























STUDENTS FOR SENSIBLE DRUG POLICY

# FRESHERS WEEK HARM REDUCTION PACK

# Alcohol Awareness



**Know your limits** – It is very important to be aware and in control of what you are drinking. As everyone has different levels of tolerance to alcohol, as well as different speeds of processing alcohol, it is important to know your own limits. Sticking to the same drink might make it easier to judge how much you are drinking.

**Drinking alcohol in moderation is good for you?** People who drink moderately are not immune from all the risks of the drug but are far more likely to avoid serious harm. Even if light drinking could be protective against specific conditions like heart disease in middle age, the intake of alcohol which seems associated with the smallest chance of illness and death is very low, around half a pint of beer. Increased harm is observable at levels not much higher than this. There is convincing evidence that people routinely underestimate their alcohol use so people who think they drink safe or even beneficial amounts may actually be drinking at harmful levels.



**Binge drinking** – it's not just the quantity of alcohol that is important, but the pattern of drinking. Someone who has one or two pints of beer every night may be harming themselves less than someone who drinks rarely on weekdays but binges most weekends

# **ALCOHOL FACTS**

White or clear liquors are less likely to result in a hangover

Chemicals formed during alcohol processing and maturation, known as congeners, increase the frequency and severity of hangover. As a rule of thumb, the darker a liquor's colour, the more congeners it contains.

Coffee sobers you up

Caffeine may make a drunk person less sleepy and more alert, but it will not neutralise the alcohol in your system, therefore, avoid doing something you would not do drunk (like driving)!

Mixing different drinks gets you more drunk

There is no known reason why mixing drinks would cause greater drug effects. Mixing drinks can make you feel sick or nauseous because it upsets your stomach and makes it easier to drink more than you think you are drinking.

Alcoholism is more common in men

Although women can be alcohol dependent, men usually suffer more severe harms as a result of alcoholism.

#### How to minimise the risks?

- Eat before drinking and stay hydrated whilst drinking
- Take vitamins to replace those lost through drinking
- Schedule at least one abstinence day a week
- Reduce the number of days you drink per week or month
- Go out with a friend who can monitor your behaviour and consumption



# Going Out?



**Test your drugs, not yourself**. You can purchase reagent tests from eztestkits or find out whether the event offers on-site testing by The Loop. Check for dangerous adulterants like PMA, NBOMes, MDA, fentanyl.

**Taking a pill?** WEDINOS provides you accurate information for the collection and testing of unknown / unidentified or new psychoactive substances and combinations of substances!

In addition, check out wearetheloop.org for drug alerts or check the poster in this welcome pack. This will tell you which drugs have been tested and found to be particularly dangerous – psychoactive substances miss-sold as other drugs and super strength pills.



Did you know? Ecstasy pills are stronger than they've ever been.

Drug testing organisations regularly find pills containing 150mg-300mg of ecstasy, enough to make you seriously ill.



# Avoid mixing drugs.

Avoid mixing different drugs, especially with alcohol. Mixing drugs increases the risks for you. Check the Tripsit drug combinations poster for particularly dangerous drug interactions.

Visit tripsit.me for more info on specific

# Start low, go slow.

drug combinations.

Start with a small dose (a dab, one quarter of a pill, 30mg) and wait until you've been feeling the effects for at least two hours before redosing. Dosage info for a range of drugs is available online at erowid.org.

## Keep hydrated.

Remember to sip water throughout the night, but don't drink more than a pint an hour. Take breaks from dancing to keep cool.

# Don't be afraid to get medical help.

Do call an ambulance in an emergency and be honest about what drugs have been taken. If your friend is unwell, stay with them until help comes. If a friend is sleeping or unconscious, put them in the recovery position.

# Partying & Safe Sex

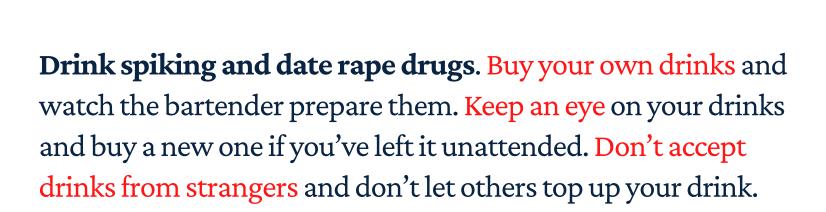


What do drugs and alcohol have to do with sex? Alcohol, illegal and prescription drugs can impact our ability to make informed sexual health choices. If a person is drunk or high, they might not use barrier protection properly or at all. This increases the risk of STIs and unplanned pregnancy.



**Alcohol and sex**. Alcohol lowers inhibition and can affect your judgement. For men, alcohol can have a negative effect on sexual performance, making it harder to get and maintain an erection. Drinking too much alcohol can make you vomit, which can make the contraceptive pill less effective, putting you at greater risk of pregnancy.

Act responsibly towards others. A person cannot legally give consent to sex if they are heavily intoxicated. Don't pressure anyone to drink or use drugs and don't make sexual advances towards someone who is too out of it to say 'yes' or 'no'. If someone says 'yes' at first but then changes their mind, you must respect their decision. Sexual activity without full consent is rape. Finally, don't spike anyone's drink.



