

THE
Q TIPS
BOOK
a definitive guide to being
young and fabulous in seattle

WHO MADE THIS ROCKIN' GUIDE?!

Q. Who's responsible for this faaaabulous Back-to-School Guide I'm reading?

A. MPowerment!

Q. What the heck is MPowerment?

A. The Seattle MPowerment Project is an HIV/STD Prevention/Drug and Alcohol Awareness project aimed at queer young people, run by queer young people!

Q. What else do you do besides this awesome guide?

A. Tons of stuff! We put on the annual Youthopolis Awards, Pride's only all-ages party, and several other major events for queer young people every year. We also publish Censor This!, the nation's only queer youth newspaper page.

Q. That sounds really cool, but you probably already have enough people working for you.

A. WRONG! We always need new Core Team interns (to help plan and run all of our outreach, programs and events) and Censor This! Writers.

Q. Really? How can I get involved?

A. Visit our website, www.youthmpower.org, or call us at [206.957.1725](tel:206.957.1725), to get information about coming to a Core Team meeting and becoming a part of MPowerment.

INTRO

Welcome to the 2005 Q TIPS presented by MPowerment! Inside you will find tips on dating, having sex, meeting new people, enjoying life in college, getting connected with resources in your community, getting involved at the University of Washington or Seattle University, and navigating Seattle's many neighborhoods and hot spots.

Enjoy!

-The MPowerment Team

DISCLAIMER: If you need help with serious, life-changing decisions, seek the help of a licensed therapist or call the Crisis Clinic at 1-866-4CRISIS or 206-461-3222.

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WELCOME TO QUEEN-WONDERLAND

Hello all you bright-eyed and bushy-tailed students! Let me welcome you to college and the rest of your life. My name is Mark Finley – but most everyone calls me “Mom.” Why? I can only presume that it’s due to my superb fashion sense. What else are you going to call a man who stands almost seven feet tall, wears eight-inch size fourteen platforms, micro-mini dresses he affectionately calls “crotch scratchers,” hair that is at best asymmetrically perky, and glamorous movie star lips that are just this side of Bozo, but “Mom?”

When I was asked to offer some advice to you kids, I had a minor panic attack, but I suppose the best thing I can do is tell you all where you came from. I don’t mean your family history – but our GLBTQA family history. So get comfy and hear the story of the Queens to whom you owe everything. That’s right honey – if it weren’t for a drag queen none of this would be possible.

In 1969, the Gay Liberation Movement was born out of an incident that occurred in New York City’s Greenwich Village. The neighborhood had long been associated with artists, actors and cabaret performers. The West Side Highway was home to hustlers, hookers and homosexuals. At that time, it was illegal for homosexuals to meet in public, dance in public, or to knowingly be served alcohol. In fact – it was law in New York State that a person could be arrested if they were not wearing at least three articles of “gender specific” clothing.

The cops of the Village Precinct routinely raided the neighborhood bars – and by “routine,” I mean planned and orchestrated. Harassment was such a regular occurrence that there was a signal of flashing lights when they were going to come “take in a few homos” to teach a lesson. If a male in make-up was seen, he was frequently brought in on false charges of soliciting sex – this after being ridiculed and humiliated in front of all his fellow bar patrons. Quiet suffering and painful patience were some of the few ways to survive in the corrupt and oppressive city.

Meanwhile, it was the “Summer of Love” in Central Park, NYC. The pride of the nation was torn apart over Vietnam and there was the ever present fear of the Cold War. But in June of 1969, the world came to its knees and came to a standstill. Hordes of people had flooded New York City to mourn the untimely death of “the little girl with the big voice,” the Patron Saint of Homosexuals, Miss Judy Garland.

Lights began flashing in the Stonewall Bar on that most hallowed of nights – the patrons’ one funeral for Judy. The Ladies of the Stonewall were not too happy with the police making an unscheduled raid – when all they wanted was to take a moment to raise their glasses in memory of Judy. Nonetheless, the police burst in.

As the homosexuals were being hauled out onto the street and thrown into the waiting police vans, the watching Village crowd egged on the Stonewall Girls to give a little show. And they did. The Girls fought back. They took a stand and demanded to be respected if not treated like anyone and everyone else. With physical defiance the Girls fought off the police.

So, the next time you think of making some remark about the “guy in the dress,” remember that it’s because of people like him, and me, that you’re able to read Q Tips and get queer-oriented college advice. Yes, honey.

So how was that for some Motherly wisdom? I want you all to know that I offer you total acceptance, the utmost respect, and complete unconditional love. If you need me, all you need to do is call. I’ll do whatever I can to help you.

Kisses,
Mark “Mom” Finley



ALPHABET

These are general definitions and not always going to be accurate for everyone

LGBT - Lesbian, Gay, Bisexual, Transgender. Can have many more letters attached to it such as Q for queer or questioning, additional T's for transsexual or two-spirit, I for intersex, and the list goes on. Frequently configured differently.

