




• • • • •


SAFE(R) PARTY HANDBOOK


a guide for students

Crafted with safety in mind, this party guidebook offers essential tips and guidelines to ensure a secure and enjoyable celebration for all attendees, prioritizing well-being without compromising on fun.

**Keep In Touch
With Us**

309-966-3643 

joltfoundation.org 

2203 N. Sheridan Rd., Peoria, Il. 61604 

Introduction

The role of alcohol, drug use, and other aspects of party culture have been highlighted as contributing factors in high rates of sexual violence.

- 3 Definitions
 - 4 Active Bystander Interventions
 - 6 Harm Reduction tips
 - 8 Consent & Empowering Choice
 - 10 Responding to Disclosures
 - 15 Resources
 - 16 Support & Services
-

To date, it is estimated that at least half of all sexual assaults that occur at student party settings involve alcohol or drugs. As part of JOLT Harm Reduction's commitment to risk-reduction education, we recognize that safe(r) partying and harm reduction education and resources are best utilized when they are embedded in the party scene/culture. The creation of the Safe(r) Party Planning Guidebook and supporting resources is intended to encourage harm reduction practices and an increased awareness of effective bystander intervention strategies within the party setting.



Definitions

Sexual Violence & Misconduct

A sexual act or an act targeting a person's sexuality, gender identity, or gender expression that is committed, threatened, or attempted against a person without the person's consent.

Sexual Assault

Any form of unwanted sexual contact, such as kissing, touching or sexual intercourse. Sexual assault includes the threat of sexual contact. Sexual assault is a crime in the United States.

Sexual assault is not always about desire, but often about power and control.

Sexual Harassment

Any unwanted conduct of a sexual nature that detrimentally affect the individual's environment whether in verbal, written, or visual form. Sexual harassment includes unwanted physical or verbal attention, demands, a pattern of jokes or insults that affect your work, school, or social environment or your chances to obtain a service. Sexual harassment falls under Human Right's Laws/ Examples include:

- Physically blocking a person's movements
- 'Accidentally on purpose' brushing up against a person
- Staring or looking their body up and down
- Following them around or paying excessive attention
- Making insulting comments about someone's gender identity or sexual orientation or asking about someone's sexual orientation
- Telling lewd jokes or sharing stories about sexual experiences

- Sending unwanted suggestive or lewd emails, letters, texts, or other communications or sharing images of a sexual nature (without consent of all parties)
- Inappropriate and suggestive touching
- Repeatedly asking for dates despite being rebuffed or asking for sexual favors
- Making sexually offensive gestures, remarks or facial expressions

Rape Culture

An environment whose prominent social attitudes normalize or trivialize sexual violence. In a rape culture, people are surrounded with images, language, laws, and other everyday action that validate and perpetuate sexual assault.

Consent Culture

A culture in which the prevailing narrative of sex is centered on mutual consent. It is a culture that does not force anyone into anything, respects bodily autonomy, and is based on the belief that a person is always the best judge of their own wants and needs. Consent to any activity is ongoing, freely given, informed and enthusiastic.



What does it mean to be an active bystander?

Whether you're the organizer, the host, or an attendee, knowing how you can be an active bystander when faced with violence can make a world of difference. An active bystander is someone who:

- works to build a community that does not allow sexual violence
- Looks out for others and supports those impacted by harmful comments, jokes, and behaviors
- Intervenes in an appropriate way
- Considers their own safety and the safety of others

There are many ways you can be an active bystander and safety is an important part of bystander intervention. You don't want to intervene at the expense of your safety or anyone's safety. This is not a superhero approach. It's important to know that the right response for you may not be the right response for someone else. Safety-your own and others-is paramount, and a variety of factors including gender identity, race, ethnicity, ability, etc. may all contribute to your decision in choosing the response that is safest for you.

