

What is Chemsex or PnP?

Party n Play (PnP) is the act of engaging in sexual activity and substance use together. The most common drugs used in PnP are Crystal Meth, GHB/GBL and Mephedrone, however, other drugs are sometimes used as well such as Cocaine, Ketamine, MDMA, Poppers and Viagra or Cialis. Although PnP is fairly common in the queer community, it is often stigmatized.

People engage in PnP for a variety of reasons. As a result of discrimination and internalized homophobia we may feel we need substances to have the sex we want. Substances may help relax us, make sex easier or more enjoyable, be a way we deal with trauma, and provide a sense of connection. PnP is not problematic for some people and they maintain happy healthy lives. For others it can be problematic or completely consume their lives. PnP can pose risks to our mental health, physical health and sexual health.

If you're concerned about your substance use or have questions you can click here to access www.mybuzz.ca. This is a resource where you can take an assessment of your substance use and speak to a live peer support worker from the program. They can answer any questions for you about your sexual health and substance use and direct you resources.

Below is a list of commonly used substances and their effects and ways to use them more safely.

Substance	Street Name(s)	Effects	Class	Dose/route	Overdose	Harm Reduction Tips
Crystal Meth	Tina, crank, T, crystal, ice, glass	Provides a sense of euphoria, wellbeing, increased energy and can make the user feel increased sexual arousal. Its effects can last up to 12 hours and can keep the user awake for extended periods of time.	Stimulant	Can be smoked, snorted, injected, booty bumped or swallowed.	Symptoms of a meth overdose can include chest pain, irregular heartbeat, convulsions, elevated body temperature, hallucinations, and trouble breathing. Symptoms of overdose can come on rapidly and unexpectedly and can be fatal.	Be very aware of the dose and route you choose to take. Always use clean injecting supplies and do not share needles. Try not to use it by yourself. Meth lowers your inhibitions and increases risky behaviour so always have a plan to keep yourself safe. It is important to get sleep as crystal meth can keep you awake for days. Going without sleep for extended periods can lead to psychosis. Extended periods of sexual activity can result in chafing of your cock and ass increasing risk of STI transmission. Remember to use lots of lube.
GHB/GBL (Gamma Hydroxybutyrate and Gamma Butyrolactone)	G, liquid ecstasy, Gina	Effects come on rapidly, usually within 15 to 30 minutes of swallowing the drug, and they last for up to six hours. User typically feels intoxication similar to drinking alcohol. A person may feel euphoric, sociable, have lowered inhibitions, and increased sexual arousal.	Depressant	Usually comes in liquid form and is swallowed. It has a salty taste and is odourless. Standard doses are 3-5ml for GHB and 1-2ml for GBL. Dosing is extremely important with both of these drugs as too much, even a ml	The difference between an intoxicating dose and a potentially fatal dose of GHB is small, making overdose incredibly easy even for experienced users. Symptoms of overdose may include loss of consciousness, agitation, slowed breathing/ slowed heart rate, nausea /vomiting, low blood oxygen levels, blue/pale	Be careful with dosing and time between doses. Never take GHB alone. Do not mix GHB with alcohol as it can be potentially fatal. GHB lowers your inhibitions and increases risky behaviour so always have a plan to keep yourself safe if you intend to engage in use and sex. Make sure to keep condoms and lubrication with you if you intend to use and engage in sex. Combining GHB with certain HIV medications

