

***Info poster about responsible
drug consumption***



Responsible Drug Consumption

We appreciate a responsible approach to drug use at the camp.

We provide caffeinated and sugary beverages, but **no other drugs such as alcohol or tobacco.**

However, if the regulations for the camp allow, we will not prevent you from bringing your consumables to camp.

There are low drug use areas.

Please keep your drug use here to an absolute minimum.

It is meant to be a protected area for anyone who is uncomfortable with it.

You can find out the exact distribution of the low drug use areas at the info point.

In all other areas, drug consumption is generally okay under the conditions mentioned.

If you consume, be aware of the consequences for you and your environment

It is your responsibility to make sure that your consumption does not lead to violations of personal boundaries.

Being drunk or otherwise intoxicated does not excuse you from being considerate of others. If you witness transgressive behavior, whether drugged or not, intervene or contact the Awareness Team (+49 152 12415641).

Not all people perceive places where people consume as social.

Often, however, these people do not have the opportunity to honestly express their needs.

Always check with the people around you and take their needs seriously.



Reflection

"Don't worry about it, he is just a little drunk."

Many sexualized assaults are being committed under the influence of alcohol. FLINTA* persons often feel less safe in spaces where drugs are consumed.

If you want the people surrounding you to consume less:

Are you able to express your needs?

Are the people respecting your needs?

Would you stop smoking or drinking if someone wants you to? Really?

How do you feel at places where drugs are consumed?



Possible effects of different drugs (different for each person):

Sugar

- Release of happiness hormones
- Energy
- addictive craving for larger amounts
- higher risk for diseases like diabetes type 2, caries, cancer and other cardiovascular diseases

“ In some places in the world, coca cola is cheaper than water.”

Alcohol

- relaxation
- cheering up
- blurred perception
- Disinhibition, so that the limits of fellow human beings are assessed more poorly and crossed more quickly
- aggressive behaviour
- slow reaction time
- dehydration
- blurred perception of temperature, which can lead to hypothermia

“During colonization, colonized people were deliberately given alcohol to make them addicted to alcohol and thus dependent on the colonial masters.”

Nicotine

- higher performance in the short term
- faster pulse
- increase of blood pressure
- constriction of the blood vessels
- inhibited feeling of hunger
- relatively fast addiction

Caffeine

- increased pulse
- fatigue suppression
- headache
- nervousness and restlessness
- sleeping disturbance
- dehydration

“Coffee is still produced today in colonial conditions under massive exploitation of people and nature.”

Cannabis

- serenity
- euphoria
- inhibition of anxiety and stress
- more intense feelings (positive and negative)
- erratic thinking
- quick forgetting
- sometimes panic attacks
- increased risk of psychosis
- increased appetite

Room for written discussion and thoughts

