

From Chemsex Check to Chemsex Choices

Low-threshold support at a queer sexual health centre

Jacques Kohl

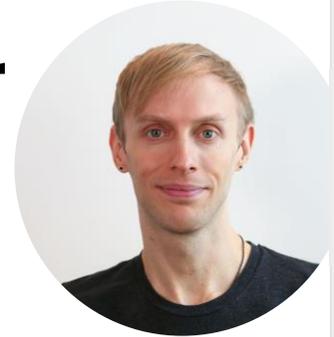


Psychologist

Head of Checkpoint BLN



Christopher Clay



Information Designer

Lived experience



Checkpoint BLN

Queer sexual health
centre

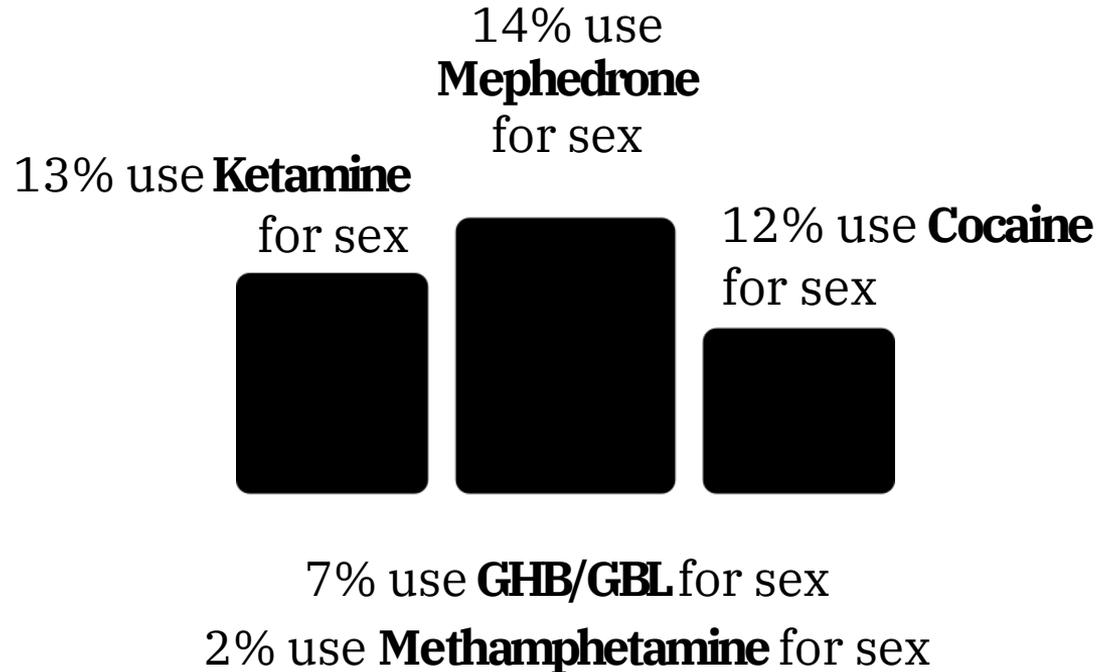


Substance Use & Chemsex among Testing Clients | 2025



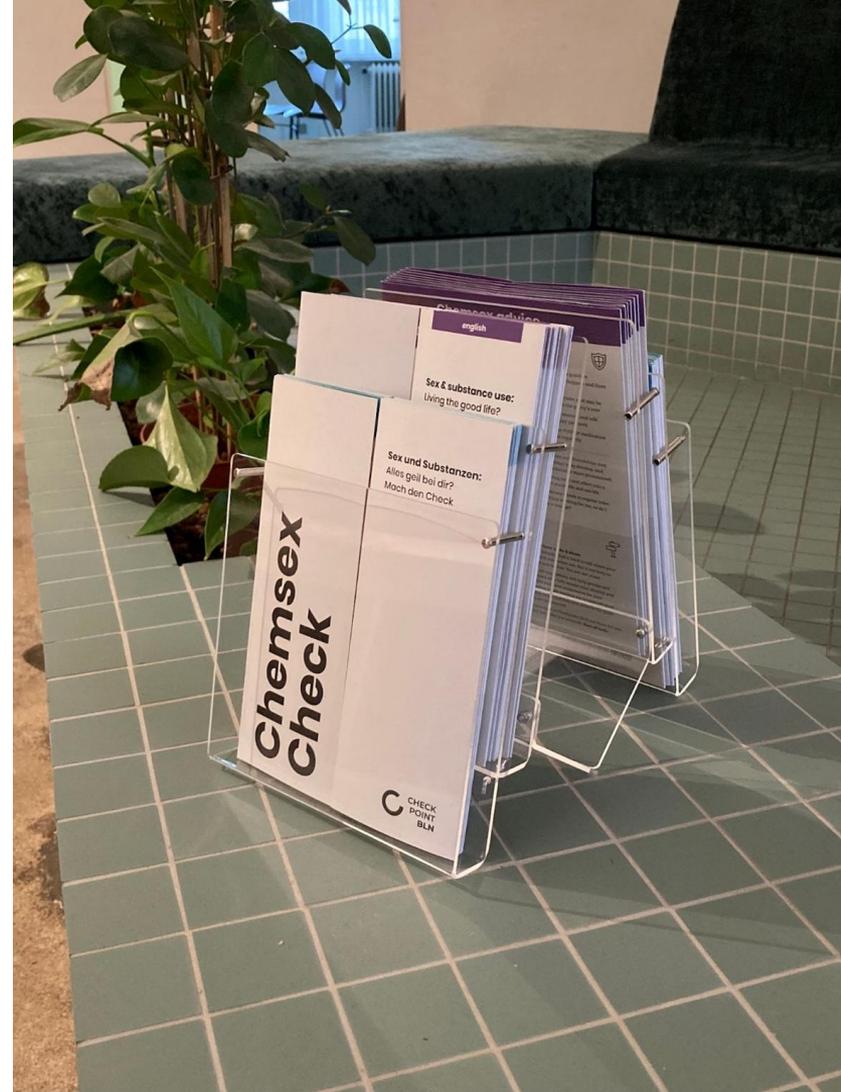
- Of **5,733** people tested for HIV/STIs in 2025, **74%** reported **substance use** in the previous 3 months
- **27%** reported using substances **in a sexual context** in the previous three months

Substance Use & Chemsex among Testing Clients | 2025



Chemsex Check

Self-assessment
exercise



chemsex check

adventure
relief from shame and inhibitions

fun
intimacy

Row by row, circle every statement that currently applies to your substance use in sexual settings.

→ How do you feel about your balance of positive effects and risks?

2 Your red line

Draw a line from left to right that you do not want to cross in the future.

Above = "acceptable to me"
Below = "would prefer to avoid"
The line doesn't have to be straight.

→ What strategies can help you stick to your line? Are there any particular issues you want to address?

→ Which of your chemsex partners share your boundaries?

Chemsex Check

What next?

In connection with chemsex, I'm experiencing...

adventure	relief from shame and inhibitions	sex is more enjoyable than ever	self-confidence boost	I feel like part of a community	meaningful new friendships	I'm also enjoying sober sex more now	It's less important for me than it used to be	
I have a fulfilling sex life	I'm also enjoying my sober life	the amount of chemsex in my life is stable	situations that I later regret	sometimes I keep going for 2-3 days	It's getting more prominent in my life	It's affecting my looks	low mood & low energy lasting several days	I feel ashamed of my chemsex