				<p>or two can cause life threatening effects. Start low and go slow. Wait until you feel the full effect of the dose before taking more. Do not booty bump.</p>	<p>skin, cardiac arrest, seizures, coma, and death. Withdrawal symptoms begin 1-2 hours after the last dose is taken. mild withdrawal can include tremors, anxiety, insomnia, vomiting and high blood pressure. More serious symptoms include severe anxiety, paranoia, psychosis, delirium, hallucinations and seizure. It is possible to die from GHB/GBL withdrawal. If you have been taking G for 7 days in a row you should consult a medical professional to help you taper off G safely. Do NOT stop cold turkey. Withdrawal can last up to 12 days.</p>	<p>and PrEP can result in more GBH being stored in the body resulting in lower overdose threshold.</p>
Mephedrone	MCAT, bubbles, drone, meow, white magic, and m-smack, bath salts	<p>May cause alertness, confidence, restlessness, euphoria, increased empathy and sense of connectedness, excitement, urge to chat, openness, and increased sex drive. Effects occur between 15 to 45 minutes after it has been ingested. Effects last about an hour and are said to be</p>	Synthetic Stimulant	<p>Can come in the form of tablets, capsules, or white powder. Users may swallow, snort, or inject, but snorting is the most common way of taking the drug.</p>	<p>Prolonged use of mephedrone can lead to paranoia, depression, hallucinations, and severe panic attacks, as well as adverse effects on the heart, arteries, and kidneys. It is too early to tell whether the drug is addictive or not, because it has not been in use for long enough to fully study the long-term effects of mephedrone use.</p>	<p>Mephedrone can be irritating to the nose, throat, and anal lining. Taking it orally by parachuting is the least irritating way to ingest. If snorting, rinse out your nose afterwards. Vitamin E oil can assist in healing the nose. Mephedrone can interact with antidepressants causing seizures and heart problems.</p>

		similar to a combination of ecstasy and cocaine. It may be difficult to maintain an erection and cum.			Symptoms of overdose can include, numbness of the limbs, Bluish/pale skin, chest pains, irregular heartbeat, sweating Ringing in the ears, anxiety/paranoia, cardiac arrest, stroke, seizures, death.	
Alkyl Nitrites	poppers	When inhaled, it leads to an instant high that includes symptoms such as increased heart rate, dizziness, and feelings of euphoria. Also, relaxes smooth muscle tissue making anal penetration easier.	Inhalant	Has a strong solvent smell that you inhale for desired effect. NEVER taste, or swallow poppers as this can be fatal.	Although relatively safe and overdose rare, inhaling in very large amounts has the potential for overdose. Look for shortness of breath, tiredness, and bluing of the skin. If this occurs they should seek immediate medical attention.	Do not combine with erection drugs such as Viagra and Cialis. this can cause a dangerous drop in blood pressure and lead to death. Be careful if you have a heart condition as medications may interact and drop blood pressure dangerously low. Can cause burns to skin if spilled.
Viagra/Cialis/Trimix	V, boner pills, sextasy, blue bomber	Increases blood flow to the penis to help a man get and keep an erection. Often used to counteract inability to maintain erection caused by drugs such as crystal meth (crystal dick). can cause headache, and stuffy nose. Effects and length of drug action depends on the type of erectile dysfunction drug ingested.	Erectile Dysfunction	Oral, some preparations come as injectable such as Trimix.	Ingesting too much of this drug can result in a prolonged and painful erection. Overdose can also cause a substantial decrease in blood pressure.	Avoid using erectile dysfunction drugs with certain heart medications such as nitrates. Can cause a dangerous and potentially fatal drop in blood pressure.