Gay - umbrella term for homosexual men and women, a person emotionally/physically attracted to the same sex

Lesbian - a woman who is emotionally/physically attracted to women

Bisexual - a person who identifies as being emotionally/physically attracted to someone of any gender, sometimes known as pansexual

Transgender - an individual whose gender expression/gender identity differs from conventional expectations based on the physical sex they were born into

Transsexual - person establishes a permanent identity with a different gender to their assigned (usually at birth) sex with surgery and/or hormones

Genderqueer - people who do not feel that they fit into the traditional two-gender system

Butch - a person who is markedly masculine in appearance or manner

Femme - a person who is markedly feminine in appearance or manner

Drag Queen - male-bodied or male identified people who dress in clothing associated with the female gender or pass as a woman without necessarily identifying as a woman

Drag King - female-bodied or female-identified people who dress in clothing associated with the male gender or pass as a man without necessarily identifying as a man

Queer - umbrella/general term for the LGBTQ etc. community

Intersex - one who is born with genitalia determined as neither exclusively male nor female, or which combine features of the male and female sexes

Androgynous - 1. the mixing of male and female roles/characteristics or
2. the absence of male and female roles/characteristics

Ally - someone who is supportive of the LGBTQ etc community

Two Spirit - a generic term used by some for a third gender (woman-living-man) among some Native American tribes, which usually implies a man spirit and a woman spirit, living in the same body

Dyke - a slang term for a queer woman, can be used derogatorily

Fag - a slang term for a queer man, can be used derogatorily

FTM - female to male transgender/transsexual individual

MTF - male to female transgender/transsexual individual

Pre Op - refers to being a transsexual individual who is pre gender reassignment operation

Post Op - refers to being a transsexual individual who is post gender reassignment operation

Non Op - refers to a transgender person who is not going to get a gender reassignment operation

Gender - can mean a variety of things and change over time; the expression of your female, male, transgender, gender queer, etc identity

Sex - a person's identity as based on their biological reproductive characteristics at birth

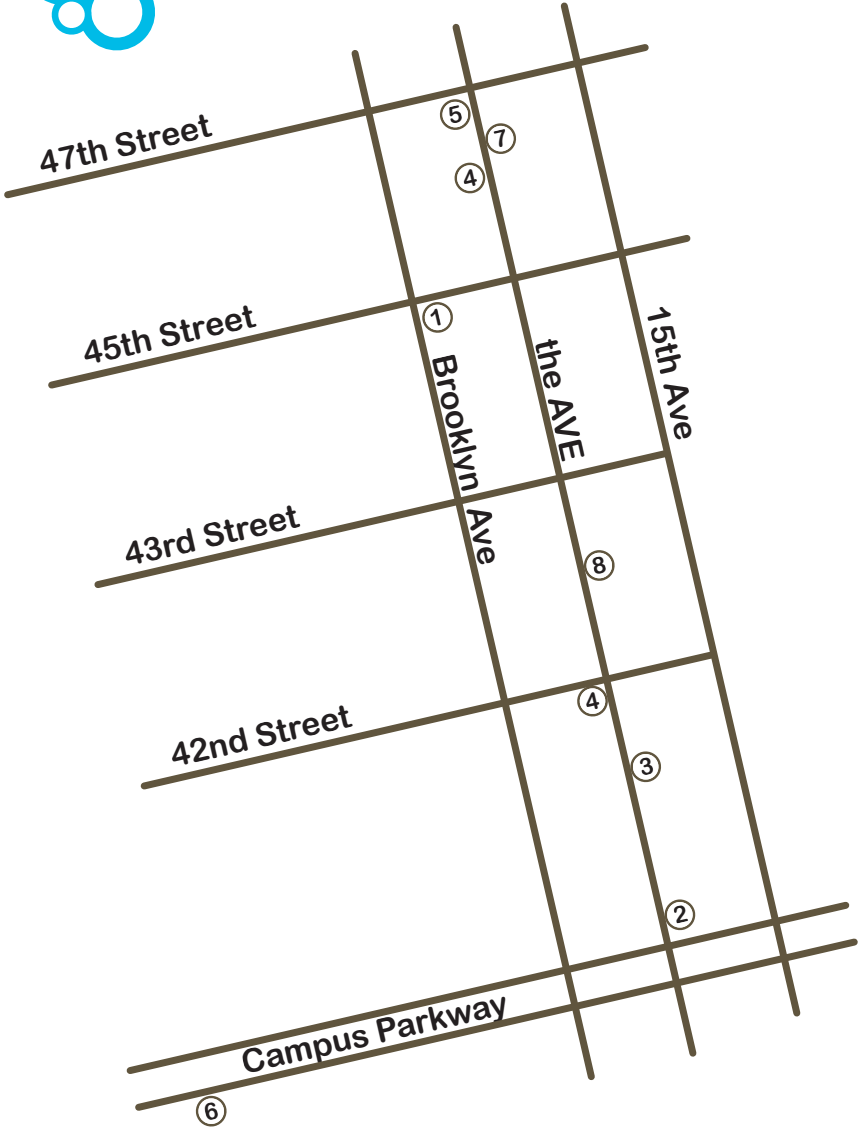
Gaydar - the supposed instinctual and learned ability to sense when a person is queer

