



WANT TO LEARN HOW TO PARTY SAFELY? NEED TO KNOW WHO TO CALL WHEN YOUR NIGHT OUT BECOMES A NIGHTMARE?

CHECK OUT AVP'S TIPS AND SCAN THE QR CODE TO LEARN MORE!

- ❑ **Try using the 5 D's of De-Escalation.** It helps bring the energy down when things get tense.
- ❑ **Be aware of what triggers you.** Physically, emotionally, mentally, and practice breathing to stay grounded and aware of your surroundings.
- ❑ **Use the power of "no."** It's always your right to say no to going home with someone, no to another drink, no to someone bothering you.
- ❑ **Don't party alone.** Meet up in a public, well-lit spot and have an agreed-upon emergency meetup spot in case things go wrong.
- ❑ **Let someone you trust know where you'll be.** Try using an encrypted app like Signal.
- ❑ **Know where the exits are at all times.** If you need to make a quick escape, you will know the best route.
- ❑ **Don't be afraid to rely on others or cause a scene if you're feeling in danger.** Ask for help!
- ❑ **Recognize signs of identity abuse.** If your partner or date doesn't treat you with respect, it may be time to call it a night.
- ❑ **Learn about PrEP/PEP.** See if it's the right choice for you and your partner(s).
- ❑ **Practice harm reduction and moderation.** Know your limits with substances and make the healthier decision.



If you or someone you know is in trouble, call AVP's hotline at 212-714-1184