I combine G + alcohol	I'm not sure everything was consensual	I share needles or injecting equipment	I've missed days at work/uni	problems with sleep/irritability/anxiety	I can't think about anything else	I don't solve my problems	all my etc.	problematic substance, go home at 11pm, plan for this weekend, book a taxi, delete certain apps/contacts...
I combine poppers + Viagra	I've overdosed on G	I've overdosed on G several times	I've needed emergency medical attention	violations of consent	I was diagnosed with HIV			talk about it?

I've neglected some former hobbies

I'm seeing old friends less

I forget my PrEP or HIV meds now & then

I worry for some of the people I encounter

I've missed days at work/uni

problems with sleep/irritability/anxiety

I've needed emergency medical attention

violations of consent

My chemsex goal:

e.g. more self control / less frequent sessions / abstaining

Today/from now on, I will

Additional positive effects:

Additional negative effects:

→ schwulenberatungberlin.de

chemsex check

How it works:

Chemsex Check

What next?

Who is this for?

Chemsex is the use of libido-increasing substances during sex – especially when people use “G” (GBL/GHB), mephedrone or 3-MMC, “Tina” (crystal meth) and/or “Monkey Dust” together at private parties in queer scenes.

If chemsex is a habit of yours, this exercise can help you weigh its pros and cons and define your personal boundaries.

1 Where you're at

Row by row, circle every statement that currently applies to your substance use in sexual settings.

→ How do you feel about your balance of positive effects and risks?

2 Your red line

Draw a line from left to right that you do not want to cross in the future.

Above = “acceptable to me”
Below = “would prefer to avoid”
The line doesn't have to be straight.

- What strategies can help you stick to your line? Are there any particular issues you want to address?
- Which of your chemsex partners share your boundaries?

