**Some of the Goals of Harm Reduction**

**For someone who uses drugs**

Save lives

Safer drug use

Reducing drug use

Getting off drugs

Improved emotional state

Improved health and better nutrition

Improved living situation

Stable income

Improved social relationships

Reducing stigma

Reducing social isolation

Increasing validation

Reducing transmission of HIV or HCV

Healthier family relationships

Reducing violence and aggression

Higher self-esteem

How can I support a person using Harm Reduction?

**Building Trust**

Nothing happens unless there is a strong element of trust between individuals.

The way it is, not the way you would like it to be.

Non-judgmental.

Listening is not the same as waiting to speak.

**Non-judgemental**

We do not judge different types of drugs or different ways of using as good or bad.

**Choice**

People have a right to use their body in whatever way they want, including the right to use whatever substances, they want.

We keep the conversation open.

We focus on the ways they can use more safely.

**Humanitarian**

We accept that people use substances.

People who use substances are people first.

People are people and problems are problems.

We don’t label people by our problems, perceived or otherwise.

We don’t criticize choices, behaviours or lifestyles.

**Harm Reduction Practices**

Create a Harm Reduction plan for each of the following:

* You have to go to work with a horrible cold.
* A smoker comes to you and wants to reduce the risk of smoking.
* Going out to a club drinking.
* Someone discloses that they are an injection drug user.
* You are doing an intake or are spokesperson for the agency; how do you advertise our harm reduction program?

**Thinking About Your Own Use**

• Do you drink /use substances? If so, where, how much, how often, for what reasons? If not, why not?

• What did you learn about substance use when you were growing up?

• What are your attitudes now about substances?

• What do you experience when you see a man under the influence of a substance? A woman? Is there a difference?

• How do you distinguish between social drinking, the use of alcohol in moderation and heavy drinking? Do others have a different way of measuring?