Fag Hag - a woman who hangs out primarily with queer men

Dyke Tyke - a man who hangs out primarily with queer women

Questioning - a person who has not defined their sexual identity

Q HOTSPOTS U-DISTRICT



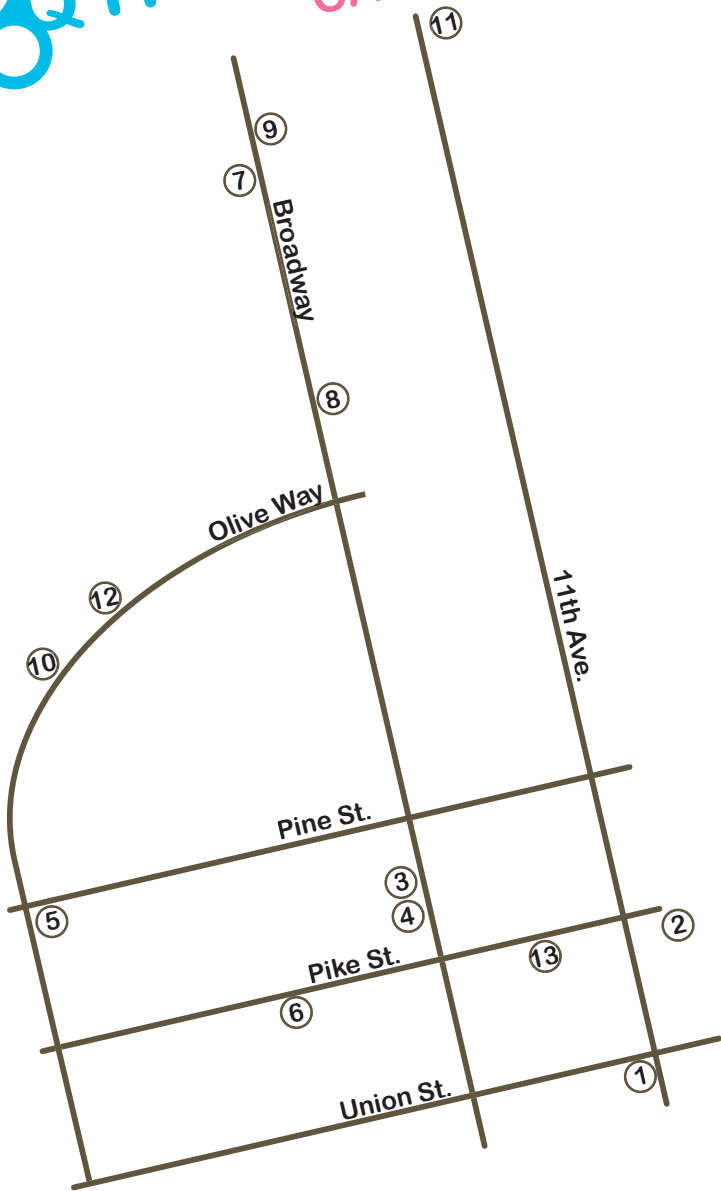
1. Trabant Chai Lounge
2. QCenter
3. Solstice
4. Yunni Bubble Tea
5. ThaiTom
6. 1101 Cafe
7. Moksha Clothing

Other Places to Check Out On Campus

- The Quad (eye-candy)
- GBLTC Lounge (activist queers)
- Suzallo Espresso (hyped-up-on caffeine queers)
- ASUW Office (political queers)
- Ethnic Cultural Center (multi-cultural queers)
- Odegaard 1st & 2nd Floors (intellectual queers)
- Mary Gates Hall CLUE (last-minute-study queers)
- Parnassus Cafe (art queers)
- Padelford Hall (liberal-arts queers)

Q HOTSPOTS

CAPITOL HILL



1. MPowerment
2. Verbena/Equal Rights WA/
LGBT Community Center
3. Gay City Wellness Center
4. Neighbours Underground
5. Bahaus Coffee
6. Toys in Babeland
7. Cafe Vivace
8. Cafe Septieme
9. Broadway Grill (“The Grill”)
10. Starbucks (“Starebucks”)
11. Volunteer Park
12. B&O Coffee
13. Cafe Vita

Other Places to Check Out at SU

Pigott Hall (cafe & commons)

Student Center Bistro (lounge & dining)

Q NETWORKING

Having a strong network is important.
Consider these points as a plus to better your network of support:

Q NETWORKING is an interconnected group of queer positive persons serving as resources for personal and professional development with common goals

○ GET OUT AND MIX AT SOCIAL GATHERINGS
Expose yourself to something new

○ JOIN A Q ORGANIZATION
Seattle has a ton!

○ DON'T OVERWHELM YOURSELF
with too many commitments.

○ BE PATIENT
Make yourself accessible and available, in time, you will begin to reach your goals

FIND A MENTOR
Learn from a person you respect and trust

VALUE DIFFERENCES
Seek the humanity in people who claim a different value system

FOCUS ON QUALITY NOT QUANTITY
Engage in meaningful conversations

GET INVOLVED IN AN ISSUE YOU CARE ABOUT
Discover people who share your passion

BRANCH OUT!
Don't limit yourself to what you already know or do

BE CLEAR ON PERSONAL VALUES
Know what you want from your contacts, and what you have to give

EXTEND YOUR NETWORK
meet new friends through old friends

Q NETWORKING

NETWORKING TIPS AND HINTS

1 BRAINSTORM A LIST OF YOUR POTENTIAL CONTACTS

Friends, Family, Alumni, Classmates, Professors, Co-workers, Neighbors. Religious and Community Leaders

- _____ (a friend)
- _____ (a family member)
- _____ (a classmate)
- _____ (a professor)
- _____ (a co-worker)
- _____ (a neighbor)
- _____ (a community leader)

2 WHERE TO LOCATE THEM

School Alumni = Career Workshops, Sporting Events

Professors = In Their Classroom, Office, or at Local Book Readings

Directors of Community Organizations = Involved in Volunteer Operations

Now write down where you can find the contacts above.

