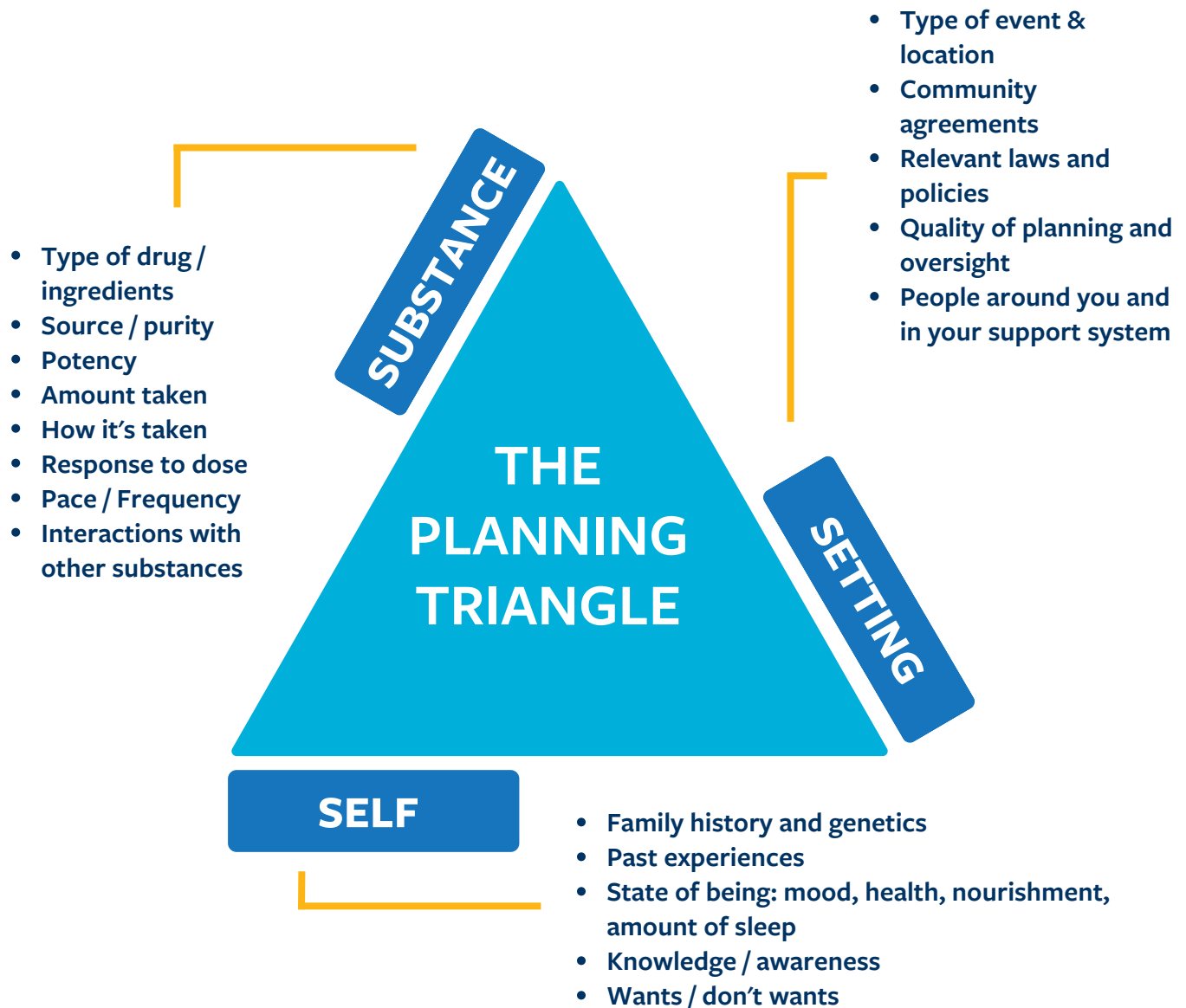


PRACTICING HARM REDUCTION

The relationship between an individual's self, their setting, and the substance shapes the risk of harm experienced by the individual(s) using substances. The planning triangle can be applied to any situation with alcohol and other drugs to help you assess and reduce potential risks by applying protective strategies.



Keep it safe: make a plan for your setting, self, and substance the next time you party!

Learn more at: uhs.berkeley.edu/aodemergencyinterventions

PARTYSAFE@Cal
HAVE FUN. MANAGE RISKS. REDUCE HARM.