



*Christopher Honeywell*

# RAVE ETHICS

Rules of the Rave:

1. Ethical behaviour
2. Safety
3. Fun

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2013*



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**NO FLASH ON THE DANCE FLOOR.**



**BY TRYING TO CAPTURE THE MOMENT  
YOU END UP RUINING IT.**

**THINK BEFORE YOU FLASH.**

\*\*THIS MESSAGE BROUGHT TO YOU BY THE INTERNATIONAL DRESS2SWEAT ALLIANCE.

[guidelines to respectful flirting and safer dancefloors]

Hi! I'm your average party-girl, an extrovert that loves meeting new people and experience music in a group. Even so, after spending a while on the electronic music scene, my experience at parties has made me distant, anxious and sometimes aggressive. I love dancing for hours, and am not too bad at it; I have a very intimate and sensual relationship to music that gets me in a very precious and delicate state of trance. I actually can't flirt on a dancefloor - my attention is already fully taken, as cheesy as it may sound. This particular feeling I get when I dance is very communicative; people can tell my emotion and often tell me it touched them a lot (sweet!).

SAFE SPACES MAKE BETTER PARTIES  
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This same intimate feeling, however, has made a lot - AN AWFUL LOT - of dudes feel very entitled to that emotion, probably thinking that if I was letting myself being so visible and vulnerable at the same time, it was because I was looking for a) them to stop me from dancing and talk to me b) their hands on my body c) their dick against my butt - well NO!!! These intrusive, entitled and often violent behaviours have had serious impacts on the way I party and on my mental health, as well as on the general quality of the parties and spaces this happened in. Here is how it influenced my behaviour on a dancefloor (and surely the one of other people as well), and how you can check if your flirting approach is respectful or invasive

HARRASSMENT ARE VERY REAL IMPACTS OF DANCEFLOOR SEXUAL HARRASSMENT ARE VERY REAL

Party promoters, you don't want your guests acting like I do now, so make sure your space is a safe one.

**I never look more than 1m away from my feet when I dance**

because I'm afraid to accidentally make eye contact with a guy that has been staring at me, waiting for that occasion to interrupt me/come closer and touch me/start following me around.

**I dance at the back or in big circles**

If I'm being stared at or chased, I'll feel like I have to run away or be less visible in order to stay safe, instead of just keeping this spot I like and staying with my friends.

**I don't answer to guys talking to me**

I'm so distrustful of guys on a dancefloor that I will, most of the ne, not even answer to them if they ask me for the time, tobacco or whatever else. I literally think that every (male) stranger that interacts with me does it for their sexual interests. The huge extrovert I am turned into a cold and distant person because of the hypersexualisation I've experienced.

**I panic if a guy I don't know talks to me/touches me from behind or as my eyes are closed**

The panic is very intense, I can cry, and then get very aggressive. I might not be able to focus on the music again, and my night will be ruined.



**Impossible to focus on the music on a packed dancefloor**

I'm always expecting a guy take advantage of the situation and get very anxious, aggressive and paranoid.

**I can't close my eyes while dancing**

Once again, I'm afraid guys will take advantage of my guard being down. It's happened that I've reopened them to a guy dancing an inch away from my face, putting his arms around me without touching me, but still in a very dominating and intrusive position.

**I quit parties way before I wanted to**

Often, after spending three hours dancing in a circle, politely refusing, ignoring, hiding myself, I just get tired of it and can't enjoy myself anymore, so I leave. When these things happen, I of course tell my friends, or even the doorman, which often answer "Just tell him to fuck off", "Yeah, he's pretty drunk" or laugh like it was a joke. I've had to physically push guys away, seize them by the collar to threaten them that the next time they touch me, I'd break their nose and rip their balls off, or to yell at them crying that they're scaring the shit out of me. And they still wouldn't stop. And then, when I got to that point, that same doorman and these same friends would tell me "Aren't you overreacting?" "You could've asked for help if you really needed it." and the classic "No need to be so dramatic, you're ruining the party". So because there is often no one to defend me, and I feel pressured not to defend myself, I just quit.

IMPACTS OF DANCEFLOOR SEXUAL HARRASSMENT ARE VERY REAL IMPACTS OF DANCEFLOOR SEX

# HOW TO HIT ON A HUMAN BEING

[Forget Roosh V and other pick up artists, here's the real safe way to approach a person you like at a party:]

## **Be visible!**

You don't need to take anyone by surprise. Make sure the person saw you before getting closer or talking to them.

