

THE HIGH—WAY CODE

THE GUIDE TO SAFER, MORE ENJOYABLE DRUG USE

(NEW DRUGS)



GLOBAL DRUG SURVEY

INTRODUCING THE GDS HIGH-WAY CODE

GDS knows pleasure drives drug use, not the avoidance of harm. As far as we know no guide has ever outlined the impact of harm reduction strategies on the pleasure users obtain from drugs... until now...



GLOBAL DRUG SURVEY

Ours is a simple premise: as with driving, there are things you need to know and 'rules' you should observe in order to get you to your destination safely. Being aware of these makes you much more likely to get to your planned destination in one piece and much less likely to cause harm to anyone around you.

Please share
these findings,
they really are
important.



THE HIGH-WAY CODE



WHAT IS IT?

The first guide to safer drug use voted for by people who take drugs.

HOW WAS IT WAS DEVELOPED?

GDS asked loads of people who take drugs, as well as other experts, what strategies they thought would reduce the risk of harm when taking some commonly used drugs. As part of GDS2014, we asked people from around the world who had used those drugs in the last year to vote on these strategies. For each strategy we asked:

1. if they usually (i.e. more than 50% of the time) did it
2. to rate how important it is in reducing the risk of harm (10 being the max reduction of risk)
3. to tell us whether using that strategy increased, decreased or had no effect on the pleasure they got from the drug.

WHO DEVELOPED IT?

The guys and gals at Global Drug Survey—a nice bunch of smart people who know a bit about drugs and, with people's help everywhere, will continue to learn more and share what they find out.

ANYTHING ELSE?

Yep follow us on twitter @globaldrusurvy @drugsmeter, like us on Facebook and check out our free apps the drinks meter (www.drinksmeter.com and the app stores) and the drugs meter (www.drugsmeter.com and google play store).

For more interesting info on drugs check out our drugs meter minutes videos on the Global Drug Survey YouTube channel. For suggestions on how to improve GDS, email: adam@globaldrugsurvey.com

HOW TO READ THE HIGH-WAY CODE

This number indicates the percentage of people who told GDS they usually follow the strategy.

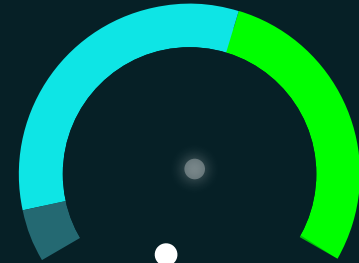


Users who usually do

This dial tells you how important users thought this strategy was in reducing the risk of harm.



Reducing risk from 0-10



Pleasure impact rated by users

Here you can check how many users thought this strategy increased, decreased or didn't affect their pleasure.



KNOW YOUR DRUG EFFECT, THE DOSE, TIME TO ONSET, TIME TO PEAK AND HOW LONG IT LASTS



All drug effects are dose related. Usually the more drugs you take the stronger and longer lasting the effects (and the greater the risk of harm). Because drug purity and potency varies so much you need to treat every new batch as a new drug. This means 'test dosing' each new batch. Knowing how strong your drug is can help you titrate (adjust/measure) how much you take so hopefully you get the effect you want and avoid overdosing. By knowing how long it takes for a drug to come on and how long it lasts, you reduce your risk of taking too much. People also vary widely in how they respond to drugs and how much they need to take. Everyone has to find their own 'right dose'. Not all drugs suit all people so if you get anxious or paranoid on a drug don't use it. Remember being greedy is not good for you. Less is more. Don't ever be worried about calling for an ambulance if you're worried about the state of a mate.

GDS does not condone or promote the use of illegal drugs. GDS does promote the use of common sense when going about one's daily activities. Drugs and alcohol can be very dangerous. They can kill you. Using drugs when you are young can have a lasting negative impact on your cognitive and emotional well-being. The only way to avoid these harms is not to take drugs. This document represents the views of those who responded to the GDS. Please note: no amount of planning and care can ensure you will have either a safe or enjoyable experience when you take drugs. GDS is simply reporting the results of the survey which may provide some guidance in reducing the risk of harm only. The best way to avoid drug related harm is to not use drugs.