Active Bystander Intervention



Steps to Intervention

Active bystanders must first notice that something is taking place

1

NOTICE

Interpret situation as harmful or an emergency and decide if you need to act

2

INTERPRET

Decide how you will intervene and if you need others to get involved

3

ASSUME RESPONSIBILITY

Learn the skills needed to intervene. Brainstorm situations before they happen

4

SKILLS TO INTERVENE

When possible, ask for consent before you intervene

5

INTERVENE (CONSENSUALLY)

WHAT CAN YOU DO?

The 4 D's of Bystander Intervention



Approach the
situation directly.

— **(BE) DIRECT**

DELEGATE —

Find another
person to
intervene on
your behalf.

Do anything to
break the flow of
potential violence.

— **DISTRACT**

D E L A Y —

Check in with the
individual(s) impacted
after the incident; they
may need help. If you
know the person who
caused the harm, check
in with them. Maybe
they need support.

Harm Reduction Tips

For Party Throwers

Things to consider before the event

- Familiarize yourself with campus, workplace, event venue policies and local laws.
- Consider whether your proposed venue is equipped to respond when someone experiences sexual violence.
 - Are the staff trained to respond and intervene in instances of sexual violence?
- Create a safety plan that takes into account emergency situation such as alcohol poisoning, drug overdose, sexual violence, and fighting. Consider how attendees will be arriving and leaving the event and what safety concerns may arise.
- Consider how you can incorporate consent culture into the event. You may wish to partner with JOLT Harm Reduction staff for education and to learn more. JOLT staff is always available for hire to monitor your event.
- See about how you can incorporate safer alcohol consumption and culture into your event. Again, you may wish to partner with JOLT staff for education and resources.
- Ensure that there are first aid providers (with naloxone training) at the event and that staff and volunteers have appropriate training in recognizing alcohol poisoning and drug overdoses, as well as in active bystander interventions.
- Plan to serve alternatives to alcohol and have lots of water for attendees. Have food/snacks available for free or discounted, such as a happy hour or event menu.
- Avoid drinking games as this can lead to pressure to drink large amounts quickly. Avoid open-source alcohol (i.e. punch bowls or “jungle juice”) as they can be spiked without anyone noticing.
- Designate several sober organizers who will be able to assist staff and volunteers in responding to situations as they occur.

Things to consider before the event

- Follow your emergency plans.
- Have contact information for security visible in the venue.
- Provide safer sex supplies and resources available for guests.
- Ensure that people have access to safe ways home.
 - Taxi numbers, Uber, Lyft, Ride-shares, party bus, DDs, etc.

After the event

- Debrief with organizers and attendees to see what went well and what could be improved.
- Ensure that attendees are made aware of supports and resources available to them.

TIPS FOR PARTY-GOERS

Party safe(r) with these helpful tips

Know who you're going out with, how you're getting there and how you're getting home.

We know you've heard it before but one glass of water for every drink will help you pace yourself.

Remember C.U.P.S. for alcohol poisoning: Cold skin, Unresponsive, Puking, Slow breathing.

Know what overdoses can look like for all substances (i.e. stimulants vs. depressants).

Look out for each other! If a friend is overdosing, seek help from someone sober and call 911. You won't get in trouble..

— **MAKE PLANS FOR THE NIGHT
GET THOSE CARBS** —

— **PACE YOURSELF** —

— **REDUCE HARM
KNOW THE SIGNS
PRACTICE SAFER SEX
LOOK OUT FOR EACH OTHER
BE AN ACTIVE BYSTANDER** —

HAVE FUN!

Eat before taking any substances and remember to keep snacking through the night.

Test your drugs. Don't use alone. Avoid substances with unknown contents (both from people you know and strangers). Carry harm reduction supplies (i.e., naloxone kits). If you see something, say something!



