

## Negotiation skills

**Source:** *Stover, H., Trautmann, F. (2001). Risk reduction for drug users in prisons. Trimbos Institute, The Netherlands.*

Apart from all kind of individual 'technical' problems, drug users can run into situations where problems have to be sorted out with other drug users. This exercise tries to raise this subject of solving problems together.

**Objective:** Preparing drug users for high risk situations.

**Duration:** 30 to 60 minutes

**No. of participants:** Minimum 4, maximum 20

**Material needed:** At choice: a flipchart to write down reactions/solutions

### Exercise outline:

- The trainer splits the group in smaller groups of about 5 people
- Each group gets one or two high risk situations (giving different groups the same situation might lead to interesting comparisons).
- The participants are asked to present and discuss possible solutions, and to decide on the safest solution.
- In the plenary discussion the solutions found are compared and discussed
- The trainer corrects mistakes and presents alternatives not mentioned by participants.

### High Risk situations:

- Two people have 1 gram of cocaine. It is nearly time to go back your cell and you have only one syringe available. How do both get a 'hit' and not get infected?
- One portion of drugs, two people each with a used syringe of their own and willing to share the drugs equally.
- Two cell mates and 1/2 gram of heroin. It is 06.00 am and both are getting sick. The medical unit will open at 08.00 am and you do not have any needles around.
- Three inmates take a good shot of heroin, all with their own (clean) needle. They get really stoned for a while. Then they want to take another 'hit' but they are not sure whose syringe is who's.
- Let the participants introduce a high risk situation which has been settled in a safe way.



- Let the participants introduce a high risk situation which could not be settled in a 100% safe way.



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