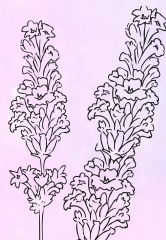


## *Harm reduction information:*

- **USES NON-STIGMATIZING LANGUAGE**  
I.E. PEOPLE FIRST LANGUAGE ("PEOPLE WHO USE DRUGS" INSTEAD OF "DRUG USERS")
- **PROVIDES NEUTRAL INFORMATION**  
I.E. NOT ONLY FOCUSES ON THE HARMS, BUT ALSO LISTS THE BENEFITS ASSOCIATED WITH SEX, SEX WORK AND DRUG USE
- **DOES NOT MAKE GENERALIZATIONS ABOUT INDIVIDUAL EXPERIENCES**  
I.E. RECOGNIZES THAT EVERYONE IS DIFFERENT AND WILL NOT HAVE THE SAME EXPERIENCE
- **PROVIDES INFORMATION ON MINIMIZING RISKS/HARMS**  
I.E. STRATEGIES FOR REDUCING RISKS OF SEX, SEX WORK AND DRUG USE.
- **SUPPORTS PEOPLE IN MAKING INFORMED CHOICES**  
I.E. ENCOURAGES EDUCATED DECISION-MAKING



## *What is harm reduction?*

HARM REDUCTION ENTAILS POLICIES, PROGRAMS, AND PRACTICES THAT AIM TO REDUCE THE ADVERSE HEALTH, SOCIAL AND ECONOMIC CONSEQUENCES OF SEX, SEX WORK AND THE USE OF PSYCHOACTIVE DRUGS WITHOUT NECESSARILY REDUCING CONSUMPTION. HARM REDUCTION BENEFITS PEOPLE WHO USE DRUGS AND ENGAGE IN SEX WORK, THEIR FAMILIES AND THE COMMUNITY.

## *What are harm reduction resources?*

HARM REDUCTION RESOURCES PROVIDE ACCURATE INFORMATION ABOUT DRUGS, SEX AND SEX WORK SO THAT PEOPLE CAN MAKE RATIONAL, SAFER AND EDUCATED DECISIONS.

FOR MORE HARM REDUCTION INFORMATION, FOLLOW  
**@SKYLITATSKYLARK!**



## *Harm Reduction Resource List*

**SKYLARK**



A RESOURCE CREATED BY SKYLARK'S PEER  
YOUTH HARM REDUCTION TEAM

## *Sex Information*

### **WWW.THESEXYOUWANT.CA**

INFORMATION TO HELP YOU FIND THE SEX YOU WANT, AND TO HELP YOU AND YOUR PARTNER THINK THROUGH DECISIONS THAT IMPACT YOUR HEALTH

### **WWW.SCARLETEEN.COM**

INCLUSIVE, COMPREHENSIVE AND SUPPORTIVE SEX EDUCATION FOR TEENS AND EMERGING ADULTS

### **WWW.SEXANDU.CA**

ACCURATE AND UP-TO-DATE INFORMATION AND EDUCATION ON TOPICS RELATED TO SEXUAL AND REPRODUCTIVE HEALTH

## *Sex Work Information*

### **WWW.MAGGIESTORONTO.CA**

HARM REDUCTION RESOURCES, INFORMATION AND SUPPORT FOR PEOPLE WHO ENGAGE IN SEX WORK

### **WWW.CHEZSTELLAS.ORG/EN**

DEDICATED TO IMPROVING THE SAFETY OF PEOPLE INVOLVED IN SEX WORK BY SHARING LEGAL AND HARM REDUCTION INFORMATION

## *Drug Information*

### **WWW.DRUGSAND.ME**

ACCESSIBLE INFORMATION FOR RESPONSIBLE DRUG USE

### **WWW.TRIPPROJECT.CA**

### **WWW.DANCESAFE.ORG**

DRUG AND HARM REDUCTION INFORMATION TO HELP PARTIERS MAKE INFORMED DECISIONS AND MINIMIZE RISK

### **WWW.TORONTOVIBE.COM**

BAD DRUG REPORT, DRUG INFORMATION AND HARM REDUCTION TIPS

## *Drug Combinations*

### **WWW.DRUGCOCKTAILS.CA**

INFORMATION ABOUT THE EFFECTS AND RISKS OF MIXING PRESCRIPTION MEDICATIONS WITH SUBSTANCES LIKE CIGARETTES, ALCOHOL, MARIJUANA AND OTHER DRUGS

### **WWW.TRIPSIT.ME**

DETAILED INFORMATION ON MANY DRUGS (LEGAL AND ILLICIT) INCLUDING DRUG COMBINATION CHART WHICH DEMONSTRATES LEVEL OF RISK

\*PLEASE NOTE SKYLARK DOES NOT ENDORSE THE USE OF THE ABOVE RESOURCES NOR DO THEY REPRESENT SKYLARK'S VALUES AS AN AGENCY. WHILE THE CREATORS OF THIS RESOURCE RECOGNIZE THE POTENTIAL USEFULNESS OF INFORMATION PROVIDED BY THESE WEBSITES, THEIR INCLUSION IS NOT MEANT TO ACT AS A REFERRAL OR ENDORSEMENT.

## *Drug Forums*

### **WWW.PSYCHONAUTWIKI.ORG**

COMMUNITY-DRIVEN ENCYCLOPEDIA FOR SCIENTIFICALLY-GROUNDED INFORMATION ON SUBJECTIVE DRUG EXPERIENCES

### **WWW.EROWID.ORG**

### **WWW.DRUGS-FORUM.COM**

PUBLIC FORUM WITH DISCUSSION ON INDIVIDUAL EXPERIENCES OF VARIOUS DRUGS

## *Specific Drug Information*

### **WWW.LEAFLY.COM**

WEBSITE FOCUSED ON CANNABIS WITH STRAIN SPECIFIC INFORMATION AND HARM REDUCTION TIPS

### **WWW.SHROOMERY.ORG**

FACTUAL INFORMATION ABOUT SHROOMS AND THEIR EFFECTS SO PEOPLE CAN MAKE INFORMED DECISIONS ABOUT THEIR USE

### **WWW.ROLLSAFE.ORG**

### **WWW.TRIPSAFE.ORG**

A GUIDE TO PSYCHEDELICS LIKE MDMA, LSD AND OTHERS WITH INFORMATION ON EFFECTS, DOSAGE AND STRATEGIES FOR SAFER USE