Crack/Cocaine	Coke, blow, snow, white	Effects come on quickly depending on which route of administration is used. Cocaine makes you feel excited, alert, confident and horny. Men may find it difficult to maintain an erection and it could take longer to cum. The effects typically last anywhere from 15-30 minutes and it depends on the route of administration.	Stimulant	Most commonly snorted, smoked or injected. Can also be booty bumped	Cocaine overdose is characterized by chest pain, extreme anxiety, high blood pressure, high body temperature, trouble breathing, heart attack, and stroke.	Do not share drug equipment such as needles, bills, or pipes. Cocaine may make you do things you wouldn't normally do sexually. It can also make the sex rougher than it normally would be. Sex may last longer resulting in chafing of your cock or ass. Remember to use plenty of lube. If snorting Vitamin E oil can assist in healing the nose.
MDMA (Methylene dioxymethamphetamine)	Ecstasy, molly, M, E, disco biscuits	Effects of MDMA make the user feel uninhibited, a sense of euphoria, increased feelings of closeness, intimacy and love, making sex more sensual. Men may find it difficult to maintain an erection and cum. Effects come on within 30-60 minutes and last 6-8 hours.	Stimulant - Empathogen	Can be swallowed, snorted, injected or booty bumped.	Ecstasy can increase body temperature and heart rate. It can cause anxiety, paranoia, depression and contribute to dehydration.	Those with heart conditions should be careful as well as people taking SSRI antidepressants for depression which can lead to a life threatening condition called serotonin syndrome. Also stay hydrated and take breaks during dancing or sex.
Ketamine	Special K, kitty, K	In small doses can provide a sense of energy, euphoria, lowered inhibitions, and reduced sensitivity for pain making bottoming or fisting easier. Larger doses can	Dissociative anaesthetic	Usually snorted, or injected. Can be swallowed.	Too much Ketamine can put the user into a K-hole which for some is pleasant and others a scary experience. This can be dangerous as the user can be incapacitated. Ketamine overdoses and deaths are	Can result in internal injuries when used for sex if not careful due to the desensitizing effect on pain. Can also leave the user vulnerable to sexual assault and prone to injuries due to lack of coordination if too much is taken.

		cause hallucinations, distortions in time and space, and decreased coordination. Can come as a liquid, powder or pill form. Effects can last 45-90 minutes when snorted or up to 3 hours when injected or taken orally. though ketamine may make the user horny, it may be difficult to get an erection or cum.			somewhat rare but it is possible especially when injected. If combined with other depressant drugs it can suppress breathing and heart function. Mixing ketamine with uppers can result in a dangerous spike in blood pressure.	
Opiates	H, Skag, dope, smack	Opiates make the user feel euphoria, tranquility, detachment from emotional and physical pain. The effects typically last 3-6 hours but it depends on which opiate is used and the route of administration.	Depressant	Can be injected, snorted, taken orally	Opiates can result in slowed breathing, pinpoint pupils, nausea and vomiting. Overdose signs are falling asleep and unable to be roused, bluish moist and cold skin, very slow or stopped breathing. Call 911 in case of overdose and administer naloxone.	Always have a naloxone kit handy in case of overdose. Combining opiates with alcohol, GHB or benzodiazepines can result in death. Do not share injection equipment and use new equipment for each injection.
Alcohol		Alcohol is often a part of socializing including sex. It makes us feel more confident and social. It may make sex easier for some of us.	Depressant	Oral	Too much alcohol especially combined with other depressant drugs can lead to dangerous life threatening interactions.	Interacts dangerously with opiates, GHB, benzodiazepines and ketamine. Can leave you unconscious and vulnerable to sexual assault.

Lysergic Acid Diethylamide (LSD)	LSD, Acid, blotter	LSD affects your thoughts, feelings, sights and sounds. It can be a positive and euphoric experience or negative and scary experience and depends on a variety of factors. Not often used during sex. Effects can last 12 hours.	Hallucinogen	LSD is commonly taken via a paper tab that is held on the tongue until the drug is absorbed.	LSD can be a very scary experience depending on the mindset you're in. Emotions can be amplified and senses and thoughts distorted. This is where the danger lies. There have been no documented overdoses on LSD however the psychological effects can be traumatizing and lead people to do things they may not do in their right mind.	In some cases people have been convinced they could fly and have jumped off balconies so having a sober person aware and around during the "trip" can help to keep things safe. LSD has also been known to bring out underlying psychosis. The best way to minimize adverse effects is to take a small dose. Depression and anxiety may follow a bad trip.
Psilocybin	Magic mushrooms, shrooms, mushies	Effects from psilocybin are euphoria, hallucinations, energy, changes in mood and perception. Not commonly used during pnp. The effects typically last 6-8 hours.	Hallucinogen	Usually consumed orally and occasionally made into tea.	Signs of a psilocybin overdose include anxiety, paranoia, psychosis, vomiting and diarrhea, seizures and coma. Psilocybin deaths are fairly rare.	As with LSD, having a sober person nearby who can help keep you safe is important. Starting with a low dose can also help keep the experience a pleasant one.