PURRFESSOR'S GUIDE TO SOBER CONSCIOUSNESS





INSIDE PURRFESSOR'S Risk Reduction LAB

Welcome to The Lab

Sober Consciousness isn't about purrfection. It's about awareness, care, community, and having the tools to make informed choices.

Whether you're sober, sober-curious, cutting back, partying safely, supporting friends, or just figuring things out,

YOU BELONG HERE.

The Purrfessor Recommends:

- ☑ Water
- ☑ Electrolytes
- ☑ Snacks + Protein
- ☑ Narcan
- ☑ Test Strips
- ☑ Rest
- ☑ Drink Covers
- ☑ Consent Check-ins
- ☑ Safe Rides Home
- ☑ Location Tracking
- ☑ Angel Shots
  (Ask the bartender for help)

Pawtect one another. Be sober consciousness; purractice risk reduction.

QUIZ & MYTH BUSTING

Circle **TRUE** or **FALSE**

SOBER CONSCIOUSNESS QUIZ:

1. Queer spaces are mostly bars, so there aren't alternatives. **TRUE** or **FALSE**

2. Alcohol helps us cope with stress and discrimination. **TRUE** or **FALSE**

3. New Mexico has the highest alcohol-related death rate in the U.S. **TRUE** or **FALSE**

4. Trans and LGB teens drink significantly more than their cis and straight peers in New Mexico. **TRUE** or **FALSE**

5. Alcohol is linked to more than 200 health conditions and diseases. **TRUE** or **FALSE**

6 Queer culture is connection — not consumption. **TRUE** or **FALSE**

7. Thinking about cutting back doesn't mean something is "wrong" with you. **TRUE** or **FALSE**

DEBUNK

Myth: "You have to drink to fit into queer spaces."

Reality: Queer community existed long before its commercialization by the alcohol industry. Queer connection can happen anywhere — bookstores, parks, cafes, game nights, hiking groups, art spaces, recovery meetings, and community events.



QUEER ACTIVITIES & SPACES



Queer community and connection don't need alcohol to exist.

There are already people building spaces for connection, creativity, and mutual support.

- FIND YOUR PEOPLE
- BUILD NEW TRADITIONS
- TAKE UP SPACE

Soberconscious Activities & Spaces:

- Coffee shops
- Art Markets
- Queer Hiking Groups
- Game Nights
- Craft Nights
- Fitness Classes
- Dance Classes
- Book Clubs
- Volunteer Opportunities
- Drag Shows with Sober Options
- Recovery-friendly Events

SCAN FOR LOCAL QUEER-FRIENDLY SOBER SPACES & EVENTS.

What Even IS Sober Consciousness?

Sober Consciousness means thinking critically about the role alcohol plays in our lives, communities, culture, and survival.