NEW DRUGS

58.000 USERS

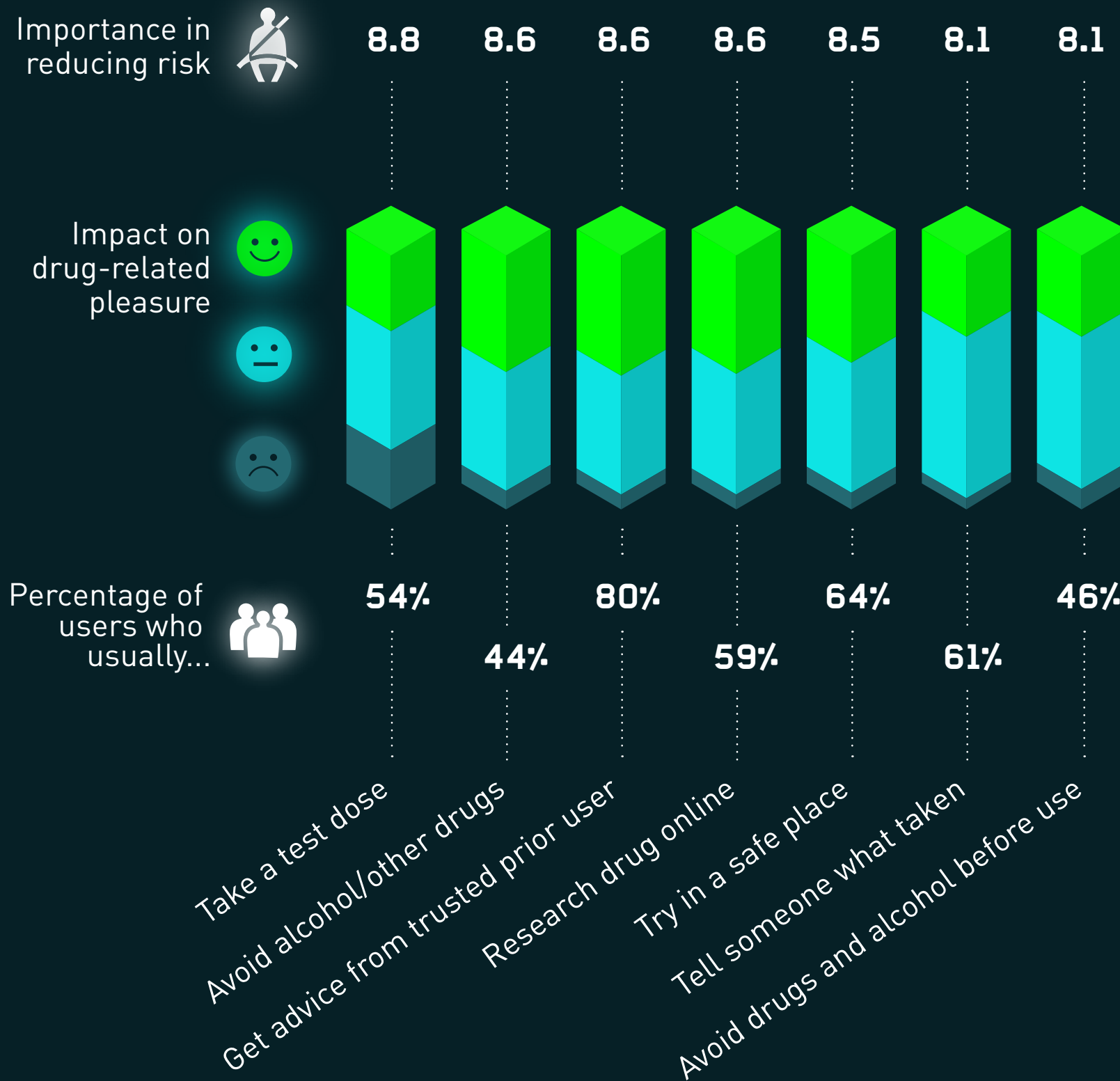
AKA mystery white powders, refer to such diverse groups of compounds that we necessarily asked some very broad questions that may apply to some sorts of drugs more than others. But the principles remain the same: if you don't know how the drug 'drives'—go easy before you put your foot down. No matter what the drug is, if you dozn't know the dose, the time to onset, peak effect and duration of effect, you can do the simplest things to keep yourself from harm. If you feel unwell tell someone.