Date rape drugs are particularly dangerous when mixed with

alcohol because they combine to have a very powerful effect.



Did you know? The most common substance used to spike drinks is alcohol. Other common substances include GHB, GBL, tranquilisers (e.g. benzos, Rohypnol) and ketamine. Drink spiking is most commonly done by someone you know, by adding extra alcohol to your drink without your consent.



**Emergency contraception** is used to prevent pregnancy if you've had unprotected sex – the copper IUD and the morning after pill. If you think you may have been exposed to an STI, arrange a check-up with your GP or sexual health clinic.

**Injecting drugs** with shared needles and syringes carries a high risk of contracting blood-borne viruses (e.g. HIV, Hep C). Infections can also be passed by sharing bank notes or straws to sniff drugs, as well as sharing other drug paraphernalia.

**Tips for staying safe**. Bring condoms with you. Intoxication can make you a more likely target of sexual assault. Go out with friends and don't stay alone with someone who makes you feel unsafe. Make sure you have a plan to get home – save taxi numbers on your phone.



# Mindfully Remember...

"It Keeps Me Calm" ... But Does It? For some students, drug and alcohol may become a way of responding to, or coping with, stress at University. Though drug and alcohol may help you feel better for a while they can have side-effects.



SUBSTANCE Stimulants (cocaine, ecstasy, emphetamine, steroids)	Increased energy and heightened mood.  Nervousness, anxiety and sleep loss
Alter perceptual function (cannabis, LSD)	Change poeples perceptions. Visuale distortions and hallucinations
Reduce pain (heroin, methadone)	Reduce sensitivity to pain. can mask symptoms of mental distress.

Reference: Galvani, S. and Livingston, W. (2012) Mental Health and Substance Use – Essential Information for Social Workers. A BASW Pocket Guide. Birmingham: BASW.

Can Cannabis lead to psychosis? There is mixed evidence. People with a history of psychosis can have the illness made worse or triggered by cannabis use. Swallowed cannabis should be avoided by people with mental illness. Similarly, skunk (which has higher THC levels) is thought to be more likely to trigger psychosis.

**Does ecstasy cause brain damage?** Brain damage in moderate ecstasy users has not been shown. Some believe MDMA-related damage may show up later with brain disorders of old age, however there are no signs of this in the first generation of ravers, taking ecstasy 20 years ago.

## Tips & Tricks:

Remember their are other ways to manage stress and improve your mental well-being without relying on substance use:

Exercise! Stretch your body and release those positive endorphins. Take regular breaks.

Talk to someone - keep in regular contact with your family and friends.



Theirs more...For feedback on your drug use visit:
www.globaldrugsurvey.com
Visit your Student Union for more information and remember your
University counsellingservices
provide confidential support and guidance.



# TRIPS/T

# Guide to Drug Combinations

Version 4.0 Generated on 17 Nov 2019 at 12:15 UTC

	LSD	Mushrooms	DMT	Mescaline	DOx	NBOMes	2C-x	2C-T-x	5-MeO-xxT	Cannabis	Ketamine	MXE	DXM	Nitrous	Amphetamines	MDMA	Cocaine	Caffeine	Alcohol	GHB/GBL	Opioids	Tramadol	Benzodiazepine	MAOIs	SSRIs	
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	LSD	Mushrooms	DMT	Mescaline	DOx	NBOMes	2C-x	2C-T-x	5-MeO-xxT	Cannabis	Ketamine	MXE	DXM	Nitrous	Amphetamines	MDMA	Cocaine	Caffeine	Alcohol	GHB/GBL	Opioids	Tramadol	Benzodiazepine	MAOIs	SSRIs	



This information has been researched to the best ability by the TripSit team, and the greatest effort has been made not to include incorrect or misleading information though some information may never be 100% accurate

This chart is meant as a quick reference guide and additional research must always be done. It is not sufficient to only consult this chart when considering a combination. Use at your own risk and please try to be safe.

When mixing drugs keep protentiation in mind and start with lower doses of each substance.

For more information on specific drugs visit bitto//drugs tripsit me



Up-to-date information, details, explanations, and references are published on http://combo.tripsit.me

Further information about individual drugs including dosages, durations, and HR advice is available at http://drugs.tripsit.me/

support os

# Club Drugs Wheel

(Display poster version 1.0.4 • 30/08/2020)