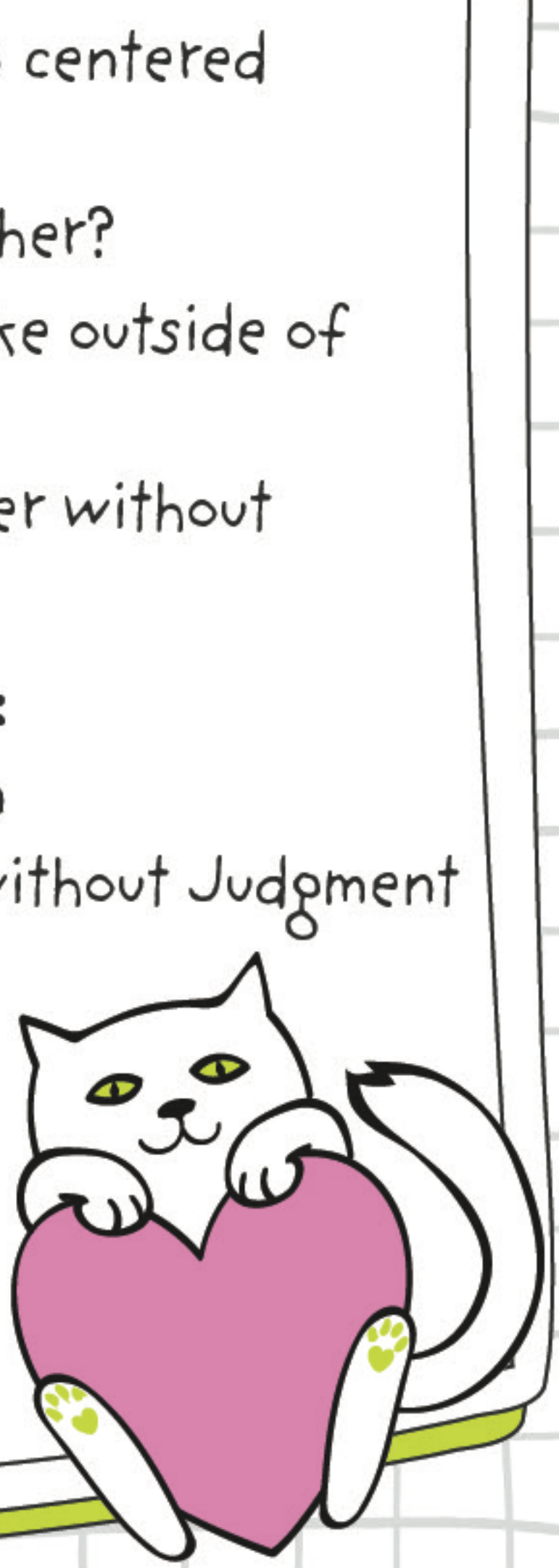
IT ASKS QUESTIONS LIKE:

- Who profits from queer alcohol culture?
- Why are queer spaces often centered around drinking?
- How do we care for each other?
- What does liberation feel like outside of intoxication?
- How can we heal one another without alcohol?

SOBER CONSCIOUSNESS IS:

- Awareness
- Liberation
- Risk Reduction
- Support without Judgment
- Choice

"Sober consciousness is community care."



RECOVERY & SUPPORT

Recovery doesn't look the same for everyone.

- Some people quit completely.
- Some cut back.
- Some are questioning their relationship with alcohol for the first time.
- Some just want safer spaces.

There's no single right way to begin.

HERE ARE SOME RESOURCES TO HELP:

Casa Q- casaq.org

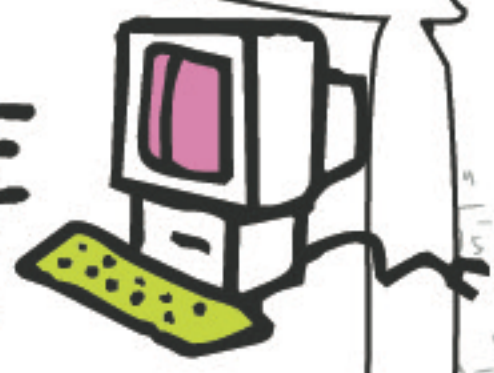
Transgender Resource Center- tgrcnm.org

Turning Point- turningpointtrc.com

SCAN FOR LOCAL AND NATIONAL RECOVERY RESOURCES.



LOCAL QUEER ONLINE COMMUNITY SPACES



Not everyone has safe in-person spaces.

Online communities can help people find support, friendships, events, resources, and reminders that they aren't alone. Digital community still counts.

- **The AlbuQUEERque Group on Facebook** is a great place to inquire about events, meet other queer people, and find additional housing and support resources.
- **The Gay Agenda**- A weekly newsletter showcasing NM queer events, art, culture, resources, and organizing. **healplusnm.org/newsletters**
- **Everywhere is Queer**- an app that shows queer-friendly businesses, services, and events in your area.
- **Transgender Resource Center Online Meetings**- The transgender resource center offers a variety of support groups for different demographics of trans individuals. Find out more at: **tgrcnm.org/groups**



SCAN FOR UPDATED ONLINE QUEER-SAFE SPACES.

Be the Person You Needed.
Be Sober Conscious.

Debunk myths

Build community

Practice risk reduction

Support recovery

Make queer spaces safer for everyone

You don't have to be purrfect to be soberconscious.

LEARN MORE:
LITTLETHINGSNM.COM

