

# FESTIVAL HIGHS

USE YOUR HEAD – DON'T JUST GET OFF IT!

## IF YOU ARE PLANNING TO BRING AND USE DRUGS AT THIS YEAR'S FESTIVAL, THINK AGAIN.

Security checks on your way into the site are stringent and police are informed of any drug finds resulting in offenders being arrested and taken into custody.

Police, the organisers and medical & support staff would strongly advise against experimenting with drugs

## STAY SAFE AND REDUCE HARM

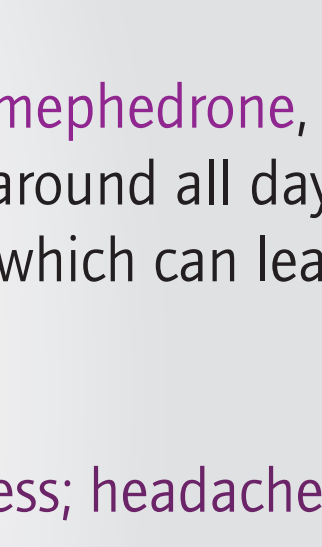
# FOLLOW OUR TOP SAFETY TIPS

## KEEP LOW AND SLOW

Exercise caution. Don't assume what you are taking is going to have the same effect, or you will come up as quickly as you did last time. It may not be the same strength, or it could be an entirely different substance. Using a small amount and giving it time to take effect could reduce risks.

Try to stick together and be aware of what your mates have taken. If you or someone you are with begins to feel ill, get medical help from the welfare tent.

## AVOID KILLER COCKTAILS



Using several drugs at the same time, and this includes alcohol, particularly with sedative type drugs, like GHB/GBL, ketamine or tranquillisers, is dangerous.

Most cases of people overdosing on legal highs (now illegal) have been when they have taken more than one drug. Taking drugs throughout a two-or three-day festival can put you under a lot of strain and increase the risks to your mind and body.

## STAY COOL

Stimulant type drugs, such as **amphetamine**, **cocaine**, **ecstasy** and **mephedrone**, can cause your body temperature to rise. Combined with dancing around all day and night can cause you to dehydrate and suffer from heatstroke, which can lead to organ failure and death.

The symptoms of heatstroke are: nausea; vomiting; fatigue; weakness; headache; muscle cramps and aches; and dizziness.

Stay hydrated. Always carry a bottle of water or a sports drink with you and sip it regularly. Take frequent breaks and find somewhere cool and quiet to chill out for a while.

## DON'T OVER DO IT

Going to a festival can be just like going on holiday; you can get over-excited, feel invincible and do too much too soon. This can get you into some dangerous situations. Some drugs, such as ketamine or GBL/GHB, can be very dose-dependent. A small increase in the amount used can leave you physically helpless and vulnerable to accidents and assaults (both physical and sexual)..

## CHILL OUT

Being off your face in the middle of a huge festival site with thousands of people can be daunting, this can make you anxious and paranoid.

If you or any of your friends start to feel this way, go and chill out for a while in a quiet place. Take someone with you or tell your mates where you are going, so they can keep an eye on you.

## SEX, DRUGS AND SAFETY



Certain drugs can increase sexual desire. This could increase the chances of risky sexual behaviour. Always carry condoms and make sure you use them.

## DRIVE WITH CARE

REMEMBER, if you have been drinking alcohol and taking drugs during the festival, you may be unfit to drive. Together with feeling tired from your festival frolics, this can be dangerous for yourself, your passengers and other road users.

## LOOK AFTER YOUR BODY

It's your body, so look after it. There are lots of websites and forums which can provide you with more information. So before you decide to use any drug, find out as much as you can about it, from as many different sources as possible.

# FRANK

0800 77 66 00 [talktofrank.com](http://talktofrank.com)

FOR MORE INFORMATION WHY NOT TALK TO FRANK?