## **Ask for consent**

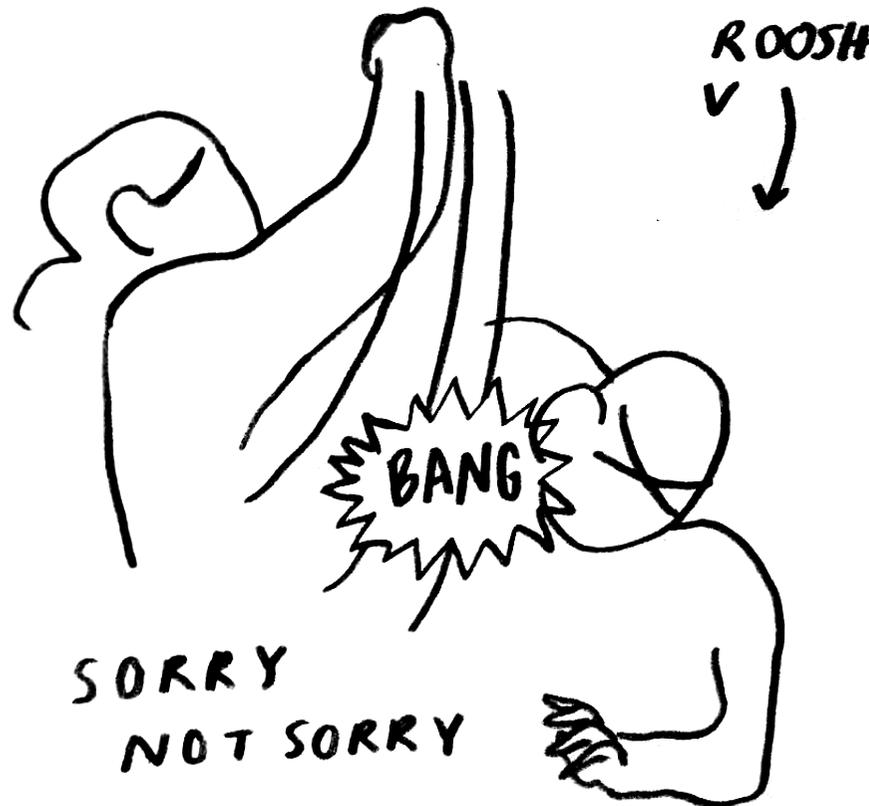
I think the hottest thing a guy ever told me was "May I kiss you?"

## **Don't interrupt someone dancing**

If the person seems super concentrated on the music, they're not receptive to a stranger breaking that moment to talk about where they went to high school. We all have the right to enjoy live music.

## **Leave them chances to express their limits, and respect them**

Someone might want to smile at you, but not talk to you. They might want to dance with you for a few minutes, but not all night long. They might be down to kiss, but not make out or go back home with you. Keep that in mind, and make your intentions clear before making any move further. Make sure they understood where you are going, and take a moment to leave them the possibility to turn their face away/walk away/say no. And of course, respect what they expressed. Don't worry; if they walked away and you didn't chase them or pressured them to stay, they may come back to you if they want this to go further.



## **Don't stare**

You can look at someone. You can look often. But if you've been staring non-stop for five minutes, let me tell you, this person has very well seen you and is ignoring you on purpose - stop it.

## **Don't follow**

If you've gotten closer to a person dancing and they walk away, it is by no means an invitation to insist and follow them.

## **If the person is wasted, take care of them, don't sleep with them.**

If they can't take care of themselves, are confused, or have trouble communicating, they definitely cannot give consent. That's rape. You don't want that. Keep an eye on wasted people if you can, predators are everywhere.

## **Take people seriously when they tell you someone makes them uncomfortable and make sure that dude leaves**

Don't let them get to the point where they have to punch the guy in the face by themselves - and if they do, support them. Party promoters: make sure you have a talk with your doorperson and that they understand their job is to make the space safe for everyone and prevent that punch in the face from happening

