

CONFUSED ABOUT NEW PSYCHOACTIVE SUBSTANCES?

KEEP CALM & PARTY SAFER

Time, Place, Ambience

Make sure you have a safe place and plenty of free time to party.
Stay with friends you trust, look after each other. You need plenty of time, a safe place & a relaxed atmosphere.

Use like an amateur or an expert, it's your choice

If you do still use, know the risks and ways to reduce them.

Most experts stop using as they learn more about the risks and see others or themselves suffer harms.

Get informed about the seller

This is easier said than done, if you shop online be wary of online reviews. Talk to friends but remember what worked for them could be very different for you! Always ask questions, wherever your drugs come from.

Have a Tripsitter Nearby

A Tripsitter is a person who stays straight and watches over the other people who are taking the legal drugs. If you are planning on using NPS please always have a Tripsitter around. They can party next time!

Ladder method

Always start with a very small dosage and wait till you start to feel it's effects, then and only then, proceed to increase the amount. If you need to.

This is basically the ladder method: start small, wait, take a small amount and wait again & repeat only if required. This way you reduce your chance of overdose and you won't overstep your limits.

Measure twice

Measure twice, consume once! Take care of yourself, legal drugs are very dose specific. You need to accurately measure your intake of drugs and not just go by a gut feeling or how many are in a packet. Overdosing can kill you.

It's okay to say no.

Trust your own judgement. Don't let anyone sway you into doing anything you don't want to do.

Take condoms with you if you think you might end up having sex & use them.

Don't get into a car with a driver who has been drinking or using. Leave for somewhere safe if you feel unsafe at a venue or party. Call 999 straight away if you or a friend have any problems.

Prepare for every eventuality

This is just common sense. Always prepare for the worst case scenario. What if you have to call the ambulance? What if someone has an allergy?

Can you handle a bad trip?

Do you have a first aid kit? What if someone hurts themselves? etc...

What's the worst that can happen?
Taking an NPS is a risk, prepare for it.



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psyclone?

5-AI?

Black mamba exodus?

spice?

5-MEO-DALT?

frenzy?

snow?

ice n berg?

magic?

happy caps?

charge?

exodus?

n bomb? mad cat?

mind melt?

ching?

BZP?

ethylphenidate?

raz?

BK-2C-B?

disco devils?

gogaine?

pink panthers?

sensate?

party pills?

blue cheese?

legal E?

china white, methiopropamine?

herbal haze?

synthacaine?

green beans

pandoras box?

benzo extreme?



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www.knowthescore.info
www.angelusfoundation.com &
www.cambsdaat.org