### Stimulants

Racing heartbeat, sweating, energy Belonging, understanding, Confidence, well-being, euphoria sleepy conflue appetite, clenched jaws Connective destination overhear overday. Connection itchy pupils, paranoia, anxiety sate. stop breathing Sexual a warmin overnear overdose Nomitino Vinter in interest in Dilated swings, arousal, impotence Daling Mood withdrawal invincible Constricted Duplis Confident Feeling confident, risk-taking, coma elaked, confident, euphoria, de pelaked, cciousness, euphoria, de Spiritual connection, hallucinations Opening doors of perception, can's swings, arousal panic 5-APDI dependence Diazepam Temazepam of control, heightened senses 1P-LSE GHB, GBL 25[-x]-NBOMe Unconsciousness, Chlordiazepoxide 5-MeO-DIBE 25[-x]-NBOH Gabapentin Pregabalin . Unconsciousness, t Disinnipited L Mansea Syladde Syladde anoitenioulled Viotibus overlandinors overlandinors overlandino ov Anoth Tho Bloodshot eyes, loss of the short of the sold sold the short of the sh safe, inc., safe, in a 'hole' ani salvenu 'allucination' krotibus 'euoizenonu's raiteniation' krotibus 'euoizenonu's safe, inc., kusiibus 'o 'suoizenonu's safe, inc., kusiibus 'o 'suoizenonu's safe, inc., kusiibus 'o 'suoizenonu's safe, inc., kusiibus 'allucination's safe, inc., inc., kusiibus 'suoizenonu's safe, inc., kusiibus 'suoizenonu's safe, kusiibus 'su , barus protected, ni , sale in , suoisent, sale in , suoisen, is ois suoisen, is ois suoisen, is ois suois en , suois en 1200/4 'Siloudn's reduction, paranoia, Calm, relaxed, chilled out Sp!ou!qeuue) 29ViJEIJOZZIO ,baxelar Рарру









# THE HIGH-WAY CODE

#### THE GUIDE TO SAFER, MORE ENJOYABLE DRUG USE

[ALCOHOL]



#### WHAT IS IT?

The first guide to safer drug use voted for by people who take drugs.

#### **HOW WAS IT WAS DEVELOPED?**

GDS asked loads of people who take drugs, as well as other experts, what strategies they thought would reduce the risk of harm when taking some commonly used drugs. As part of GDS2014, we asked people from around the world who had used those drugs in the last year to vote on these strategies. For each strategy we asked:

- 1. if they usually (i.e. more than 50% of the time) did it
- 2. to rate how important it is in reducing the risk of harm (10 being the max reduction of risk)
- 3. to tell us whether using that strategy increased, decreased or had no effect on the pleasure they got from the drug.

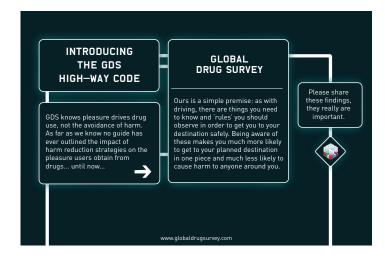
#### WHO DEVELOPED IT?

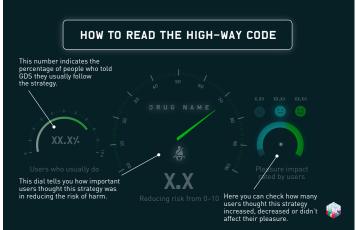
The guys and gals at Global Drug Survey—a nice bunch of smart people who know a bit about drugs and, with people's help everywhere, will continue to learn more and share what they find out

#### **ANYTHING ELSE?**

Yep follow us on twitter @globaldrusurvy @drugsmeter, like us on Facebook and check out our free apps the drinks meter: www.drinksmeter.com and the app stores, and the drugs meter: www.drugsmeter.com and google play store.

For more interesting info on drugs check out our drugs meter minutes videos on the Global Drug Survey YouTube channel. For suggestions on how to improve GDS, email: adam@globaldrugsurvey.com





designed by: Off-White

GDS does not condone or promote the use of illegal drugs. GDS does promote the use of common sense when going about one's daily activities. Drugs and alcohol can be very dangerous. They

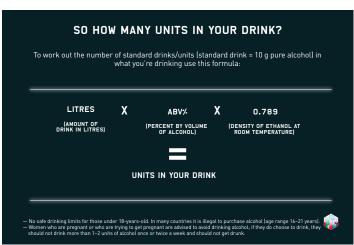
can kill you. Using drugs when you are young can have a lasting negative impact on your cognitive and emotional well-being. The only way to avoid to these harms is not to take drugs.

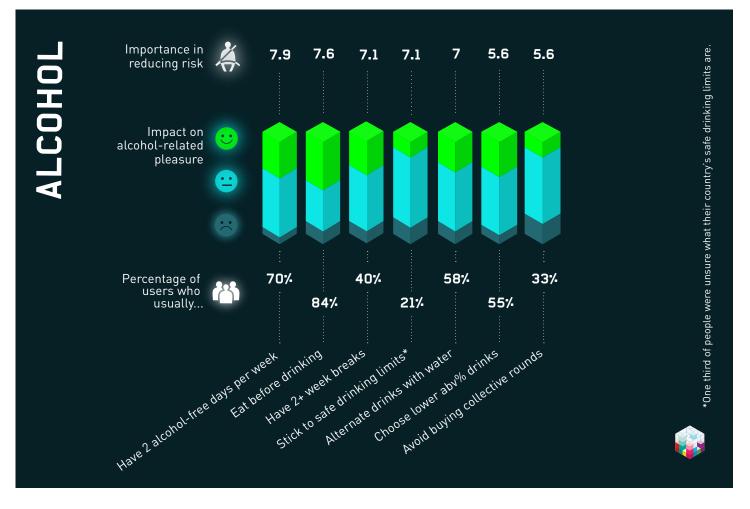
This document represents the views of those who responded to the GDS. Please note: no amount of planning and care can ensure you will have either a safe or enjoyable experience when you

take drugs. GDS is simply reporting the results of the survey which may provide some guidance in reducing the risk of harm only. The best way to avoid drug related harm is to not use drugs.