*Éliane Thivierge & Marie Chalifoux*



SLUSH

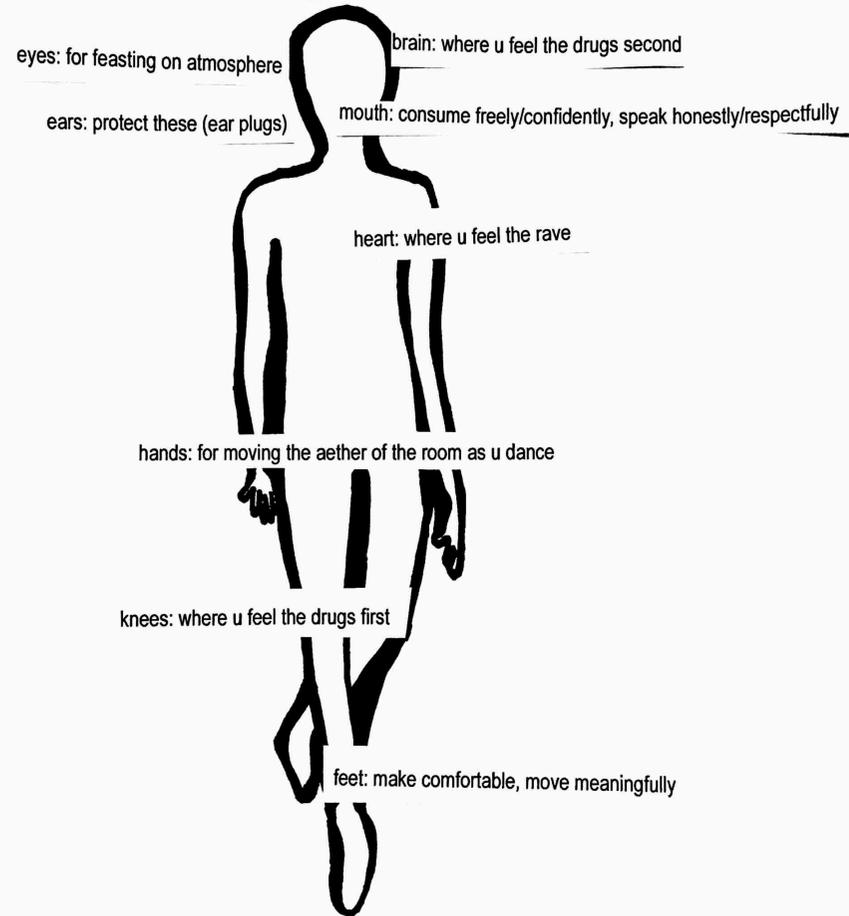
[slushb.com](http://slushb.com)



*Craving includes  
Respect for the women  
yourself/everyone*

*Kelsey Prusa @kelseuit*

*your rave body*



*Bee Hill*



*Sonia Bazar  
soniabazar.net*



## On the Importance of Free Water at the Rave

by Hydra

Water is a natural presence at the rave (Fig.1). Water molecules literally *never stop dancing*<sup>1</sup>, a level of rave devotion we as humans can only dream of<sup>2</sup>. They are also essential to the finite amount of dancing we are capable of doing; the average person sweats about 1 liter of water per hour during exercise<sup>3</sup>. This means that if you are at Berghain for 17 hours, you should consume 17 liters or  $5.1 \times 10^{26}$  lil' dancing molecules of water. Although it should be the law to give away free water without charge to all rave attendees, this is not always the case. Promoters and club owners can contribute to the fun and safety<sup>4</sup> of partygoers by offering free tap water to ravers, whether or not they legally have to. Of course, many bartenders fear they would make no money if they gave away free water, since "most people who come here are on drugs"<sup>5</sup>. So, thirsty ravers are encouraged to tip, since bartenders earn most of their wages from tips<sup>6</sup>.



Figure 1: Rave cat.

<sup>1</sup>Except of course at absolute zero, which, if we ever manage to get to it, will not be at a rave.

<sup>2</sup>yet another advantage of being a cyborg

<sup>3</sup>from some uncited running blog

<sup>4</sup>see page 2, *Rules of the Rave*.

<sup>5</sup>um ya

<sup>6</sup>until we crush capitalism.

online from a variety of sources such as DANCESAFE.ORG. A worthwhile investment in your own safety & health! Go in on it with some friends to rave onward in confidence & safety! Plus, it's fun to do!

### --CAREFUL WITH COMBOS

A lot of drugs combine well with each other. A bunch do not. A few combos are very dangerous & could kill you or throw you in a coma. Exercise extreme caution with new combinations! There are some good interaction charts out there (see: [LINK]). In general, psychedelics & weed are quite safe. Ketamine & GHB are often quite dangerous to combine with other things. Ecstasy & amphetamines can be complicated. Do yourself a favour & err on the side of caution here.

