

The use of alcohol and other drugs can temporarily push 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 LONGER, SO I GET PAID MORE. AT THE SAME TIME IT MAKES IT EASIER FOR ME TO FLIP THE SWITCH. ”

Michel (26)

“ I ALWAYS TAKE A FEW PUFFS OF A JOINT BEFORE STARTING TO CHAT; IT MAKES THE JOB EASIER. BESIDES CANNABIS, I SOMETIMES USE XTC, COKE OR SPEED. CAN BE WITH MY CUSTOMER OR BY MYSELF. NEVER WITH A NEW GUY THOUGH, I WANT TO GET TO KNOW HIM FIRST. ”

Marco (28)

Circumstances and effects

The action and effects of various substances depend on a range of factors. Firstly on the type of substance and the grade (purity). Next, the physical and mental state of the user (sex, weight, mood, and emotional stability) influence the effects. The setting in which you use plays an important role too. And lastly, the effects depend on how much and how often you use (tolerance).

Types of substance and effects

Substances are roughly divided in three groups: downers, uppers and trippers (hallucinogens). Psychedelic trips are used the least, as they can be so intense that they reduce the desire for sex.

DOWNERS:

Downers (alcohol, heroin, GHB, GBL, also cannabis and ketamine) are narcotics and produce a mellow, euphoric and relaxing effect. Downers lower blood pressure, heart rhythm and body temperature and make your breathing more superficial. Downers can also make you drowsy, less aware of your surroundings and suppress negative feelings and fears. Sexually, they can increase your desire for sex, lessen your restraints and relax your muscles. Depending on the substance, it can become problematic to get or keep a hard-on. Reaching an orgasm can also be harder, especially when using frequently or daily. Customers can get frustrated about this and, hence, aggressive.

UPPERS:

Uppers (XTC, MDMA, speed, cocaine, crystal meth) are stimulants. The effects of uppers are the opposite to those of downers: they excite, arouse and make you more alert. Uppers heighten blood pressure and body temperature and speed up heart rhythm and breathing. They also lessen the need for sleep and suppress hunger and thirst. Uppers boost your energy, give way to sexual arousal and can make you cuddly. Get clear what your customer wants, and decide beforehand if you want to go along with this. Getting (and keeping) an erection and reaching an orgasm can be more tricky.

“ FOR ME THE COMBINATION OF SPEED AND GHB WORKS BEST. THE SPEED KEEPS MY MIND CLEAR AND ALERT, WHILE THE APHRODISIAC EFFECTS OF G KEEP ME HORNY. ”

Bobby (29)

Combining substances

Some combinations might seem to diminish each other effects. For example, by taking an upper (speed or coke) you might notice less effects of any downers you might have taken, such as alcohol. Actually, combining substances can add up like $1+1=3$. The effects of the two substances combined will be more intense than when taken separately. This causes extra strain on your body and is potentially dangerous. For instance, when you combine alcohol and cocaine. Your liver creates a third substance, coca-ethylene, which stresses your heart and veins even more than the effects of coke and alcohol by themselves. Further coca-ethylene seem to hamper the breakdown of toxic chemicals.

This means it's important to know beforehand what effects a certain combination might have. Stories of others hold no guarantee your mind and body will experience the same. It is advisable to choose a safe surrounding when experimenting with combinations of substances. Only try substances you know by experience, only take small doses and wait for the effect of one substance to kick in before taking the next.

Do's and don'ts

- Decide what you want do and do not want to do with a customer beforehand, when you're still sober. Personal boundaries can become blurry when you're under the influence.
- Get your drugs tested. You can do this for free and anonymously. Check www.drugs-test.nl for addresses.
- Never share shooting gear (water, filters, syringes or stericups) with others. Sharing gear increases the risks of getting infected with HIV or hepatitis C.
- 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 the extra time.
- Start with small doses if you're not familiar with a substance. Build it up slowly if you want to use more.

More information

▶ prostitutie.nl ▶ spot46.nl ▶ mainline.nl

Colophon

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MAINline

GETTING HIGH