#### Other than drink less, don't mix your drinks **ALCOHOL** (especially brown spirits and red wine) and don't take loads of stimulant drugs (or caffeinated energy drinks) when you drink, there were not many other strategies we could ask about. We will also give you an idea of the World Health Organisation's guidelines on safer drinking. GDS suggest you try the Drinks Meter [app stores and www.drinksmeter.com] which lets you compare your drinking to other people, tells you how many cheeseburgers you drank last week and also offers some useful cutting-down strategies. Usual dose 20-40\* g Time to onset 15-30 min 🔳 Time to peak 1-2 hrs | Duration of action 3-6 hrs \_\_\_







































# THE HIGH—WAY CODE THE GUIDE TO SAFER, MORE ENJOYABLE DRUG USE

#### [STIMULANTS]



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For more interesting info on drugs check out our drugs meter minutes videos on the Global Drug Survey YouTube channel. For suggestions on how to improve GDS, email: adam@globaldrugsurvey.com

#### KNOW YOUR DRUG EFFECT, THE DOSE, TIME TO ONSET, TIME TO PEAK AND HOW LONG IT LASTS



All drug effects are dose related. Usually the more drugs you take the stronger and longer lasting the effects (and the greater the risk of harm).

Because drug purity and potency varies so much you need to treat every new batch as a new drug. This means 'test dosing' each new batch. Knowing how strong your drug is can help you titrate (adjust/measure) how much you take so hopefully you get the effect you want and avoid overdosing. By knowing how long it takes for a drug to come on and how long it lasts, you reduce your risk of taking too much. People also vary widely

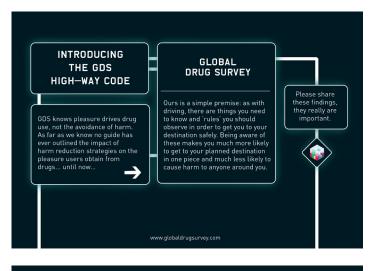
in how they respond to drugs and how much they need to take. Everyone has to find their own 'right dose'.

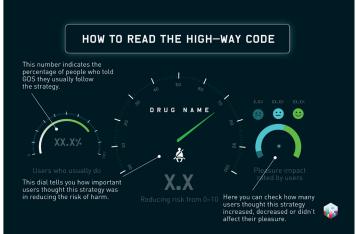
Not all drugs suit all people so if you get anxious or paranoid on a drug don't use it.

Remember being greedy is not good for you. Less is more.

Don't ever be worried about calling for an ambulance if you're worried about the state of a mate.

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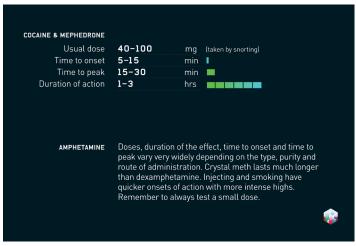


STIMULANTS (COCAINE, AMPHETAMINE AND MEPHEDRONE)

OVER 17,000 USERS

GDS know these drugs are different but the basic risks and principles of safer use are the same. The Highway Code also assumes that people know that both injecting and smoking stimulant drugs are associated with greater risk of harm—related to the more intense effects of the drug and the complications associated with the route of use. Snorting and oral use can minimize these risks, lead to a longer [albeit less intense] effect and can make your drugs last longer.

See our drugs meter minute on cocaine and find out why it's been voted the worst value drug in the world two years running (GDS2013 and GDS2014): https://www.youtube.com/watch?v=wy0anzl-WFs