OR IF YOU LIVE IN THE DERBYSHIRE AREA CONTACT ANY OF THE FOLLOWING SERVICES

Derbyshire Substance Misuse Service (over 16) 01773 711531

Derbyshire Alcohol Advisory Service (over 16) 01216 206511

Derby City Substance Misuse Team (over 16) 0300 730 0265

T3 Young person service (under 16) 01773 117500

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# INFORMATION FOR PARENTS

## PERFECT PLANNING

You'll be surprised at the level of strategic planning, cajoling, creeping, and pleading your kids will have done so that you let them come to the Festival. Buying tickets, bumping up their cash, even borrowing your car and emptying the garage of everything connected to camping...

your kids will have got together with their mates and planned - with military precision - to make sure they get to the Festival and have a great time.

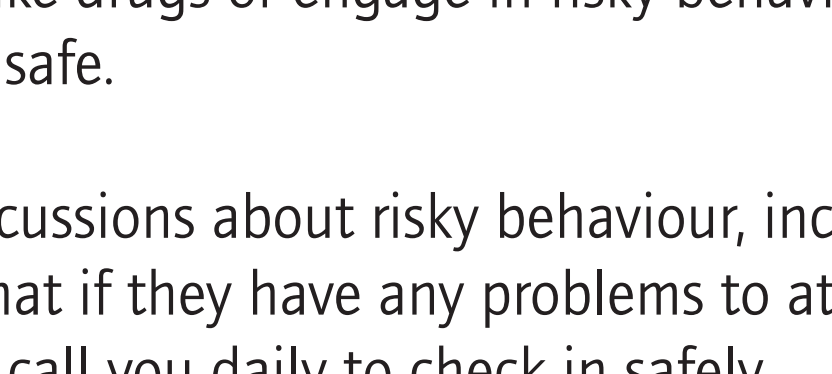
## YOUNG PERSON PLANNING

In a young person's mind, the Festival planning will concern mainly of:

CASH FRIENDS MUSIC BOOZE



## TALKING THE TALK



Talk to your children before they go about being open about drugs and alcohol, whilst no one wants their child to take drugs or engage in risky behaviour, being open about it will help keep people safe.

Encourage your children to have discussions about risky behaviour, including safe sex and vulnerability, advise them that if they have any problems to attend the welfare tent, maybe agree a time to call you daily to check in safely.

## TICKETS, TRICKS AND CONMEN

Some unofficial websites may claim to have 'official' tickets, others might try to simply take your money and not bother sending you anything. Or a friendly person standing outside the gates may just have been lucky enough to have 20 spare tickets (what are the odds of that?!)

So, to avoid these traps...

Buy your tickets through official sources.

Never buy from a ticket tout. Your kids could get charged extortionate prices, and the vast majority of those who buy these tickets are buying worthless pieces of paper.

Never buy a wristband. Official wristbands are issued on entry to the festival.

## STUFF

A mobile phone and a good wallet is the maximum of their prized possessions that your kids ideally should take.

MP3 players – and anything else shiny – will attract pickpockets. If your kids claim they can't live without their iPod, digital camera and ridiculously expensive sunglasses for four days, please get them to register their valuables on Immobilise.com, the UK national property register.

## LANYARDS

Encourage your kids to get a few quality lanyards. You can often get these from a mobile phone shop or similar. We're also hoping to give out lanyards during the Festival, but be prepared beforehand.

## WALLETS

Get a Velcro-type wallet. Punch a hole in the corner of it, far enough so it won't rip easily. Attach the key ring through that hole. Then clip the key ring to the lanyard. The lanyard can then be looped into clothing, attaching it to the owner. Other items, like a small torch, can also be attached.



## CAMPING GEAR

Keep camping equipment to a minimum. Buying a cheap tent and sleeping bag is a better option than taking your £1,000 state-of-the-art camping gear.

## KEEP IT SIMPLE

Keep it simple. Girls will usually need to bring a bit more, but a wallet, phone, torch, toothbrush, a bit of soap (considered an optional extra), a tent, sleeping bag, and a few clothes should suffice.

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