In connection with chemsex, I'm experiencing...

adventure	relief from shame and inhibitions	sex is more enjoyable than ever	self-confidence boost	I feel like part of a community	meaningful new friendships	I'm also enjoying sober sex more now	It's less important for me than it used to be
fun	intimacy	I am in good, caring company	I generally stick to my plans and boundaries	It generally leaves me feeling satisfied	I have a fulfilling sex life	I'm also enjoying my sober life	the amount of chemsex in my life is stable
I spend a lot of time looking for it	frequent bacterial STIs	I've neglected some former hobbies	I'm seeing old friends less	sex acts that I'm not really into sober	situations that I later regret	sometimes I keep going for 2-3 days	It's getting more prominent in my life
GBL/GHB more than once a week	Mephedrone or 3-MMC more than once a month	I forget my PrEP or HIV meds now & then	I worry for some of the people I encounter	I meet some people because they share drugs	It's affecting my looks	low mood & low energy lasting several days	I feel ashamed of my chemsex
I take G without exact dosing and timing	I share straws or pipes	Tina or Monkey Dust regularly	It's affecting my relationship with my partner	I need a higher dose than I used to	I don't have sober sex	all my closest friends engage in chemsex	I want to make a change
I'm not protecting myself against HIV	I forget my PrEP or HIV meds regularly	I inject (slam)	chemsex (just about) every weekend	my focus has shifted from sex to being high	I also use alone	I redose until I run out	I've tried to make changes but failed
I combine G + alcohol	I'm not sure everything was consensual	I share needles or injecting equipment	I've missed days at work/university	problems with sleep/irritability/anxiety	I can't stop thinking about it	episodes of paranoia, hallucinations	I use GBL/GHB 24/7
I combine poppers + Viagra	I've overdosed on G	I've overdosed on G several times	I've needed emergency medical attention	violations of consent	I was newly diagnosed with HIV	lost my job/dropped out of school	suicidal thoughts

Additional positive effects:

Additional negative effects:

My chemsex goal:

e.g. more self control / less frequent sessions / abstinence

Today/from now on, I will

e.g. quit my most problematic substance, go home at dawn, make other plans for this weekend, book a counseling session, delete certain apps/contacts...

Want to talk about it?

At **Checkpoint BLN** we're happy to discuss any thoughts and feelings you have about your sex life and your substance use.

Bring it up with our counselors, or book a specific appointment online:

→ checkpoint-blm.de

Open queer support groups

No sign-up required – just drop by sober:
Schwulenberatung Berlin (Gotenstraße 51)