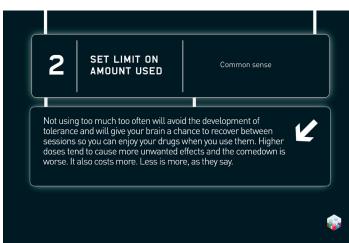




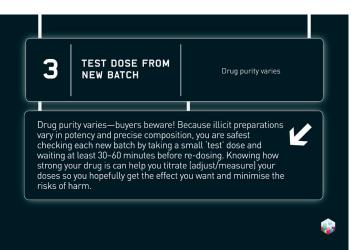


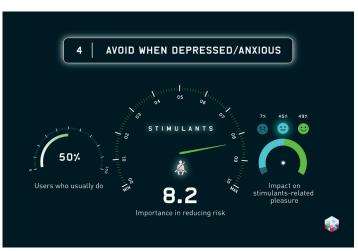


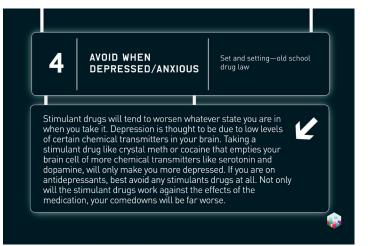




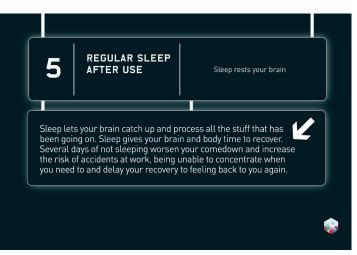




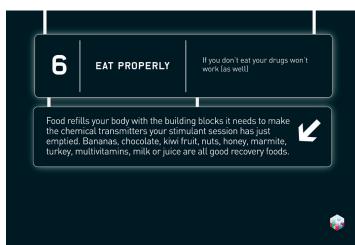




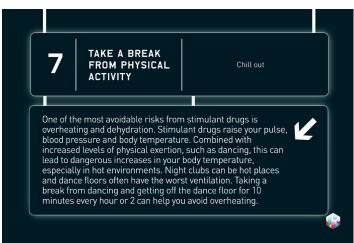






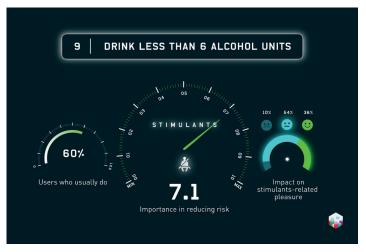






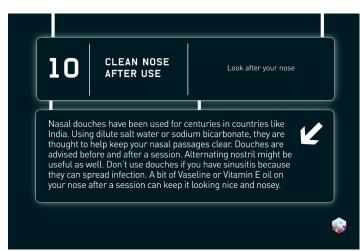


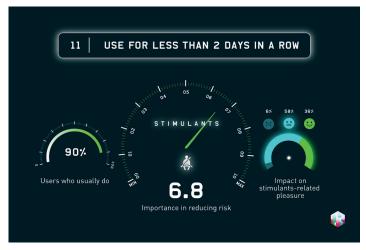


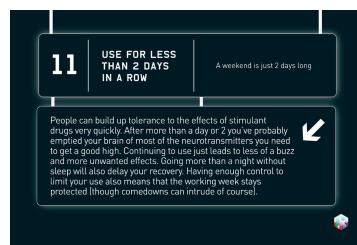


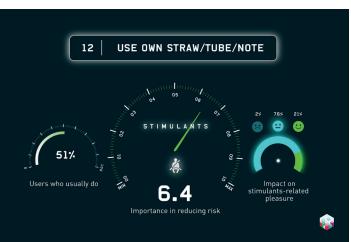


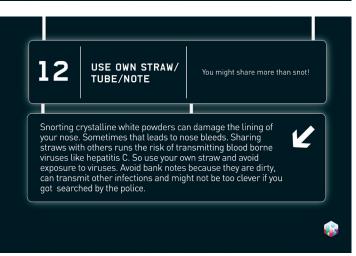


















# THE HIGH—WAY CODE THE GUIDE TO SAFER, MORE ENJOYABLE DRUG USE

#### [LSD/MAGIC MUSHROOMS]



#### WHAT IS IT?

The first guide to safer drug use voted for by people who take drugs.

#### **HOW WAS IT WAS DEVELOPED?**

GDS asked loads of people who take drugs, as well as other experts, what strategies they thought would reduce the risk of harm when taking some commonly used drugs. As part of GDS2014, we asked people from around the world who had used those drugs in the last year to vote on these strategies. For each strategy we asked:

- 1. if they usually (i.e. more than 50% of the time) did it
- 2. to rate how important it is in reducing the risk of harm (10 being the max reduction of risk)
- 3. to tell us whether using that strategy increased, decreased or had no effect on the pleasure they got from the drug.

#### WHO DEVELOPED IT?

The guys and gals at Global Drug Survey—a nice bunch of smart people who know a bit about drugs and, with people's help everywhere, will continue to learn more and share what they find out.

#### **ANYTHING ELSE?**

Yep follow us on twitter @globaldrusurvy @drugsmeter, like us on Facebook and check out our free apps the drinks meter: www.drinksmeter.com and the app stores, and the drugs meter: www.drugsmeter.com and google play store.

For more interesting info on drugs check out our drugs meter minutes videos on the Global Drug Survey YouTube channel. For suggestions on how to improve GDS, email: adam@globaldrugsurvey.com

#### KNOW YOUR DRUG EFFECT, THE DOSE, TIME TO ONSET, TIME TO PEAK AND HOW LONG IT LASTS



All drug effects are dose related. Usually the more drugs you take the stronger and longer lasting the effects (and the greater the risk of harm).

Because drug purity and potency varies so much you need to treat every new batch as a new drug. This means 'test dosing' each new batch. Knowing how strong your drug is can help you titrate (adjust/measure) how much you take so hopefully you get the effect you want and avoid overdosing. By knowing how long it takes for a drug to come on and how long it lasts, you reduce your risk of taking too much. People also vary widely

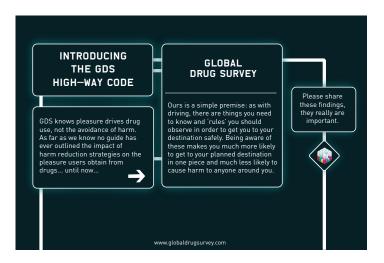
in how they respond to drugs and how much they need to take. Everyone has to find their own 'right dose'.

Not all drugs suit all people so if you get anxious or paranoid on a drug don't use it.