- _____ (a friend)
- _____ (a family member)
- _____ (a classmate)
- _____ (a professor)
- _____ (a co-worker)
- _____ (a neighbor)
- _____ (a community leader)

- 3 PREPARE YOURSELF TO CONTACT THEM**
Dress professionally or appropriately. Plan out your goals; what information do you aim to walk away with?
- 4 NETWORKING KNOWS NO BOUNDARIES**
You never know when you'll meet a new contact; on the bus, at the store, in a class, or at a party. Stay open, and be polite; you never know who you are talking to.
- 5 STAY ORGANIZED**
Keep a calendar to keep track of your appointments, commitments, and the phone and e-mail information of your contacts.
- 6 KEEP YOUR CONNECTIONS**
Follow up on your conversations; write thank you notes when appropriate, e-mail or reach out by phone. Don't assume that they will contact you first.



American Civil Liberties Union @ UW

The Lesbian & Gay Rights Project fights discrimination against LGBT people and families. We work to move public opinion through the courts and legislatures, in educational outreach, and by creating tools for people to advocate for change.

<http://www.aclu-wa.org/>

Equal Rights Washington

Equal Rights Washington (ERW) is a statewide political advocacy organization for the LGBT community of Washington State with the primary mission of ending discrimination of gay, lesbian, bisexual and trans-gendered persons in every corner of the state.

<http://www.equalrightswashington.org/>

Gay City Health Project

The mission is to promote gay and bisexual men's health and prevent HIV transmission by building community, fostering communication and nurturing self-esteem.

<http://www.gaycity.org/>

Lambda Legal

Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work.

<http://www.lambdalegal.org/>

MPowerment

MPowerment is a young-people-led, young-people-driven and young-people-focused HIV/STI prevention and drug/alcohol awareness program. Through the nation's only GBLT young people's newspaper page, outreach at queer young people's events, and numerous events throughout the year, MPowerment encourages knowledge of HIV, STDs and how to prevent them, while also helping to strengthen Seattle's young queer community.

<http://www.youthmpower.org/>

Seattle Commission for Sexual Minorities

The Commission's role is to effectively address and present the concerns of gay, lesbian, bisexual and transgendered citizens of Seattle to the Mayor, City Council, and all City Departments.

<http://www.ci.seattle.wa.us/scsm/>

The Sisters of Perpetual Indulgence, The Abbey of St. Joan

An organization comprised of men and women dedicated to the support, education, and development of our community. We continue to educate the public on safer sex issues, we fight for queer rights and visibility, we address women's issues and the needs of homeless youth, and support other community organizations that share our vision.

<http://www.theabbey.org/>

To learn more about additional Seattle area organizations visit the Greater Seattle Business Association at <http://www.thegsba.org/>, or email WE Project at weproj@u.washington.edu

So are you ready to share that special and important “something” with your parents, friends, or roommates? If you are ready to walk down that lavender brick road, here is some advice from your peers:

GENERAL RULES:

- Trust your gut. You will know when the right time is.
- Be ready for people to drill you with possibly ignorant and/or offensive questions.
- No two coming out experiences are alike
- Have resources that you can go to and count on for support

COMING

YOURSELF

- Build confidence in who you are, your sexuality, and your body
- Respecting who you are and defending your beliefs and individuality
- Be knowledgeable about who you are and what that means
- Seek support with others that share your sexuality
- It is your life to live, you only have one life

QFRIEND

- Coming out to a close friend can make you feel comfortable coming out to others
- Real friends will stand by you and accept you for all parts of who you are; love you unconditionally

QROOMMATE

OUT

- Come out in stages: Leave a booklet on queer sexuality, find opportunities to blend queer media and people into your everyday interactions with your roommate
- Compromise: Respecting who you are is important, but don't be inconsiderate to your roommate's values and space

QPARENTS

- Consider coming out to a sibling or trusted relative to give yourself some backup.
- Never come out in an argument.
- Avoid becoming defensive~ become comfortable with who you are by accepting yourself first.
- Don't allow the focus to scatter onto side issues that don't involve your disclosure.
- Only approach the situation when you feel completely comfortable.
- Prepare for the worst and hope for the best: have a practical plan for the future.
- Be patient with the process: it may take weeks or years before your parents accept your identity.
- Have resources available: informational brochures, supportive friends, and queer friendly religious people can help build a bridge.



FLIRTING

Flirting. Do you think you have all the right stuff? It's all in that first look you give, that certain scent you wear, and what your body says, whether you know it's talking or not. Here are some tips to get you going (from your peers):

FIRST OF ALL...

- * Don't think you can't do it – anyone can flirt, flirting is a sign of confidence.
- * Make eye contact – looking someone in the eye is very compelling.
- * Smile openly and sincerely – it's irresistible.
- * Be interested - focus on your partner, not yourself. Ask their story.
- * Flatter the person you're into – a sincere appraisal is a total turn on. Work with the hair (nice cut, attractive color), eyes (everyone loves to hear they have attractive eyes), smile (warm, engaging, sweet), but avoid talk of private body parts.
- * Play with a piece of clothing (i.e. dangling your shoe, playing with an earring, stirring a drink, adjusting your hair).
- * Whisper.

- * **Lighten up.**
- * **Be confident - there is nothing sexier than being secure and comfortable in your own skin.**
- * **Stay positive.**
- * **Wear, bring, or carry something unusual.**
- * **Limit the amount of time you flirt and number of people you flirt with.**
- * **Don't tease - offering more than you're willing to give.**
- * **Don't depend on others to make things happen.**
- * **Don't sound slick – think of a stereotypical used car salesman. Dateable?**
- * **Don't come up with a line.**
- * **Observe how your peers (preferably the older ones) interact with each other and take note.**

ONLINE DATING

We know that you're on the net (and totally denying it with your friends). Online dating can feel like shopping for a boyfriend or girlfriend. A picture can seem worth a thousand words until you meet the real thing in person. Then, you may want to stay... or run. Word to the wise: listen to what your peers are saying.

