to make it more profitable to sell. This means that strength can vary from one batch to another.

### Avoid mixing with other drugs

**Combining with alcohol increases risks - even at low doses**  
Taking cocaine with depressant drugs (eg. alcohol or benzo) can mask the effects of cocaine, increasing the risk of you taking too much. Taking cocaine with other stimulant drugs (eg. MDMA, amphetamines) further increases the stress on your heart.

### Sharing straws increases your risk

**Used or dirty straws can transmit blood-borne viruses like hepatitis C**  
Snorting cocaine can damage the inside of your nose and lead to infections. Used or dirty straws (or banknotes) introduces more dirt and germs into your body. To reduce damage; make sure that the powder is finely crushed, alternate nostrils after each line. Gently rinse out your nose with clean, sterile water after each session to prevent further damage.

### Long term use & things to look out for

**Risks include dependency and other health complications**  
Cocaine use can be harmful to the heart - both in the short and longer term. Onset or worsening of various mental health conditions (eg. paranoia, anxiety, depression). Cocaine use can be highly habit-forming; longer breaks between sessions can reduce this risk. If you're concerned then talk to a GP or local drugs service.

### Ask for help if needed

**Be aware of the signs of an emergency and know when to get help**  
Seek immediate medical help for: **crushing chest pain, non-responsiveness, seizures.** Look out for the warning signs of a heart attack: **chest tightening, chest pain, shortness of breath.** If you become concerned about someone's well-being always seek support. Pace yourself, know your limits & look after yourself and those around you.

The easiest way to stay safe is by not taking drugs; this guide is intended to minimise harm for those who decide to anyway. Every effort has been made to ensure that the information in this infographic is in keeping with the latest harm reduction advice. However, please use your own judgement & supplement with your own research wherever possible.

**Nasal Cocaine Dosages provided by Psychonautwiki**  
-Light: 10 - 30 mg  
-Common: 30 - 60 mg  
-Strong: 60 - 90 mg  
-Heavy: 90+ mg

**WE ARE THE LOOP**  
[www.WeAreTheLoop.org](http://www.WeAreTheLoop.org)

# ALCOHOL HARM REDUCTION

**1 UNIT OF ALCOHOL IS...**

- 1 HALF PINT of 4% beer or cider
- 1 HALF OF A STANDARD GLASS (175ml) of 12% wine
- 1 SHOT (25ML) of 40% spirits

**UWE STUDENTS SAY...**

**Pace yourself before you disgrace yourself!**  
It will make the night last longer. 80% of UWE students agree.

**Operation Hydration**  
64% of UWE students switch it up with a soft drink or water for a longer and better night!

**Non-drinker? Non-problem**  
87% of UWE students love socialising non-drinkers in their parties and games.

**Does pineapple belong on pizza?**  
Keep the snacks coming and solve the great debates. 85% of UWE students eat before drinking.

Got class tomorrow? On placement? Driving? It takes your body on average one hour to process one unit of alcohol. But everybody is different and it may take longer. Consider reducing how much you drink and stopping earlier in the night.

**WHERE TO GO FOR HELP**

- UWE Wellbeing have a dedicated Drugs and Alcohol Practitioner
- UWE Report and Support Talk to Frank
- The Students' Union Advice Centre
- Scan the QR code for more info

**IN AN EMERGENCY**

- Stay with them
- Call 999 (off-campus)
- Call UWE Security (on-campus) +44 (0)117 328 9999
- Keep them awake
- Put them in the recovery position
- Be honest about what alcohol /drugs they've taken

**THE STUDENTS' UNION AT UWE**

[thestudentsunion.co.uk](http://thestudentsunion.co.uk) #TheSUatUWE

# Involving Students



Consider what universities may already be doing and how you could implement that.

Discuss with the people around you the best approach to engage students...

# Resources

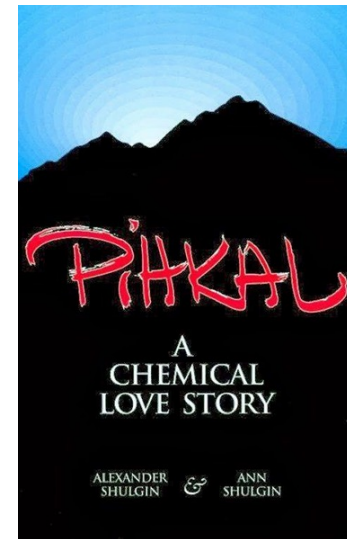


**SSDP Email:** [ssdpleeds@gmail.com](mailto:ssdpleeds@gmail.com)

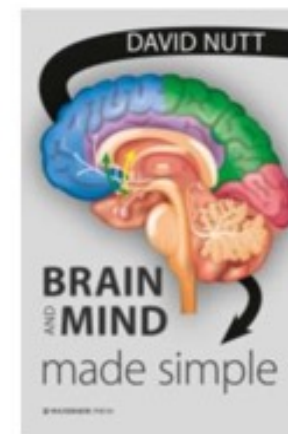
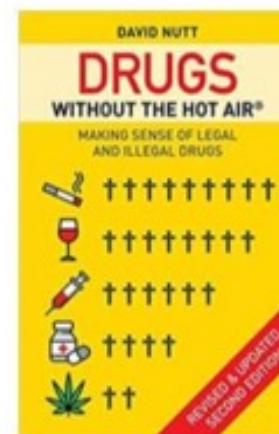
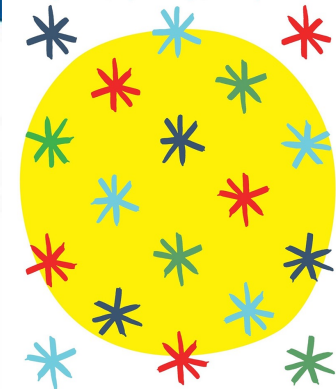
**Instagram:** @ssdpleeds

## **Useful Websites:**

- EROWID
- WEDINOS
- Psychonaut WIKI



Ayelet Waldman | **A Really Good Day**  
How Microdosing Made a Mega Difference in My Mood, My Marriage, and My Life



# Questions



Thank you so much for attending and engaging!

We will be happy to answer any questions you may have to the best of our abilities.