

CRANSTOUN

Here4YOUTH

Drugs -

Did you know?

In the summer, your body is at a high risk of over heating and therefore you could be more likely to experience the negative effects of drugs.

You never know what you're taking and drugs are dangerous so make sure you remember:

AVOID MIXING WITH OTHER DRUGS

Mixing drugs can increase the risks, even at low levels. Do not mix drugs, including prescription medications.

START LOW, GO SLOW

Start at a low dose, and wait at least 30 minutes between dose. You can always set a timer on your phone to make sure you stick to at least 30 minutes.

DON'T SHARE EQUIPMENT

Sharing any equipment increases your risks. Keep your equipment to yourself.



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SUMMER
Safety