See our drugs meter minute at <http://youtu.be/lSdXZZySxEk>

Usual dose	don't know
Time to onset	don't know
Time to peak	don't know
Duration of action	don't know



NEW DRUGS

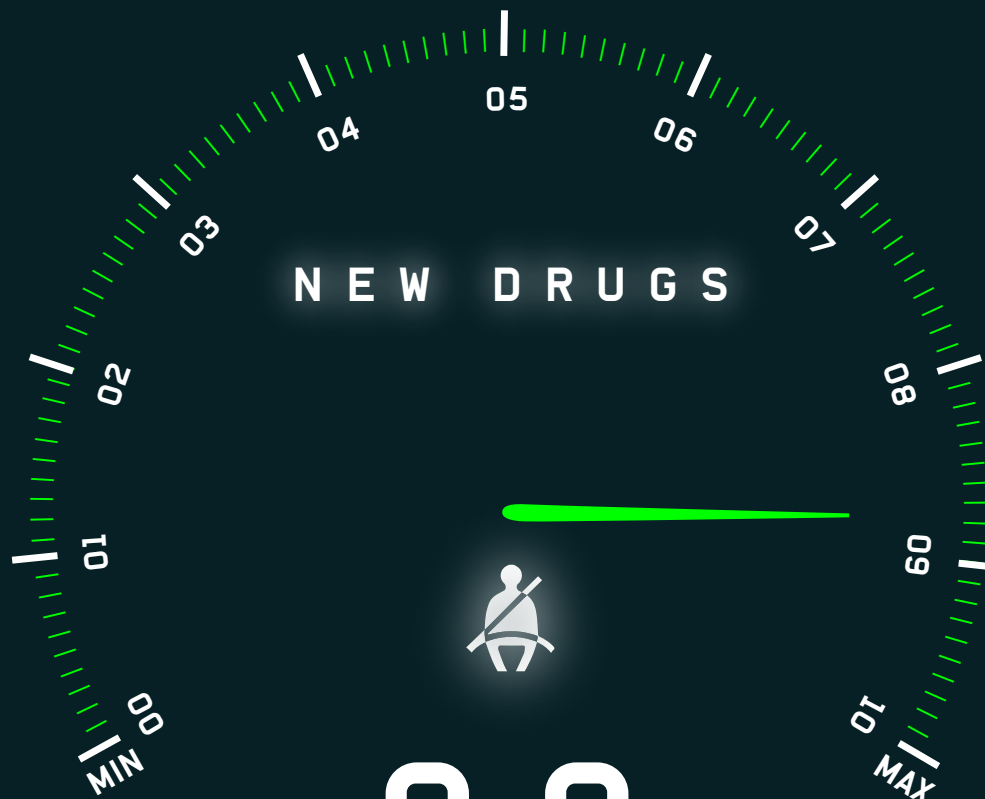


1

TAKE A TEST DOSE

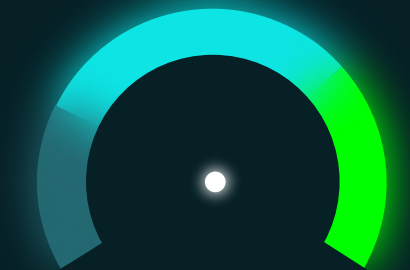
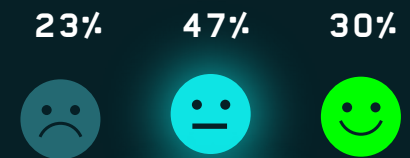


