

## Take care of yourself and the people around you.

Use during certain times  
of the day or week to be  
around when people need  
you.

Try not to use when it will  
interfere with your actions  
or others' .

Be careful with your  
money so there's enough  
for everyone (family  
members, partners, etc.).

## If you're trading sex, be careful.

Trust your instincts about  
partner choices.

Try to get money instead  
of crack in exchange.

Use condoms for all types  
of sex.

## Other tips.

Try to stay in a safe  
setting with people you  
trust.

Use crack from a source  
you trust; smoke only a  
little bit first if you're not  
sure about its purity.

When you want to say no  
to using more, say no.

Keep pace with yourself  
instead of with others.  
Decide for yourself  
whether you want to use  
more.



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SHOULD  
YOU  
CHECK  
UP  
ON  
YOUR  
MONEY

Does Not  
Have to  
Mean  
Losing  
Control  
Of Your  
Life.

Check out some suggestions  
for saving some money,  
keeping a job, staying safe,  
and keeping your life

# Using crack

together. It can be rough. Lots of people lose jobs, spend all of their money, get burned by tricks, or forget about their lives before they used drugs. Many others have managed to smoke

without any of this happening. Did anyone ever tell you that it's possible to control your life while using crack?

Lots of people have told us that they could.

**How?** Check out some of the suggestions they had to offer.

## SOME MONEY TIPS

Try to keep a legal job.

- Arrange when you smoke so you're sober while working.
- Use early enough before work or afterwards.
- Use only on weekends.
- If steady work is too demanding, try temp work.

Balance money you need for crack and for the rest of your life.

- Buy necessities before crack.
- Ask a trusted friend to hold your money.
- When the money you have for crack is gone, stop using.
- Try to open a bank account.

Be careful with your money while you're smoking.

- Savor the first hit. You won't have to spend so much for more.
- Take breaks between hits.
- Touch flame to shooter briefly and move flame along shooter to make a small amount of crack last longer.

## Try to cut down on how often you get high.

Enjoy your first hit for as long as it will last. It's the best one, isn't it?

Avoid areas and people that you smoke with when you're trying not to get high.

Hide drugs or pipes when you're not using them.

Consider drug treatment.

## Maintain control.

Remember your morals and values.

Do not take crack for granted.

Remember that you are a priority.

Take breaks from smoking occasionally.

Believe that you can stop when you want to.