For more information on harm reduction strategies follow JOLT Harm Reduction on Facebook, Instagram, YouTube, and Tik Tok

**C
O
N
S
E
N
T**

Empowering Choice

Consent Matters

Consent matters, whether you're a party-goer or party-thrower. consent means clear, ongoing and voluntary agreement to engage in sexual activities. Consent is informed, freely given, and actively communicated by words, body language or other forms of communication. It is always the responsibility of the person initiating sexual activity to ensure they have consent.

Yes

No



It is also important to know that someone who is incapacitated (i.e. by alcohol or drugs, asleep or unconscious) is not able to consent. We want to recognize that within a party environment many people are engaging in drinking/drug use, and sex when they are using substances. Everyone's body is different and we all react differently to alcohol and drugs. With that in mind, we take the approach that if you wouldn't drive a car, perhaps it might be better to wait to engage in sexual activity. If you are unsure how drunk or high someone is - don't initiate sexual activity, you risk causing harm.

If your relationship involves sexual activity, it is important that you and your partner(s) understand consent. Sexual boundaries are about respecting your own limitations, as well as respecting the limits of your partner(s). When someone says ‘no’ it is important to listen and not take further action. People may communicate ‘no’ in different ways, so part of respecting someone’s boundary starts with really listening to words and body language.

“People may communicate ‘no’ in different ways...”

Learning about others needs and boundaries as well as your own is super important for a positive sexual experience. Recognizing your level of comfort with a sexual activity and the ability to have a conversation with your partner(s) about their boundaries is key. Pressuring someone to do what you want is coercion and can cause harm. Respecting your own boundaries and those of your friends is also important in a party situation. For example, if you don’t feel comfortable drinking or doing drugs at a party it’s okay to say no, and everyone around you needs to respect your wishes. If you are hosting a party, make sure you have options like non-alcoholic drinks and activities that don’t revolve around using substances so that everyone who is using feels included.



Consent is...

A CLEAR AGREEMENT TO ENGAGE IN ANY TYPE OF SEXUAL ACTIVITY

A FREELY GIVEN “YES”

REQUIRED EVERY TIME

CAN BE WITHDRAWN AT ANY TIME

**CANNOT BE OBTAINED THROUGH
THREATS OR OTHER TYPES OF
CONTROL OR INTIMIDATION**

**CANNOT BE OBTAINED IF A POSITION OF TRUST, POWER
OR AUTHORITY IS ABUSED**

**CANNOT BE GIVEN BY SOMEONE WHO IS INCAPACITATED
(BY DRUGS OR ALCOHOL, OR SOMEONE WHO IS ASLEEP OR UNCONSCIOUS)**

**CANNOT BE GIVEN WHEN THEY ARE INCAPABLE OF GIVING CONSENT DUE TO
A MENTAL HEALTH ISSUE OR PHYSICAL DISABILITY**

WHEN THEIR BODY LANGUAGE SAYS NO

Responding to Disclosures



If you are at an event, it's entirely possible that someone may disclose to you or that you may witness sexual violence. Because of this it's important that you're prepared to respond to a disclosure with compassion and empathy. There are a lot of barriers to disclosing, and survivors will often disclose to an informal source - like a friend. If someone trusts you with their disclosure, keep these barriers in mind. It is likely that it took a lot for them to get to the point where they are talking about what happened. Barriers can include:

- Fear that others will not believe they have been sexually assaulted. This fear can be heightened for some groups who experience other forms of oppression, eg. sex workers.
- Face language barriers and/or cultural barriers to disclosing what happened and accessing support.
- If the perpetrator is in a position of power - fear they won't be believed or their schooling/career could be in jeopardy if they disclose.
- Feel ashamed or embarrassed about what happened.
- See themselves as partially to blame for what happened and worry that others will blame them.
- They might have to tell their story over and over again.
- Be discouraged because of how another survivor was treated when they disclosed or reported what happened to them.
- Fear that the person they disclose to will respond with transphobia, racism, ableism, or other forms of discrimination.
- Knows the perpetrator, and might not want them to get in trouble as they are someone they love or trust.
- Fear of retaliation or other safety concerns. It's important to recognize that safety looks different for everyone and that can be impacted by someone's identity.
- Fear of a story or experience becoming a reflection of an entire community. This has been especially noted for marginalized communities. An example of this could be how some might feel that if there is violence within the queer community, people may fear outing someone or the community experiencing additional discrimination based on sexuality.