Users who usually do



8.8

Importance in reducing risk



Impact on
drug-related
pleasure



1

TAKE A TEST DOSE

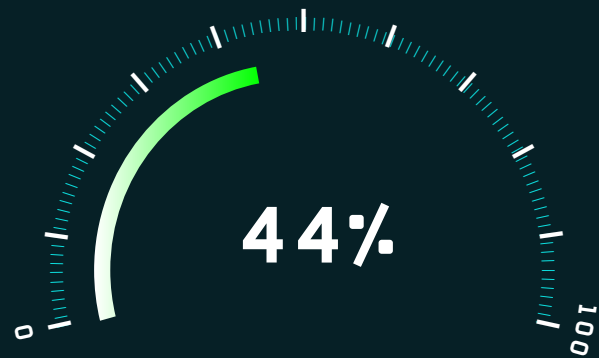
Take a 'test dose' by taking a quarter of a pill or a tiny fraction of the assumed dose and wait at least 60–90 minutes before re-dosing (taking another dose)

How to deal with no quality control. Knowing how strong your drug is can help you titrate (adjust/measure) your dose so hopefully you get the effect you want. Unknown drugs vary widely in potency, time to onset of effect and duration of action so you need to be super careful when starting out with something new or unknown. So test dosing (using a tiny dose or $\frac{1}{4}$ pill) and waiting for at least an hour and a half before re-dosing can help reduce your risk of taking too much of something nasty and give you some sort of clue as to the effect/potency of the drug you have taken. If you're with mates don't all take a new drug for the first time at the same time—find a willing 'guinea pig' and keep an on eye on him/her for an hour or two before the rest of you dive in.



2

AVOID ALCOHOL/OTHER DRUGS



Users who usually do



8.6

Importance in reducing risk



Impact on
drug-related
pleasure



2

**NO ALCOHOL/
OTHER DRUGS
IN SYSTEM**

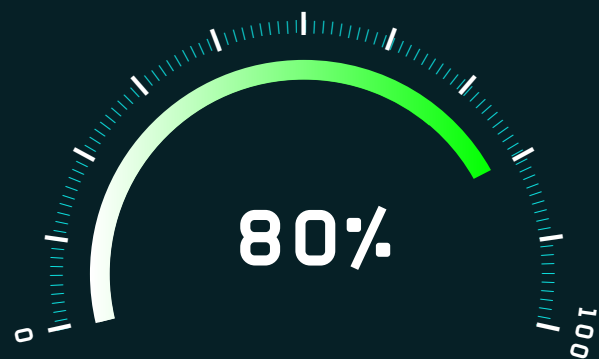
Avoid taking other drugs or alcohol in the hours following your first use with a new drug

The effects of mixing substances and the possible harms exist regardless of whether you drink alcohol or take drugs before or afterwards. The first time you try a new drug is like test driving a new car, you don't know how it will handle, so don't get intoxicated on something else. There's always next week to experiment!



3

GET ADVICE FROM TRUSTED PRIOR USER



Users who usually do



8.6

Importance in reducing risk



Impact on
drug-related
pleasure



3

GET ADVICE FROM TRUSTED PRIOR USER

Talk to someone you trust who has taken the drug before to get advice on dose/effect and route of use before you first take it for the first time

Talk to someone who knows. We know that there is no more trusted source of drug information out there than mates. So talk to people. Try and find someone who has tried it before. Get the low down on the right dose to start off with, how to take it, what to expect and how long you can expect to feel intoxicated for.



4

RESEARCH DRUG ONLINE

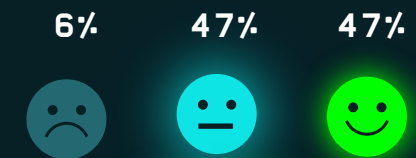


Users who usually do



8.6

Importance in reducing risk



Impact on
drug-related
pleasure



4

RESEARCH DRUG ONLINE

Research online to learn about dose, route, effect and the risks of a new drug before you try it

Knowledge is power. If you cannot find anyone you know who has used the drug before—first off ask yourself why? Do you really want to be the first one to try it? Go on-line—cross reference several sources online (erowid, bluelight, drugs-forum, wiki, Pub-Med) to learn about dose, route, effect and the risks of a new drug before you try it.