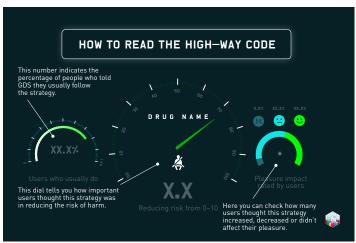
Remember being greedy is not good for you. Less is more.

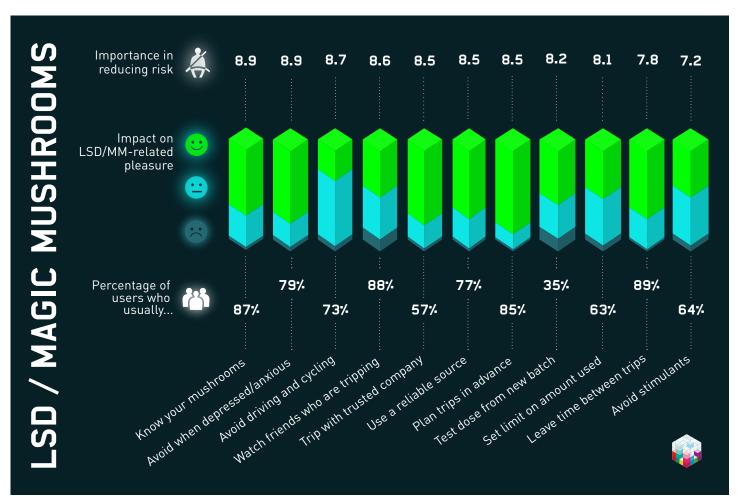
Don't ever be worried about calling for an ambulance if you're worried about the state of a mate.

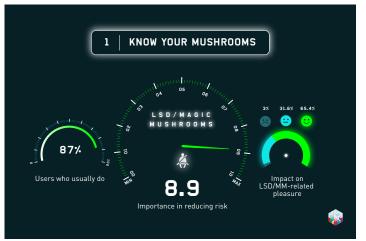
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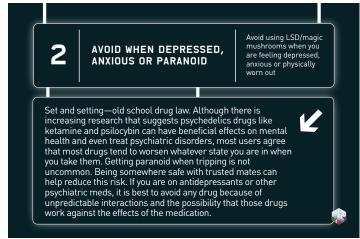






















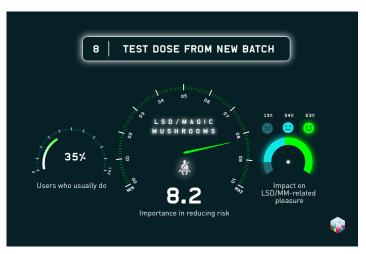












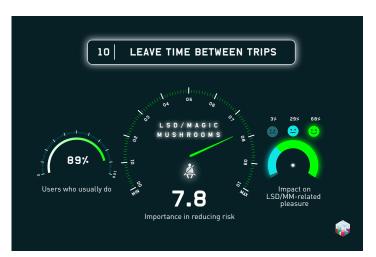
Test dose your LSD/mushrooms before a full trip by taking a smaller dose than a full trip dose and waiting at least 90–120 min before taking a further dose)

Drug purity varies—buyers beware! Because illicit preparations vary in potency and precise composition, you should check new batches by taking a small 'test' dose at least 90–120 minutes before re-dosing. Better still: test on a completely separate day. Note that small doses of LSD or psilocybin may take longer to come on than expected and 90 min may not be long enough for some people to feel the effect. This is often the reason that people take too much psilocybin: they take more before the effects of the initial dose come on.

Although dosing mushrooms might be easier if you have used that type before, there can still be marked variation in psilocybin content between batches. Sadly there's nothing about the size, shape or logo on your blotter that gives you a clue about how much LSD is in it (note: NBOMe class of drugs that are being sold as LSD are just as potent but more unpleasant). Test dosing can help you find out how strong your drug is so you can titrate (adjust/measure) future doses and hopefully get the effect you want.



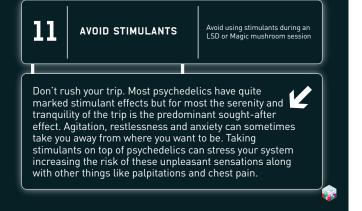




Leave enough time between trips with LSD/magic mushrooms to integrate (make sense of / understand) the experience

Wait until you have integrated the experience before tripping again. Some journeys take longer to process/ recover from than others (think screaming babies, flight delays, sitting next to a Muppet on a 12hr plane journey). We asked MAPS 'how long between trips'. They said till you've integrated the experience. How long? Time's not the key issue. One issue is that people build up tolerance to psychedelics very quickly so they're best used with weeks, months, years (or a lifetime) between sessions.









