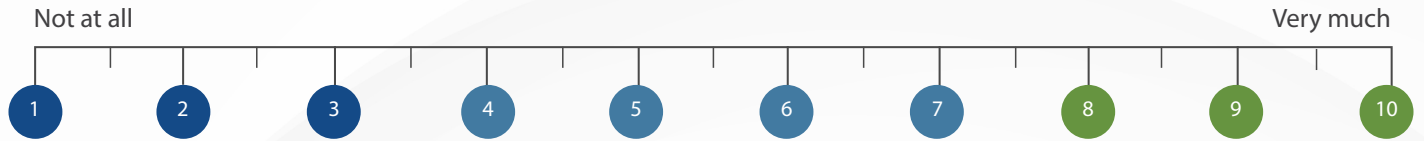




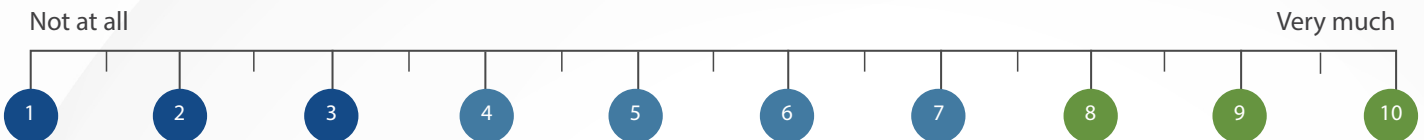
START to be safe

People use different ways to keep themselves safe if they decide to use drugs. While no strategy is as safe as avoiding drugs entirely, people can still do things to protect their health even if they decide to use drugs.

If you were to use drugs, how important would it be to use strategies to keep yourself safe?



If you were to use drugs, how confident are you that you could use strategies to keep yourself safe?



For each area, please say if you used that strategy in the last month or would be interested in learning more about the strategy.

		Did Last Month?	Interested in Doing?
S	Switch Drug Type Use less risky drug Avoid mixing substances Use medication to help avoid or manage drug symptoms		
T	Different Technique Use a test shot or go slowly Smoke rather than inject Use around people (or safe site)		
A	Reduce Amount Keep track of use Use less or less often Avoid drugs on certain days		
R	Use Risk Reduction Strategies Have naloxone available Test drugs (fentanyl, xylazine) Use clean needle, safer smoking supplies		
T	Thrive in Other Areas Talk to a counselor, friend, peer about health or substance use Get tested for HIV or other health concerns Obtain housing, employment, etc. Spend time with positive people or do positive things unrelated to drugs		

Option 1

These are the things I'm committed to doing	Here's some steps I need to do

Option 2

Here are some of my goals for the next month	Here's what I have to do