5

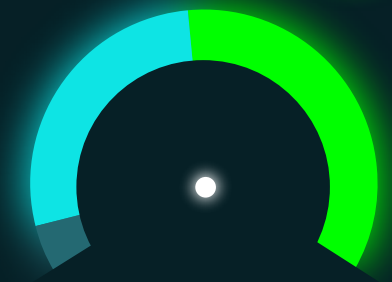
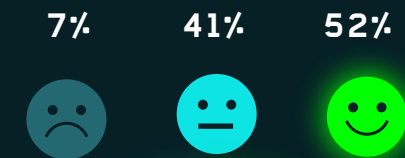
TRY IN SAFE PLACE



Users who usually do



Importance in reducing risk



Impact on
drug-related
pleasure



5

**TRY IN SAFE
PLACE**

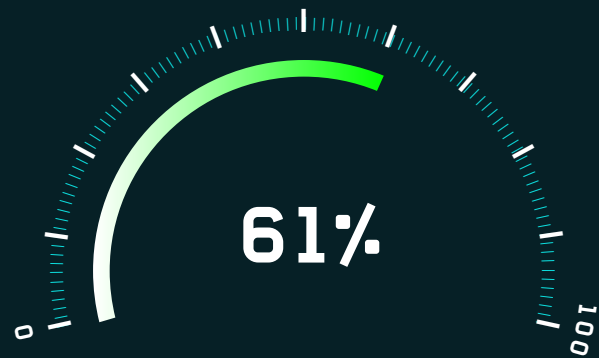
Make sure that you try a new drug for the first time at home or in another safe place

Home sweet home. Because new drugs can be unpredictable and on occasion can leave you confused, agitated or even unable to move or speak, make sure you're somewhere safe and familiar. Even walking downstairs or along the kerb can be tricky on some drugs. In fact, staying in your house (or somewhere equally familiar) seems to be the safest place to try a new drug—as long as there is someone with you.



6

TELL SOMEONE WHAT TAKEN

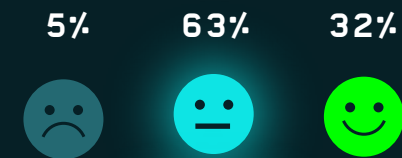


Users who usually do



8.1

Importance in reducing risk



Impact on
drug-related
pleasure



6

**TELL SOMEONE
WHAT TAKEN**

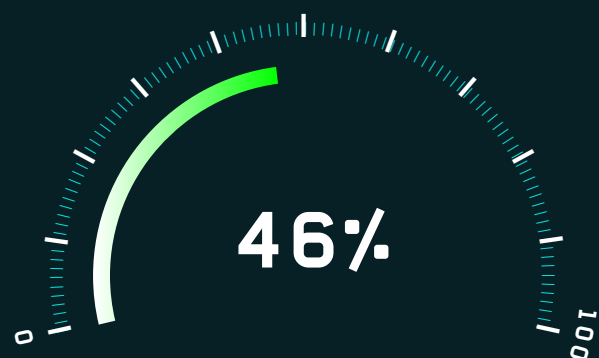
Make sure you tell someone else
what you think you have taken

Don't be shy. Telling someone what you think you have taken when using a new drug for the first time means that they can look after you or get help if you run into trouble.



7

AVOID DRUGS AND ALCOHOL BEFORE USE

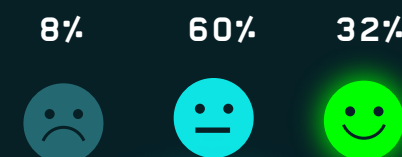


Users who usually do



8.1

Importance in reducing risk



Impact on
drug-related
pleasure



7

AVOID DRUGS AND ALCOHOL BEFORE USE

Make sure that you have no other drugs or alcohol in your system before trying a new drug for the first time

The risk of having a bad time on drugs increases if you use lots of different drugs or add alcohol. With experience people can learn to mix substances with less risk. But when you don't know anything about the drug, you won't know what mixing it with other drugs or alcohol will do. You also won't be able to judge what the effect of the new drug is if you're already intoxicated. So when trying a new drug for the first time keep it solo.