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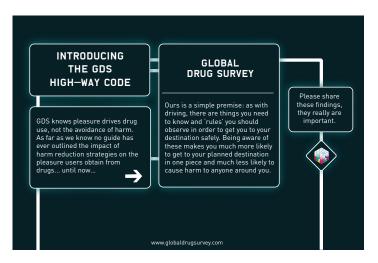
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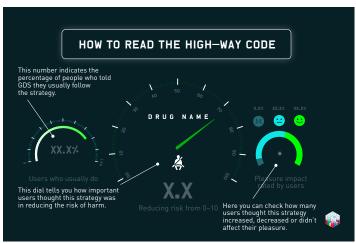
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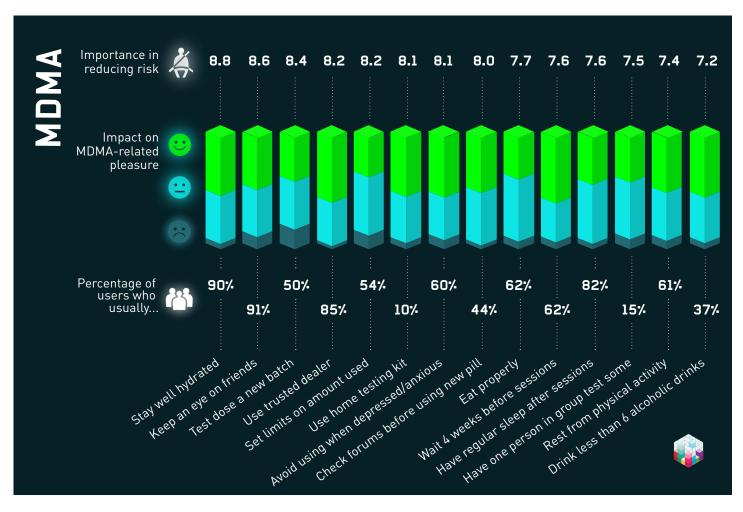
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designed by: Off-White





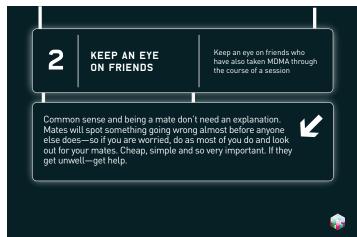


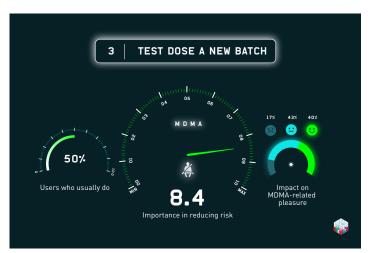


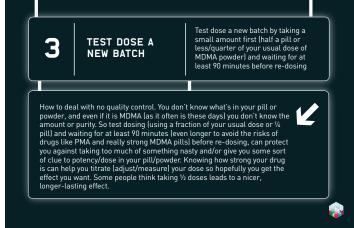








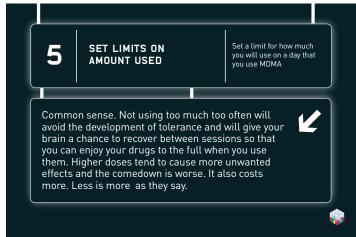




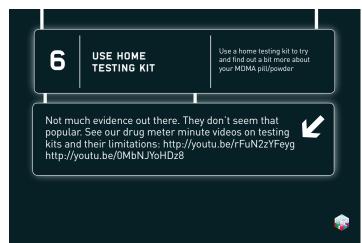


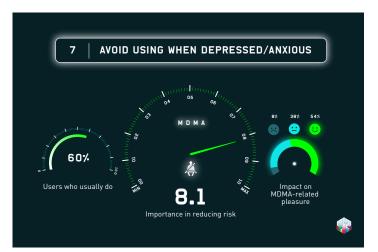


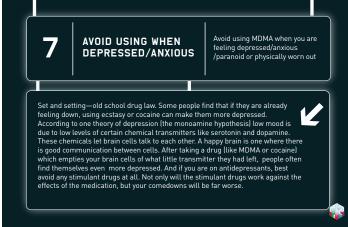


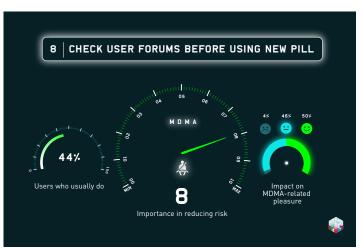




























Get one person in your group to test a new batch by taking a very small amount first and waiting for at least a couple of hours [even longer ideally HAVE ONE PERSON 12 IN GROUP TEST SMALL AMOUNT since PMA can take 3 hours to kick in) before taking another dose Who's the guinea pig today? Although people vary in their response to pills (even dodgy dangerous ones), having, at least, a 'tester' who takes a tiny dose while being watched over by his/her mates somewhere safe before everyone else takes it seems like a good idea (you just have to decide who is going first). If it looks like an E, but doesn't make you come up like an E and it doesn't feel like an E—then it is probably not an E. So bin it!









# V-\$T0?



www.y-stop.org Helpline: 020 7324 2989

# STAY CALM

If you are calm, you can influence the outcome and end the interaction faster than if you are aggressive or arrogant.

If you start to feel angry, calm yourself down by concentrating on deep breaths; in through your nose and out through your mouth.

Stay calm, stay in control.

# **EYECONTACT**

Maintaining eye contact is crucial. It not only keeps you engaged in the conversation, but importantly makes it harder for the police to bully you as they have to acknowledge and communicate with you as an equal. Try not to let anger or fear get the better of you.