- Wednesdays 17:30 in English
- Mondays 18:30 in German

→ schwulenberatungberlin.de

Principles



reach users at
all stages



acknowledge
positive aspects



facilitate user's
own judgment



casual, playful
approach

Goals



encourage taking stock



strengthen boundaries

signal approachability

Adaptations



exæquo

FR

RFSL

STOCKHOLM



SE



HEIN & FIETE

Der schwule Checkpoint

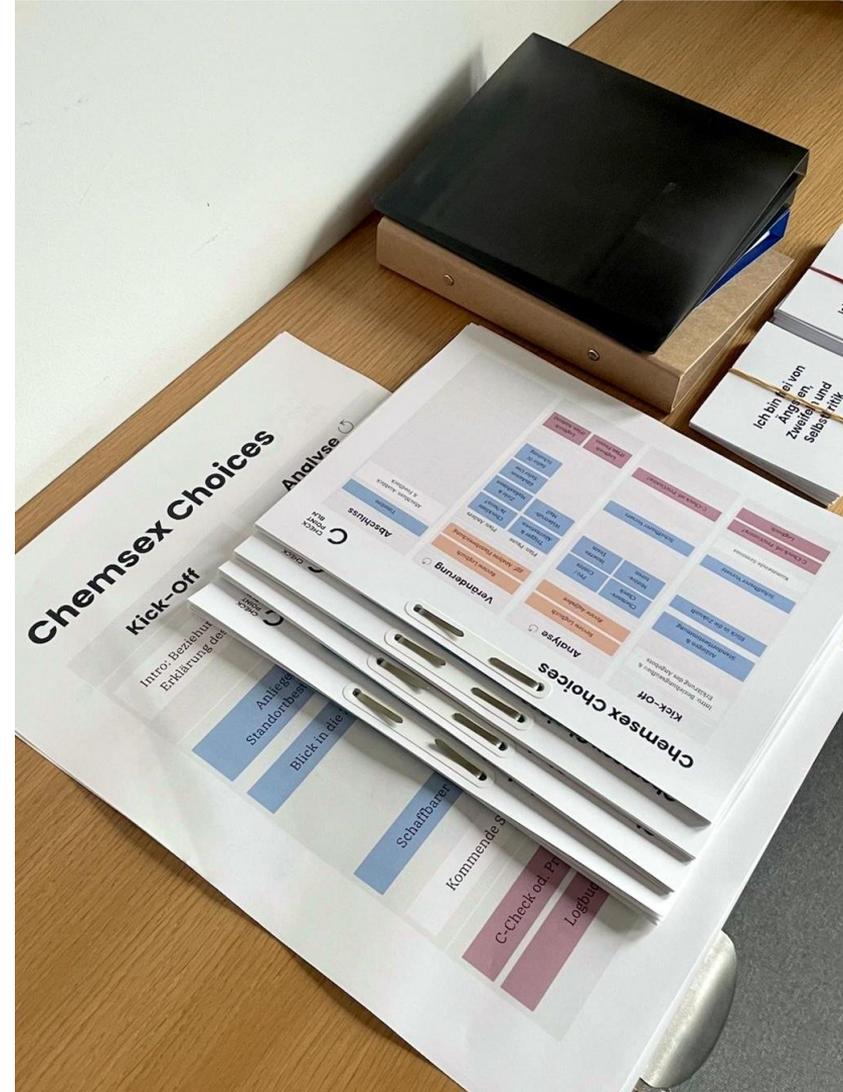
KOSI.MA

Zentrum für sexuelle Gesundheit
Mannheim

→ <https://checkpoint-bln.de/chemsex-check/>

Chemsex Choices

Upcoming structured counselling series



Chemsex Choices



structured
counselling series



not abstinence-
oriented



patient empowerment
and agency



integrative methods
MI-based



Possible Chemsex Choices:



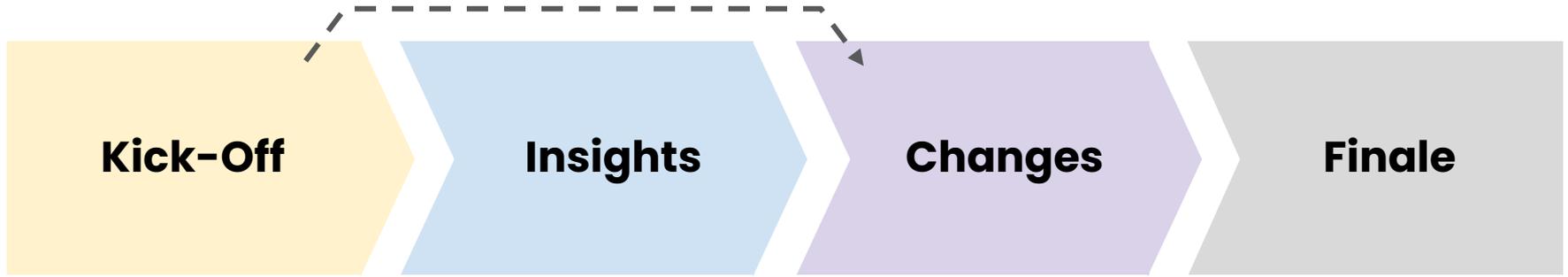
Chemsex “light”
(safer / more moderate)



Chemsex Pause



Client workbook



 **Assessment**

 **Chemsex Check**

 **Pause**

 **Milestones**

 **Imagine a future**

 **Motivators**

 **Light: Yes or No?**

 **In the right direction**

 **Pros & Cons**

 **Light: Timeline**

 **Logbook**

 **Internal Team**

 **Opt out email**

 **Plan Deviation**

Motivators

My HIV status
isn't an issue

I feel sexually
self-confident

I feel desired
and appreciated

I can explore
special kinds
of sex

Chemsex Choices — Methode Motivatoren



Material: Kartenset Motivatoren, [Mappe Motivatoren](#)

Auf diesen Karten stehen mögliche Motivatoren für Chemsex können, Chemsex zu haben, oder die sie daran besonders ver

1 Aussortieren

Gehe die Karten durch und teile sie in zwei Stapel:

1. **Trifft auf mich zu:** Deswegen habe ich Chemsex besonders erfüllend
2. **Trifft nicht zu / ist mir nicht wichtig**

2 Top 5

Breite die auf dich zutreffenden Karten auf dem Boden nach ihrer Relevanz/Wichtigkeit. Identifiziere die Top 5 Karten (es gibt jedoch kein strenges Limit).

Review

1 Dokumentation

Klient:in macht ein Foto und/oder dokumentiert

2 Analyse

- Welche Erkenntnisse konntest du gewinnen?
- Fallen dir weitere Motivatoren ein, die du nicht auf den Karten gefunden hast?
- Welche dieser Bedürfnisse erfüllt für dich Chemsex?
- Wie wichtig sind dir diese Gefühle im Kontext deiner Lebensplanung?

Meine Motivatoren für Chemsex:

Motivator	Gedanken dazu
1	
2	
3	
4	
5	

Thank you

j.kohl@checkpoint-bln.de

c.clay@checkpoint-bln.de