PLAY IT SAFE!

Be realistic with online dating: If you're on a "sex site," you're probably not going to meet someone interested in dating or making friends.

Use sites recommended by friends: Connexion.org, Friendster, and Facebook – for friends. MySpace & LiveJournal – for hopeless romantics. Gay.com.

Do a little research to find websites that work for you: There are many different sites, and many different types. You don't have to go to pay sites to meet someone.

Acknowledge false intimacy: You're writing to each other. Although it might appear you have a lot in common, all you can prove is that he/she is a good writer. There's no way to verify if what they're telling you is true.

IN FINDING A MATCH

First, exchange recent photos. Multiple pics if you've got them. No touch ups. The fewer surprises; the better.

Improve your matches by being clear on what you want: clearly state in your profile exactly what you're looking for.

State what action you want potential matches to take: there are so many ways to express an interest. It helps a potential to know what to do if interested in communicating with you.

If you're enjoying the communication, let them know: If you had a lot of fun and feel that you "clicked" with your date, let them know what you're feeling.

Don't leave your manners off line when dating online. Don't leave people hanging. Reply to e-mails even if you're not interested the sender. Just be polite.

FOR THE DATE

Always let someone else know where you're going and whom you'll be with. You might consider arranging a time to call and check in, or meeting up with friends later that night.

Meet in a public place. No exceptions. Don't let the date pick you up from your home. If possible, double date or go out with a group of people.

Schedule a short date that has a pre-built end to it. Go to lunch on a workday or meet for a cup of coffee.

Pay half of the bill. That way you won't be under any obligation to return the favor.

Give your date your cell phone number instead of your home phone number.

Some Advice taken from Online Dating Magazine and Dating for Dummies.

DATING

Is your calendar full of appointments? If yes, are those appointments with yourself? Is it in your own house and in front of a computer? Well this is your time to experience the real thing - an active, healthy dating life - and everyone has their own definition. Dating is about knowing who you are and what you're looking for. Someone will see you eye to eye on the same page. Are you stumped with dating? You're not alone, here are some helpful hints:

WILLOW

"Try to become friends with people before you start dating them. Do not tell your coming out story on the first date, it will create a false sense of intimacy and bonding that a first date does not warrant."

JEF

"You're not going to meet anybody by spending your Friday and Saturday nights alone at home, unless you're into pizza delivery guys. Go to social activities, join clubs, etc. You'll meet people when you're out and about - not hiding at home."

RUBY

"Reciprocity, it's all about give and take and make sure its being balanced in a proper way. If one is taking and one's not giving then turn around and walk away regardless of how cute and how much they are feeding your emotions and ego."

ENRIQUE

"Coffee and quiet conversation - get to know him or her. Make him or her dinner - shows you care. Hike, lots of time to talk and get all sweaty. Day trip - hit the road and explore some place new together (car, bus, ferry). Move into good cuddle time."

BRIAN

"Good looking is not enough of a reason to go out with somebody. Make sure they spark your interest in other ways too. Make sure they're kind, and looking for the same type of relationship you are."

COLLIN

“Like John Legend says ‘take it slow’ there is no rush on dating, you have four years to still call yourself a student and still feel young. Don’t sleep on the first date. ‘you can turn a trick, but you can’t turn a trick into a boyfriend’ -Shaka Kwan”

ASHLEY

“Work it and keep it real. You’re young and fabulous, try everything. Keep an open mind, don’t limit yourself. Make all of the mistakes you want- just be sure to learn from them.”

A.T.

“Be realistic; know what you really want. Don’t force something that may be better off gone.”

ANA

“Be considerate, polite, sound genuine, and compliment your date.”

CAT

“Be honest. Don’t get too close too fast, there is plenty of time to really get to know each other before you start planning to move in together.”

JAIMIE

“BE YOURSELF! Let your personality shine and other people will notice your inner beauty. Be honest and open with your partners and let them know that you expect nothing less in return.”

CALLA

“Movies in a public theater are generally bad date ideas, unless it’s a queer film. If you’re like me, you spend half the time paranoid and the other half angrily comparing the amount of PDA you and your partner are comfortable with to the amount of straight PDA occurring.”

RYAN

“If someone likes you, and you don’t like them back, it’s ok to turn them down. Just because someone pays for dinner, it doesn’t mean that the other person has to give sex in return. If you’re on a blind date, you can always have a friend call you half way through the date, and bail you out if it’s going badly.”

PLANNING DATES

Follow these tips on making your dates meaningful.

* If you meet a guy or gal in a club, give him/her your number and tell him/her to call you the next day – go out for coffee and what not - do not go home with him/her that night.

Date Ideas

* study together * go out for coffee * go shopping *
cook dinner together * go on a long drive *take a dog for
a walk *do a creative activity*

FIRST DATE:

Coffee

Walk through Pike Place Market, visit a park, have dinner in a restaurant

SECOND DATE:

Usually, this is a more intimate experience:

Study together.

Check out a museum or watch a movie together.

Cook dinner together.

THIRD DATE:

You two decide.

Usually, this is a part where you tell yourself:

“Is this person that I want to continue seeing?”

If you have some doubts, talk about it with people you value (friends, your therapist, parents).

Q&A SUBSTANCE USE

Know what's coming to your house party.

