

Sex

Harm reduction is about individuals and communities actively working to protect and support each other's well-being. Safe sex practices are a crucial part of this approach, helping to prevent sexually transmitted infections (STIs) and promote healthy, consensual relationships. Here's how we can all contribute to safer sex, both individually and as a community:

Use Barrier Methods:
Carry and use condoms (internal or external) and/or dental dams to reduce the risk of STIs. Learn how to use them properly to maximize their effectiveness. Protecting yourself also means protecting your partners and fostering a culture of care and respect.

Get Regular STI Testing:
Make STI testing a regular part of your healthcare routine. Encourage partners to do the same and share your status openly.

Practice open communication & CONSENT:
Have honest conversations with your partners about STI status, safe sex practices, and consent. Make sure all interactions are consensual and mutually agreed upon.

Distribute Free Safer Sex Supplies:
Organize or support community initiatives to provide free condoms, dental dams, lubricants, and information on safe sex practices. Access to free safer sex supplies ensures that everyone has the tools they need to practice safe sex, regardless of their financial situation.

Create Safe Spaces for Education and Dialogue:
Host workshops, support groups, or community discussions on sexual health, consent, and harm reduction. Provide a space where people can learn and ask questions without judgment. Safe, inclusive spaces for learning and dialogue empower people to take control of their sexual health, encouraging a community of mutual support and care.

COVID-19

COVID-19 continues to pose a significant threat to public health, and the virus is currently spreading more than ever. It's essential to take proactive steps to protect yourself and others, especially vulnerable community members. Harm reduction during COVID-19 means making informed choices to reduce the risk of transmission while caring for yourself and your community.

Wear a Mask:
Always wear a high-quality mask, like an N95 or KN95, in public spaces, especially indoors or in crowded areas. Masks reduce the spread of respiratory droplets that carry the virus, protecting both you and those around you, particularly in areas with high transmission rates.

Quarantine when sick or exposed:
If you feel unwell or have been exposed to someone with COVID-19, get tested, stay home, and avoid close contact with others. Staying home when sick or exposed prevents the spread of the virus to others and allows you to recover safely.

Get Vaccinated & Boosted:
Ensure you are up to date with your COVID-19 vaccinations and booster shots. Vaccines are effective at reducing severe illness, hospitalization, and death. Getting vaccinated also helps reduce the overall spread of the virus in the community.

Wash your Hands:
Wash your hands frequently with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol if soap and water are not available. Good hand hygiene can prevent the virus from entering your body if you've touched a contaminated surface.

Use Ventilation and Air Filtration:
Open windows and doors to increase airflow when indoors. Use air purifiers with HEPA filters to reduce airborne virus particles. Good ventilation reduces the concentration of viral particles in the air, lowering the risk of transmission, especially in enclosed spaces.



[Cunts4change.org](https://cunts4change.org)

[@c.u.n.t.s.usa](https://twitter.com/c.u.n.t.s.usa)

[Givebutter.com/waterdropatl](https://givebutter.com/waterdropatl)



A quick guide to harm reduction

Abortion

Access to safe and legal abortion is a critical component of harm reduction and community care. It ensures that individuals have the autonomy to make decisions about their reproductive health, reduces health risks associated with unsafe abortions, and supports economic stability by allowing people to plan their futures. Abortion access intersects with various social issues, including economic justice, racial equity, and LGBTQ+ rights, highlighting the need for a comprehensive, inclusive harm reduction approach that addresses systemic inequalities and promotes overall community well-being. Community Actions to Support Abortion as Harm Reduction:

Support and Donate to abortion funds:
Donate to or volunteer with local abortion funds and clinics that provide financial assistance, transportation, and support for those seeking abortions. Abortion funds help remove financial barriers to care, ensuring that everyone, regardless of economic status, has access to safe abortion services.

Inform Yourself and Others:
Educate yourself and others about abortion options, including self-managed abortion, so that everyone can make informed decisions. Share accurate information about legal rights, safe practices, and available resources.

