The use of alcohol and other drugs can temporarily push I ALWAYS TAKE A FEW PUFFS OF A JOINT BEFORE your emotions to the background. They can make you bolder, make your inhibitions disappear, and keep you going longer. Sometimes customers pay more if you're willing to use together. Substance use can also make you take more risks shift your personal and sexual boundaries and reduce pain. This, in turn, can lead to unsafe sex or offering services you wouldn't perform when sober.

This leaflet provides neutral information on drugs, their possible effects on sex-work and how to reduce risks.

USING DRUGS WHEN I WORK IS A PRACTICAL CHOICE: BOTH FINANCIALLY AND MENTALLY. WHEN WORKING UNDER THE INFLUENCE, I CAN KEEP GOING

and how often you use (tolerance). LONGER, SO I GET PAID MORE. AT THE SAME TIME IT MAKES IT EASIER FOR ME TO FLIP THE SWITCH.

Types of substance and effects Substances are roughly divided in three groups: downers, uppers and STARTING TO CHAT: IT MAKES THE IOB EASIER. trippers (hallucinogens). Psychedelic trips are used the least, as they BESIDES CANNABIS. I SOMETIMES USE XTC. COKE OR SPEED. CAN BE WITH MY CUSTOMER OR BY can be so intense that they reduce the desire for sex. MYSELF. NEVER WITH A NEW GUY THOUGH, I WANT TO GET TO KNOW HIM FIRST.

Downers (alcohol, heroin, GHB, GBL, also cannabis and ketamine) are

lower blood pressure, heart rhythm and body temperature and make

also be harder, especially when using frequently or daily. Customers

can get frustrated about this and, hence, aggressive.

effects of uppers are the opposite to those of downers: they excite,

your energy, give way to sexual arousal and can make you cuddly. Get

go along with this. Getting (and keeping) an erection and reaching an

FOR ME THE COMBINATION OF SPEED AND GHB

WORKS BEST. THE SPEED KEEPS MY MIND CLEAR

AND ALERT, WHILE THE APHRODISIAC EFFECTS

orgasm can be more tricky.

clear what your customer wants, and decide beforehand if you want to

narcotics and produce a mellow, euphoric and relaxing effect. Downers rcumstances and effects

your breathing more superficial. Downers can also make you drowsy, The action and effects of various substances depend on a range of factors. Firstly on the type of substance and the grade (purity). Nex less aware of your surroundings and suppress negative feelings and the physical and mental state of the user (sex, weight, mood, and fears. Sexually, they can increase your desire for sex, lessen your restraints and relax your muscles. Depending on the substance, it can otional stability) influence the effects. The setting in which you use plays an important role too. And lastly, the effects depend on how much pecome problematic to get or keep a hard-on. Reaching an orgasm can

Some combinations might seem to diminish each other effects. For Decide what you want do and do not want to do with a customer beforehand, when you're still sober. Personal boundaries can example, by taking an upper (speed or coke) you might notice less Uppers (XTC, MDMA, speed, cocaine, crystal meth) are stimulants. The

combining substances can add up like 1+1=3. The effects of the two arouse and make you more alert. Uppers heighten blood pressure and substances combined will be more intense than when taken separately. body temperature and speed up heart rhythm and breathing. They also Check www.drugs-test.nl for addresses. This causes extra strain on your body and is potentially dangerous. For lessen the need for sleep and suppress hunger and thirst. Uppers boost instance, when you combine alcohol and cocaine. Your liver creates a

> Never share shooting gear (water, filters, syringes or stericups) third substance, coca-ethylene, which stresses your heart and veins with others. Sharing gear increases the risks of getting infected even more than the effects of coke and alcohol by themselves. Further with HIV or hepatitis C. coca-ethylene seem to hamper the breakdown of toxic chemicals.

> > Agree with the customer upfront not only on which service you'll perform, but also communicate a time limit on the service. When

under the influence, the customer might have trouble coming and demand to go on. If he wants to continue, make sure he pays for problems. Erection pills can solve this problem. Using erection the extra time. enhancers in combination with poppers can make your blood

without warning. Using XTC and erection enhancers can cause it up slowly if you want to use more.

- Get your drugs tested. You can do this for free and anonymously. At the same time, these substances can make the mucous tissue
 - and small wounds and, consequently, infections with STDs. Good taken before, during and after substance use can diminish brain advice is to change condoms every 15 minutes and to apply plenty damage and hangovers also. These can be found in vegetables like of (water based) lubricant. broccoli, peppers or Brussels sprouts or fruits like plums, raisins
 - attractive, but make sure you know where you draw the line. Certain medication (like HIV-inhibitors, sleeping meds or antidepressants) can enhance or dampen the effects of alcohol or drugs (and vice versa). Talk openly to your practitioner. They are



DeltaHage

Ministerie van VWS



drained afterwards. After a long shift, make sure you charge your

Tryptophan (a protein that can be found in eggs, codfish, cheese,

under the cath of secrecy and can give you more information.

(GGD). Check www.ggd.nl for your local address.

Colophon

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effects of any downers you might have taken, such as alcohol. Actually,

This means it's important to know beforehand what effects a certain

and body will experience the same. It is advisable to choose a şafe

surrounding when experimenting with combinations of substances.

wait for the effect of one substance to kick in before taking the next.

combination might have. Stories of others hold no guarantee your mind

Only try substances you know by experience, only take small doses and

people. The drugs can cause small wounds in the mucous tissue of

your nose, which can transmit hepatitis C.

become blurry when you're under the influence. When you are on coke, speed or crystal meth sex tends to be harder and more aggressive. You can also keep on going for longer.

heart problems.

of your anus dry out. This increases the risks of torn condoms

Some customers will pay more to use together. This may sound

Long time use of coke, speed or crystal meth can lead to erection

pressure drop acutely, which can make you lose consciousness Start with small doses if you're not familiar with a substance. Build

Do's and don'ts

Don't share straws or banknotes used for snorting with other

Most substances suppress hunger. Make sure you eat something before you go to work and before you use. Eat something small

in between, like a banana or some nuts, so you don't feel as

prostitutie.nl > spot46.nl > mainline.nl

batteries by getting enough sleep and some health food.

bananas and soybeans) can ease an XTC-hangover. Antioxidants

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Financial support:

Soa Aids Nederland

Get yourself tested on STDs on a regular basis. This is free for sex