Oh, house parties, I've seen my share. I've also overdosed at parties on accident, and it's not fun, let me tell you. My name is Jinx, and I'm a recovering addict and alcoholic. I may be a refined, polite guy, but when I partied, I PARTIED. I remember one time I took mushrooms at a 4th of July party and ended up shitting my pants and walking around like that for a few hours. Hopefully, that won't happen at your party. So now I'm here to give the inside scoop. These are my thoughts on what's good to know about drugs.

So, if you're throwing a house party, imagine this. Some guy shows up at your door and asks you if you want some "shizzo". You're confused and there's something being offered to you and all you can think of is "WHAT THE FUCK IS SHIZZO?" Know what could be coming to your party.

If you're asking about slang names, some of the names that people use don't make sense AT ALL. Shizzo, for example, is a nickname for methamphetamine. Make sense? Didn't think so. Here are some slang names for meth you can try to remember.

Meth, Tweak, Shards, Glass, SHIZZO!, Hydro, Go, Crystal, Tina and Rock.

Now that you've got those down, I'm gonna throw out some information about methamphetamine and other drugs. Don't worry. It won't be in scientific terms. I don't get those either.

MARIJUANA

Pot, Weed, Grass.

Pot comes from the plant marijuana. When you smoke it, it makes you feel relaxed and high. It will often make your eyes bloodshot and glassy, and will increase your appetite. It's not always good though; it can also give you feelings of anxiety or paranoia.

MUSHROOMS

a.k.a. shrooms, psychedelic mushrooms

Mushrooms can be a fun experience or, a scary one. There are many different kinds of mushrooms that can be used as a hallucinogen. Some of them are cubensis, or cyanescens. These mushrooms contain a hallucinogenic compound called *psilocybin*. When you eat the mushrooms, the psilocybin basically poisons your brain and makes you hallucinate. You often see a lot of melting actions. WARNING- DO NOT TAKE MUSHROOMS IF YOU ARE DEPRESSED. Mushrooms tend to make you have what is called a *bad trip* if you are depressed. They make you very scared and upset and confused. If this occurs, drink as much milk as possible and have friends try to calm you down. Also, do not try to go to sleep while on mushrooms; it often causes a bad trip. Mushrooms may also cause you to vomit.

COCAINE

a.k.a. blow, coke, white

Cocaine is a drug that comes from the COCA PLANT. You can snort it, or you can cook it and make what is known as CRACK COCAINE. It often has euphoric or stimulating effects (that means you're happy and hyper...sort of.) Downside? Your judgment sucks. No you can't fly and yes, your heart racing that fast is not good for you. It's also really addictive, which is also bad.

ECSTASY

a.k.a. E, E Bombs

Ecstasy is a club drug. It contains this chemical called MDMA, and it makes you really happy. It could very well be one of the best feelings anyone could ever have, which is cool, but then again, it can kill you! If you take ecstasy you need to make sure you stay hydrated, but you can die from not enough water, and too much water, so make sure you don't over do it. Ecstasy comes in a pill form with weird names – every pill is a different mix of drugs. It could be cut with coke, meth, heroin, anything. The high will vary depending on what the pill was cut with. The thing is you never know what you are going to get. Interested in putting unknown drugs in your body?

METHAMPHETAMINE

aka. Tina, Crystal

Methamphetamine is a stimulant prescribed to treat narcolepsy and attention-deficit hyperactivity disorder (ADHD) in children and adults. But you can also cook the powder of the pills to create crystal methamphetamine. The effects the first time you do meth are normally not great, but it is still highly addictive. You could possibly get sick if you are smoking it. It will make you very jittery and hyper, and not hungry. You can often get constipation, and not be able to urinate well. Sound fun!?! Didn't think so. Oh, and you won't be able to sleep for days. For some, methamphetamine increases sex drive, but it also dehydrates you, and can leave you depressed, paranoid, and some people experience psychosis as well. Also, once you come down, you crash for a period of time afterwards. If you take methamphetamine, do not combine it with other drugs (like Viagra) or alcohol.

LSD (lysergic acid diethylamide)/ACID

Acid, like psilocybin, is a hallucinogen. LSD is sold on the street in tablets, capsules, and, occasionally, liquid form. It doesn't smell like anything, or have any color to it, but has a bitter nasty taste. It's usually taken orally. Acid is often put on to little papers, and the dealer/cooker often decorates the square. Each square is one dose. Acid makes you see a lot of crazy colors and shapes, and will make your speech really slurred and hard to understand. It can be a really fucked up trip...eek!

PCP

a.k.a. angeldust.

PCP is a sedative. It puts you in sort of a trance mode. It kind of makes you seem like you're having an out-of-body experience, like you're really detached from your environment.

The come-down is pretty hardcore and you get really irritated and delusional. It comes in a powder, like coke. It can also be taken when mixed with water or other liquids. It has a really bitter taste as well. The trip can make you have a lot of strange feelings like you would have during alcohol intoxication. At high doses, PCP can cause hallucinations as well as seizures, coma, and death (often caused by suicide or an accidental injury). GOD DOESN'T THIS SOUND FUN? And that's not all! You also get to drool, have your eyes flicker up and down, and look like an idiot. You can have delusions, paranoia and schizophrenic thoughts as well. Wow, we're gonna party tonight. (that was sarcasm)

SO, now that you have all the information you could possibly want on just about every drug that could possibly show at your house party, here are some ideas of how to keep safe.

