

How it works:

1 Where you're at

Circle every field that currently applies to your substance use in sexual contexts.

→ How do you feel about your individual balance of positive effects and risks?



2 Your red line

Draw a line from left to right that you do not want to cross in the future.

(Above = acceptable, below = plan to avoid. The line does not have to be straight.)



→ Do you have strategies to help you stick to your line? Any particular problem areas to focus on?

→ Do you have partners who share your boundaries?

What is chemsex?



Chemsex refers to the usage of psychoactive substances to enhance sex in queer scenes. Most commonly, these include:

- „G“ (GHB/GBL) • Mephedrone
- „Tina“ (Crystal Meth)

Chemsex Check

free from shame and inhibition	finally able to fully let go	important life experience	raising my self esteem	experiencing community	found new friends/partner	am more relaxed now sober, too	stopped using
having fun	physical and emotional intimacy	in good, caring company	sticking to plans and boundaries	leaves me feeling satisfied	fulfilling sex life	enjoying sober life as well	steady, stable use
spend lots of time looking	frequent bacterial STIs	have abandoned some former hobbies	seeing old friends less	situations I later regret	sex acts I wouldn't want sober	sometimes keep going 2-3 days	it's worth it
GBL/GHB more than weekly	Mephedrone or Cocaine more than monthly	forget PrEP/HIV meds now and then	worried about others (e.g. over-dosing)	meeting people b/c they share drugs	affecting my looks	afterwards lethargic/depressed for days	ashamed of my chemsex
G without measuring out, timing	sharing snorting straws	Crystal Meth (Tina) regularly	straining relationship with my partner	need higher dose than before	never have sober sex	all (close) friends use	want to make a change
not protecting myself from HIV	missing PrEP/meds multiple days	slamming (injecting)	(just about) every weekend	problems with sleep/irritability/anxiety	using alone	redosing until I run out	failed attempts to change
combining G & alcohol	consent/boundaries not always clear	sharing needles	missing days at work/uni	becoming more about the high than sex	can't stop thinking about it	episodes of paranoia, hallucinations	using GBL/GHB 24/7
combining Poppers & Viagra	have gone under on G (overdosed)	consent violated	A&E visit/ambulance	repeatedly going under on G	(new) HIV infection	lost job/dropped out	suicidal thoughts

Additional positive effects:

Additional negative effects:

What next?

My future goal is:



e.g. more empowered / less frequent / no more chemsex

Today/from now on, I will:

e.g. make other plans for this weekend, arrange a counseling session, get rid of my stash, delete certain apps/contacts, go home at dawn,...

Want to talk about it?



At **Checkpoint BLN** we're happy to discuss any thoughts and feelings you have about your sex life and substance use. We're here for you.

Just mention it at your appointment, or book a video call in the "Just Talk" category:

→ [checkpoint-blm.de](https://www.checkpoint-blm.de)

→ Hermannstr. 256-258, Mo-Fr 14:00-20:00

How was it for you?

Give us your feedback on the Chemsex Check – briefly and anonymously!