# **ASK CLESTICNS**

Treat it as a conversation not a confrontation. When a police officer asks you reasonable questions, answer them and ask questions, also. You do not have to give them any personal details, but the police need to account for everything they do.

#### Ask the officer the 4 Ws:

- Why are you stopping me? On what grounds, what legal power are they using;
- What are you looking for? The object of the search;
- Who are you? The officer's ID number, or see their badge or warrant if they are not in uniform;
- Where are you from? The station where they are registered.

It is important to ask if you are being detained or are free to leave.

## RECEPT

This is your official proof. If you get a written slip check all sections of the slip have been completed and that it is accurate. If the officer is recording electronically you will get a card with a reference number that you should use to claim your receipt.

The police must give you a receipt of the search. Only if the officer is called to an emergency can they leave you without filling the receipt out, but they must tell you how to get a receipt once they have completed it.

If you do not get one at the time, you can still claim it from the police station for up to 3 months. This is easier if you get the officer's ID.

If you do not have any details but need them (to make a complaint, for example) there are ways of doing this. Contact Y-STOP for help.

# RECORD

If you have a smart phone, politely inform the officer that you are going to get it out to film the search (reaching for your pocket without warning might be misinterpreted as a threat). Don't get in their way when filming — it is an offence to obstruct. You could also ask a friend or passer-by to film it as a witness. Filming protects everyone's interests.

You are allowed to film, but sometimes officers do not like this so will tell you to stop. They can only take your phone from you if they have reason to suspect it is stolen.

To be prepared for encounters, download the free Y-STOP app for use in recording. If your phone is taken during filming, the footage will automatically be sent to us.

# CONFIDENCE

Confidence is easier once you know where you stand so let's clear up some confusing rights:

 You don't need to give your name and address

You only need to give this information if the officer is reporting you for an offence you are currently, or have previously, committed.

If you are unsure, ask "are you reporting me for an offence, officer?"

If you refuse to give your name, the officer will write a description of you instead.

Police cannot demand your parents' contact details or threaten to take you home to them.

- Police cannot put you in hand cuffs or use force to search you, unless you physically resist or are physically aggressive towards them (or threaten to be).
- Only your outer clothing, pockets and bags can be searched in public. For more information read the "clothing, privacy and strip search" section.

# HOLDTOACCUNT

By following the above steps the police will be encouraged to behave properly. When they don't you will have proof of it. So make sure you:

- Request a slip and keep it
   Having to record the whole search commits
   the police officer to the answers and
   explanations they have given you. This
   makes them more likely to follow the law.
- Film the stop and search
  Filming helps to improve police behaviour;
  nobody wants to be recorded doing
  something badly. Record the encounter with
  the Y-STOP app and let other people know
  what's going on and how they can deal with it.
- Report it or complain

  If you are treated badly by the police, you should not accept it. Make an official police complaint within one year, report it anonymously to Y-STOP, or share your experience using the Y-STOP app via the app you can submit a complaint directly to the relevant police force and we will be copied in. Check out the Y-STOP website for more information.

# MOREONYOURRICHTS

Clothing, privacy and strip searches

The officer can only require a person to remove outer clothing in public e.g. a coat, jacket, gloves or another item concealing your identity. They can put their hand inside your shoes, socks or headgear if they believe something is hidden. They will ask you to turn your pockets inside out, or they will pat these items down.

If they want you to remove any other items of clothing, this is either called a 'more thorough search' e.g. removing a jumper or t-shirt, or a 'strip search', which involves the removal of all clothing. A more thorough search can take place in the back of a police van or somewhere else that is out of public view. A strip search can only take place in a police station or a designated area like a police tent. A strip search must be done out of public view and by an officer of the same sex, without any officer of the opposite sex able to see.

The officer must provide a reason for needing to search further. The reason

cannot be that nothing has been found, yet.

Removal of any religious items must be treated in the same way as a more thorough search.

If you are uncomfortable, ask for more privacy. If they fail to provide you with this ask them to put this in their records. Stop and search should not be a humiliating experience.

If you have been strip searched let us know and we will see if there are grounds for a complaint or legal action.

## What is reasonable suspicion?

This is not defined in the law. Some examples you may be given are:

- Suspicion of your involvement in an alleged offence;
- Fitting the description of someone who has committed a crime. You can ask for the description, or request that it be radioed over from their station to see if this is true.

These are **illegal reasons** for police to give you:

- They know you have a criminal record or have been caught carrying illegal items before;
- You are in a high crime area;
- They think you look suspicious (without explaining exactly what they are suspicious of).

Reasonable suspicion is hard to prove or disprove. If you think something is unfair or wrong, it is best to get your receipt and report it to Y-STOP. We will help you work out if further action should be taken.

## If you have been arrested

The most important thing is not to talk to the police until you have a legal advisor present. This can be a duty solicitor or a specific representative that you ask for. There is no such thing as a friendly chat with the police, as everything you say can be used in court. If you are 17 or under an adult must be present. This can be a member of your family, a guardian or a social worker.

## Contact us immediately if:

Excessive force has been used against you;

- You have been strip searched;
- · If you would like to make a complaint about a police interaction.

contact@y-stop.org





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