Volunteer at Local Clinics:
Offer your time at local clinics or organizations that provide abortion care, whether it's through administrative support, escorting patients, or helping with community outreach.

Advocate for Comprehensive Reproductive Rights:
Engage in advocacy efforts to protect and expand abortion access and reproductive rights. This includes supporting policies that ensure affordable, safe, and legal abortions for all. Advocacy is key to protecting reproductive rights and ensuring that future generations have access to necessary healthcare.

Address Intersectional Barriers to Access:
Work with organizations that focus on providing abortion care to marginalized communities, such as people of color, LGBTQ+ individuals, and those with low incomes or unstable immigration status.

Drug Consumption

Harm reduction recognizes that people will continue to use drugs and focuses on minimizing the risks associated with drug use rather than punishing or stigmatizing users. It's about safety, dignity, and providing support without judgment. Harm reduction strategies in regard to drug consumption involve:

- **Needle Exchange Programs (NEPs):**
 - *What they do:*
 - Provide clean needles to reduce the spread of diseases like HIV and Hepatitis C.
 - *Why they matter:*
 - EPs prevent infections and often serve as a bridge to other health services.
 - **Supervised Consumption Sites (SCS):**
 - *What they do:*
 - Offer a safe space for people to use drugs under medical supervision, preventing overdoses and connecting people to care.
 - *Why they matter:*
 - SCS reduce overdose deaths and public drug use, improving community safety.
 - **Naloxone Distribution:**
 - *What it is:*
 - Naloxone is a medication that can reverse opioid overdoses.
 - *Why it matters:*
 - Making naloxone widely available saves lives by preventing overdose deaths.
 - **Education on Safer Use:**
 - *What it includes:*
 - Providing information on safer drug practices, such as using clean equipment and not using alone.
 - *Why it matters:*
 - Education empowers people to make safer choices, reducing health risks.

Resources

Georgia Harm Reduction Coalition (GHRC):

- GHRC provides harm reduction services to people who use drugs, including syringe exchange, naloxone distribution, HIV and Hepatitis C testing, and overdose prevention education.
- Visit their website at georgiaharmreduction.org or call (404) 817-9994.

MaskBloc Atlanta:

- MaskBloc Atlanta is a grassroots collective that provides free masks, hand sanitizers, and COVID-19 information to communities throughout Atlanta, focusing on mutual aid and community protection.
- Follow them on Instagram @maskblocatlanta for updates on distribution events and volunteer opportunities.

ARC-Southeast (Access Reproductive Care-Southeast):

- ARC-Southeast supports reproductive justice in the South by providing funding and logistical support to people seeking reproductive healthcare, including abortions. Arc-Southeast also provides free contraceptives at local events and outposts.
- Visit their website at arc-southeast.org or follow them on social media for more information and to get involved.

SisterLove, Inc.:

- SisterLove is dedicated to improving the health and well-being of women and their families, with a focus on HIV prevention, reproductive justice, and sexual health education.
- Visit sisterlove.org or call (404) 505-7777 for more information.

Positive Impact Health Centers:

- Provides free HIV testing, STI screenings, and other health services, with a focus on serving marginalized communities.
- Visit positiveimpacthealthcenters.org or call (404) 589-9040 for information on services and locations.

What is Harm Reduction?

Harm reduction is more than just a public health approach—it's a radical act of community care. At its core, harm reduction recognizes the dignity and autonomy of every individual, no matter their circumstances or choices. It's about creating safer spaces, fostering trust, and building a supportive community that values the well-being of all its members.

Harm reduction is rooted in the belief that every person deserves compassion and respect. It moves away from punishment and instead focuses on understanding people's needs, offering them resources, and supporting them without judgment.

This approach acknowledges that people have the right to make their own decisions and that our role as a community is to reduce the potential harms associated with those decisions, not to shame or isolate.