Understand that if you choose to get fucked up or just get a little high, your decision-making skills will suffer. Your reflexes could be delayed and your physical ability might not be as good. Here are some tips:

- **Don't drive, even if you think you can.**
- **Have friends with you to help keep you safe. If you are going to be tripping, remember you could end up having a bad trip, and it's always better to have someone sober with you to watch over you. That way, if you run in front of a moving vehicle, someone e/se can jump in front to save your life.**
- **Consider your surroundings. Rape is common when people are on drugs! And remember, you could wake up and that hottie from last night might be as ugly as your 7th grade history teacher.**
- **DON'T WALK TOWARDS THINGS THAT ARE MOVING.**
- **If you're gonna get fucked up, DON'T MIX CHEMICAL SUBSTANCES.**
- **Drink a lot of water.**
- **For more information check out <http://www.erowid.org/>**

Drugs can be fun, but they can also be dangerous. Make sure if you decide to use, you follow these tips, and be safe!

-The Party Monster, Jinx

NEGOTIATING SAFER SEX

Things to think about before you go on a date!
go out looking for a hook up:

Have I been tested in the last 6 months? Have I participated in sexual activity since then?

Do I have dental dams/gloves/condoms/lube on hand?

What am I willing to do with someone without knowing their HIV/STI/STD status?

What am I willing to do with someone if I do know they have been tested recently?

Do I have my boundaries negotiated with myself so that I can negotiate them with a partner?

How can I remember and keep true to my boundaries while I am in the heat of the moment?

What are some ways I can convey my boundaries to my partner?

Am I able to maintain my boundaries if I use substances such as alcohol?

What are my boundaries for using drugs and alcohol?

What to say before it gets hot and heavy:

I always use a condom/dental dam/ gloves when I have sex.

I've been tested recently (as long as you have- don't lie!) and am negative. When was the last time you were tested?

I really like you, but before things get going I want to talk about what I am comfortable doing with you.

What do you think about safer sex? I try to use _____ for _____ activities.

Having safer sex can be really fun. I have flavored lube/ dental dams/ condoms.

Safer sex tips:

Instead of brushing your teeth before sex, use mouthwash, as brushing can cause cuts in the mouth, and more cuts can increase your risk of HIV/STIs.

Use lube with latex barriers such as condoms, female condoms, dental dams, and gloves.

Keep condoms/dental dams/gloves and lube on hand.

Get tested: Gay City, MPowerment, and Lambert House provides free testing, Harborview has a walk in clinic

Talk about safer sex methods with friends, talking about it helps everyone feel more comfortable, and helps everyone become aware and informed.

When having sex with a man, having him come outside of your body reduces the risk of STI/HIV infection.

Remember that anytime there is exposed mucus membrane (mouth, genital and anal areas) there is the risk for STI/HIV infection.

GET TESTED

MPOWERMENT (ages 16-22)

1002 E Seneca Street
Seattle, WA 98122
(206) 957-1725

Website: <http://www.youthmpower.org/>

LAMBERT HOUSE (ages 14-24)

1515 E Denny Street
Seattle, WA 98122
(206) 322-2515

Website: <http://www.lamberthouse.org/>

STD CLINIC AT HARBORVIEW MEDICAL CENTER

325 9th Ave., on the Ground Floor, East Clinic
Wing
Seattle, WA 98104
(206) 731-2271

ARADIA WOMEN'S HEALTH CENTER (WOMEN ONLY)

1300 Spring St.
Suite 500, Seattle, WA 98104
(206) 323-9388

Website: <http://www.aradia.org/>

GAY CITY HEALTH PROJECT WELLNESS CENTER (MEN ONLY)

1513 Broadway (between Pike & Pine)
(206) 860-6969

Website: <http://www.gaycity.org/>
Free—donations gladly accepted

PLANNED PARENTHOOD

1-800-230-7526

Website: <http://www.plannedparenthood.org/>

45TH STREET CLINIC

1629 N. 45th Street

Seattle, WA 98103

(206) 633-3350

COUNTRY DOC CLINIC

500 19th Ave E

Seattle, WA 98112

(206) 299-1600

Website: <http://www.cdchc.org/>

POCAAN

2200 Rainier Avenue South

Seattle, WA 98144

(206) 322-7061

RESOURCES UW & SU

University of Washington Q Center
<http://www.qcenter.washington.edu/>

Seattle University Triangle Club
<http://students.seattleu.edu/clubs/triangle/>

Working for Equality Project
<http://students.washington.edu/weproj>

**ASUW Gay, Bisexual, Lesbian, & Transgender
Commission (GBLTC)**
<http://gbltc.asuw.org>

**UW Library Information Gateway for Gay and
Lesbian Studies**
<http://www.lib.washington.edu/subject/GayLesbianStudies/>

Campus Q Mailing List
[http://mailman1.u.washington.edu/mailman/listinfo/
campusq/](http://mailman1.u.washington.edu/mailman/listinfo/campusq/)

**Queer Women-Identified Interest Group
(QWIIG) Mailing List**
<https://mailman.u.washington.edu/mailman/listinfo/qwiig>

**Delta Lambda Phi, Fraternity for Gay, Bi, and
Progressive Men**
<http://dlp.org/psi/>

Bitter Old Hags, Grumpy Old Fags Mailing List

<http://students.washington.edu/bohgoofs/>

Stonewall Med

<http://www.washington.edu/students/ugrad/advising/premed.html#stonewall>

UW School of Social Work: Lesbian, Gay, Two-Spirit, Transgender, Bisexual, Queer, Intersex, and Questioning Group

<http://depts.washington.edu/sswwweb/glbtc/>

RESOURCES SEATTLE

***Brother to Brother:** <http://www.brotobro.com/>

Support for queer men of African descent

***Verbena:** <http://www.verbenahealth.org>

Making health care accessible to lesbian, queer and bisexual women, and transgender individuals

Entre Hermanos:

<http://www.entrehermanos.org>

A site for the Latino/Latina LGBT community

Seattle LGBT Community Center:

<http://www.seattlelgbt.org/>

***MPowerment:** <http://www.youthmpower.org/>

A peer driven community involvement project for Seattle's young queer community.