Do your research, share your knowledge, stay in touch & check in with your friends, & DANCE HARD! HAPPY HORIZONS 😊

## a brief guide to rave wellness ~

hey there,  
deadlift here with some tricks of the trade to enjoy your next rave !

in my experience, preparation is key to minimising mental, physical, and spiritual burnout.

### 1. assess

before the rave, whether weeks, months, days, or hours ahead, take a few moments to consider why it is you're interested in attending and what the experience might mean to you. it's also good to think about logistical things - what's the most chill and safe way for me to travel there and back? who will be there to dance with?

### 2. recipe

concoct your rave recipe. how do you feel like raving this time round? do you want to jack your body all night or just for a few hours? do you want to remain sober or are you interested in something that alters your physical or mental state?  
let yourself be open to changing your mind.

### 3. recharge

consider taking some time to rest before you rave. disco naps might work for you, or just taking some time to yourself before being in a place with many others could also help.

### 4. refuel

it's probably a good idea to drink plenty of water and eat a relatively healthy meal. consider your rave recipe and adjust accordingly. my most effective pre-rave fuel to date is a steak and a club mate. get some good protein & carbohydrates in you before you dance the night away !! an anti stress tincture (such as one with rhodiola and holy basil) and some vitamins (C + D are a good place to start) could be a nice boost to your fuel.



### 5. rave

u know what to do ;))

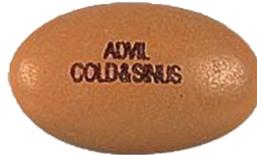
### 6. return / post-rave & rest

find a safe way home or to a friend's. somewhere comfortable for a proper rest.

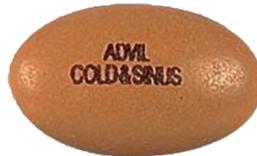
try to eat something healthy, a banana is my go-to but i've gone through the trouble of making kale chips a couple times which was well worth it! take a multivitamin and perhaps some magnesium, which i find helps with jaw-related post-rave weird stuff.

do whatever it takes to chill out - more music? more dancing? a book or a movie? even if you can't sleep, get horizontal and allow your mind to be still.

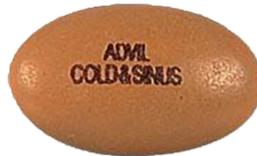
~ i am not a spiritual / medical professional so do your thang ~  
any questions / comments / love letters / post-rave euphoria notes - [sup@djboyzclub.org](mailto:sup@djboyzclub.org)



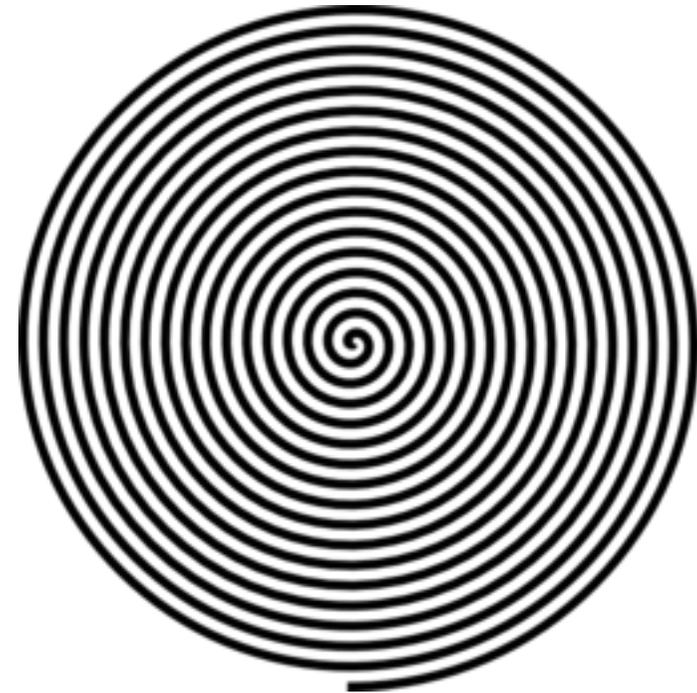
*Contact: [ursula.xanadu@gmail.com](mailto:ursula.xanadu@gmail.com)*



*Thank you 1000 times to all contributors*



*Take responsibility for the energy you bring in-to the space*



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