Listen

- Be patient
- Mirror their language
- Encourage the disclosure but don't press for details
- Respect personal space
- Empathize
- Ground them, if overwhelmed
- Listen actively
- Body language

Believe

- Validate their responses
- Normalize their feelings
- Assure them that they are not at fault

Empower

- Confidentiality
- Consider their safety
- Discuss options and support their decisions about next steps
- Follow up
- Seek advice from JOLT Harm Reduction



Being a support person is an important role that may bring up a variety of emotions. Your feelings are valid. If you have experienced sexual violence yourself, the disclosure may bring back memories. It is important to acknowledge and tend to your own needs.

It is also important to be realistic about your capacity. If you do not think you are able to support the victim/survivor at this time, you can help them find others who are.

Supporting others takes emotional energy. After receiving a disclosure of sexual assault, it is important that you also remember to take care of yourself. Some ways to take care of your wellbeing after a disclosure include:

- Take time and space to reflect on your feelings about the disclosure.
- Engage in healthier coping and self-care behaviors.
- Be aware of your boundaries and state them.
- Seek support for yourself. It can be important to talk about your experience of supporting the victim/survivor.

Throughout all of this, ensure you maintain the victim/survivor's confidentiality. Don't share any details that might allow someone else to identify them.

Resources

Getting Home Safely

Big Daddy Cab
309-202-5653

TC Cab Service
309-643-1112

King Taxi Cab
309-214-7349

Elite Taxi
309-674-8294

Emergency

911

Emergency Response Service
309-671-8084

OSF St. Francis Emergency Dept.
309-655-2000

Carle Health Emergency Dept.
309-687-5900

Sexual Violence

Center for Prevention of Abuse
309-691-0551

OSF Strive
309-308-2030

Peoria County Victim Services
309-697-7855

Illinois Coalition Against
Sexual Assault
1-217-753-4117

National Sexual Assault Hotline
1-800-656-4673

Poison Control

National Capital Poison Control
1-800-222-1222





HARM REDUCTION

Serving with compassion and kindness

Services

P.O.R.T.



A post-overdose response team is comprised of trained professionals, these teams swiftly respond to overdose incidents, often within 24 hours, care and support in the aftermath of an overdose.

Drug Checking



Individuals can have their drugs analyzed to determine their composition and potency so they can make informed decisions about consumption and potentially avoid highly dangerous substances or adulterants.

Recovery Navigation



Through shared understanding, respect, and mutual empowerment, Peer Recovery Navigators help people become and stay engaged in the recovery process and reduce the likelihood of relapse.

Sexual Health & Testing



Free and confidential testing for HIV/AIDS, Hep. C, Chlamydia, Gonorrhea, and Syphilis. Free condom/lubrication and PrEP/PoP.

Overdose Prevention



Free overdose reversal kits, which include naloxone, IM syringes, and instructions. This includes free 5-minute training on identifying and responding to an overdose emergency.

Harm Reduction



Free and sterile syringes, safe using supplies, alcohol pads, sterile water, tourniquets, sharps containers, and wound care.

Street Outreach



JOLT provides street-based outreach to people who are living unsheltered, are to people who use drugs, and people who perform sex work.

Sex Worker Outreach



RUG (Red Umbrella Group) is a mutual aid, peer support, online community for people involved in sex work. This is an invite only group to protect those who participate.

This resource was created by JOLT Harm Reduction
Contact JOLT for more information and harm
reduction education and supplies.

309-966-3643
joltfoundation.org