Seattle Pride Committee: <http://www.seattlepride.org/>

***Gay City Heath Project:**

<http://www.gaycity.org/>

An organization that promotes Gay and Bisexual men's health

Ingersoll Gender Center:

<http://www.ingersollcenter.org/>

A non-profit service agency that offers a variety of resources to transgender individuals

***Lambert House:**

<http://www.lamberthouse.org/>

A safe space for LGBT youth that provides a variety of resources

***Lifelong AIDS Alliance:**

<http://www.lifelongaidsalliance.org/>

A non-profit service agency that specializes in prevention education for HIV as well as support and advocacy for people with HIV/AIDS

Northwest Two Spirit Society:

<http://www.nwtwospiritsociety.org/>

Support for Two Spirit people in the Pacific Northwest

***People of Color Against AIDS Network:**

<http://www.pocaaan.org/>

A multicultural HIV prevention/education organization.

Seattle PFLAG: <http://www.seattle-pflag.org/>

Parents, Families and Friends of Lesbians, Gays, Bisexuals and Transgender individuals

Seattle Commission for Sexual Minorities:

<http://www.ci.seattle.wa.us/scsm/>

Community for differently oriented South Asians in the Pacific Northwest: <http://www.trikone-nw.org/>

Seattle Gay News: <http://www.sgn.org>

Safe Schools Coalition:

<http://www.safeschoolscoalition.org/>

A Public-Private Partnership in Support of Gay, Lesbian, Bisexual and Transgender Youth to help schools be more supportive of these issues

Asexuality Visibility and Education Network:

<http://www.asexuality.org/discussion/>

Seattle Community Network on Sexuality:

<http://www.scn.org/people/sex/>

Seattle Counseling Service

<http://www.seattlecounseling.org/>

YouthCare

<http://www.youthcare.org/>

American Friends Service Committee

<http://www.afsc.org/pacificnw/seattle.htm>

*Offer HIV and/or STD testing

**All of these can be found on UW's Q Center website



WORKING FOR EQUALITY PROJECT

WE Project is a group of Queer and Queer-Allied students, who are working for equality. WE Project strives to normalize the image of the Queer community through event coordination on campus, volunteering for like-minded organizations in the community, and re-framing queer issues in the media. To learn more about becoming a member and to participate in our volunteer events, please email HR at weproj@u.washington.edu.

SEATTLE UNIVERSITY TRIANGLE CLUB

In the Jesuit tradition of education and celebration of diversity, the Triangle Club has been established and maintained to provide resources regarding the Gay, Lesbian, Bisexual, Transgendered, Questioning, and Allies (hereafter GLBTQA) community. We welcome everyone. In the tradition of acceptance, the club is open to all races, faiths, religious beliefs, sexual orientations, gender identities, and backgrounds. In an effort to create an atmosphere which is not conducive to ignorance, discrimination, and intolerance, the club shall make all efforts necessary to provide education and information for all who wish to learn more about the GLBTQA community.
<http://students.seattleu.edu/clubs/triangle/>

QTIIG: Queer Women and Transgender Individuals Interest Group

Queer Women and Transgender Individuals Interest Group (QTIIG) works to build a strong support network for lesbians, bisexual and queer women, and transgender individuals through education, support, and access to community.

Censor This!:

Censor This! is the young people's page printed in the Seattle Gay News, and is a project of MPowerment. It is made by young queer people for young queer people! We are always looking for new writers and artists! Email: censorthiseditor@yahoo.com

Censor This! The young people's page in The Seattle Gay News is looking for new writers!

If you are:

*under 23

*Queer or a Queer ally

*interested in journalism or writing

*Want to earn extra \$\$

Please contact the Censor This! Editor at censorthiseditor@yahoo.com

Censor This! welcomes people of any orientation or gender identity

ACLU AT UW

The American Civil Liberties Union at the University of Washington (ACLU at UW) exists to inform students about civil liberties at a campuswide, statewide, and national level. We also seek to take an active role in identifying individuals or groups who are being deprived of their civil liberties and assist however possible. The UW Chapter is active in civil liberties related events including lectures, film screenings, and debates.

<http://students.washington.edu/acluatuw/>

PUSH MAGAZINE

PUSH! is an all volunteer, queer feminist collective located in Seattle, Washington. Our goal is to create a collaborative, queer, feminist publication that engages our Pacific Northwest community in an ongoing dialogue on issues of politics, activism, identity, and representation. With each issue, we attempt to choose a dynamic theme that inspires multiple voices to reflect, speak out, and keep talking to each other long after the issue has gone to print.

<http://www.pushmagazine.org/>

UW FILM CLUB

UW Film Club is a University of Washington associated organization dedicated to the promotion, appreciation, and production of cinema. We sponsor many projects and events, including screenings of films, discussions, filmmaking contests, and festivals.

UW TACOMA STUDENT LIFE

University of Washington Tacoma Student Life serves as the hub for student leadership and involvement by supporting student organizations, government, and publications.

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