

**BORING
LITTLE
GIRLS
CLUB**

SOBER SUPPORTERS GUIDE

**TIPS & TRICKS TO
SUPPORT FOLKS
LIVING A SOBER LIFE**



**THE MISSION OF THE
BORING LITTLE GIRLS
CLUB IS TO CREATE AND
FOSTER A COMMUNITY OF
SOBER WOMEN, TRANS
AND NON-BINARY FOLKS
WHO HAVE FUN WITHOUT
ALCOHOL & DRUGS**

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The BLGC defines:

1: SOBER SPACE

as 100% alcohol and drug free. there is zero tolerance for coming to any BLGC hangout under the influence of any substances

2: SAFER SPACE

as inclusive of all races, gender, age, abilities, sexual identity, religion and socioeconomic standing. there is zero tolerance for any form of discrimination, hate or violence

**ALL BLGC HANGOUTS WILL BE
SAFER SOBER SPACES**

WHAT IS A SOBER SUPPORTER?

sober supporters help in creating, advocating and upholding safer, sober spaces.

they intentionally choose to support sobriety by making the effort understand what those living a sober life are experiencing.

sober supporters may not have lived experiences with substance struggles however know how societal norms impact sobriety.

AS A SOBER SUPPORTER, BE AWARE OF:

- societal norms around alcohol and how they impact individuals that are sober
- having an empathic lens to addiction, sobriety, recovery, etc
- boundaries that may need to be set to create safety for the sober person
- honouring commitments
- potential situations where there could be an activation/harm for an individual

ALCOHOL RELATED SOCIETAL NORMS

alcohol related societal norms are the expectations and rules that society places upon us in regards to alcohol including (but not limited to) use, pressure, culture, etc.

recognizing and discussing alcohol related societal norms can lead to a greater understanding of substance use habits, needs, boundaries, etc. it also can lay the framework for creating safer spaces for sober folks.

SOME EXAMPLES OF ALCOHOL RELATED SOCIETAL NORMS :

DRINKING OR USING AS A FORM OF SELFCARE

- for example: having a glass of wine, beer or bud to unwind at the end of the day
- it can be self-care for some but it's definitely not for someone with substance use issues or a sober person

IT'S THE FAULT OF THE PERSON WHO HAS AN ISSUE WITH SUBSTANCES

ALCOHOL SPONSORSHIP OF SOCIAL EVENTS

NEED FOR ALCOHOL AT ANY GIVEN EVENT

GLORIFICATION OF ALCOHOL AND DRUG USE IN POP CULTURE

ASSUMING EVERYONE HAS A HEALTHY RELATIONSHIP WITH ALCOHOL

YOGA AND WINE

DRINKS AFTER WORK

DRINKING GAMES

ASSUMING EVERYONE DRINKS

CAMPING AND DRINKING

TO HAVE FUN YOU NEED TO DRINK

BARS & RESTAURANTS AS THE MOST COMMON AREA TO GATHER/SOCIALIZE

'LET'S GRAB A DRINK'

- common suggestion for as an ice breaker in any social situation
- for example: dates, first time spending time together

RECREATIONAL SPORTS LEAGUES BEING CLASSIFIED AS 'BEER LEAGUES'

**HOW TO
SUPPORT
FOLKS
LIVING
A SOBER
LIFE**



SO YOUR FRIEND/FAMILY MEMBER/ACQUAINTANCE IS SOBER...

WHAT DOES THAT MEAN FOR YOU?

folks get sober for a multitude of reasons... they are not broken or bad or defective. they are choosing to live their lives in a different way.

OPENING THE DISCUSSION

- touch base with them about how you can best support them. each individuals needs may be different
- have a conversation around their boundaries with alcohol and drugs. for example: are they ok with you drinking around them, are they comfortable going out to an event where alcohol is served?
- be open minded and accepting of how people are being sober. there is no one 'right way' to be sober

as a sober supporter, it is important to have these conversations while sober and more than once as individual needs change

TO DAY

DAY

DO'S &

DON'TS

DON'T TAKE IT PERSONALLY IF SOMEONE SAYS NO TO YOU, WHETHER IT'S GOING OUT, OR HAVING A DRINK , ETC.

INSTEAD :

- recognize and be mindful of the fact that their sobriety is not about you
- touch base with that person around their boundaries and if you crossed one
- move forward and be thankful that individual trusts you enough to set a boundary with you

DON'T PRESSURE FOLKS
just don't do it.

INSTEAD :

- touch base with that person around how you can most support them in their sobriety
- accept that that person is saying no to you and move the fudge on

DAY TO DAY

DO'S & DON'TS

DON'T ASSUME THAT FOLKS WHO ARE SOBER ARE JUDGING YOU FOR DRINKING OR USING

INSTEAD :

- recognize and be mindful of the fact that their sobriety is not about you
- recognize and appreciate that they are making positive changes for themselves

DON'T ACT LIKE IT'S A DEVASTATING LOSS WHEN SOMEONE CAN'T OR WON'T DRINK OR USE

INSTEAD :

- normalize not drinking and using around that person or when you go out (ie: stay sober for a night out!)
- don't make a big deal out of that person's sobriety, instead touch base around what that person needs from you as a sober supporter



IF YOU'RE GOING OUT

touch base with your sober friend about what their needs are. we move through a world that tells us that substance use is expected and necessary. everyone's experiences are different and it's so gosh darn important to honour that. some folks may need more support, some may need less, but regardless it is always important to check in!

THINGS YOU CAN DO

- show up on time
- if you've made the commitment to stay sober, honour it!
- create a signal with your friend for them to communicate to you if they're feeling uncomfortable or unsafe
- create a 'Going Out Plan' with your sober friend and stick to it!

CREATE A 'GOING OUT PLAN'

a 'Going Out Plan' is a super great tool to help create safety for your sober friend. especially in early sobriety, when we're learning how to move through the world without substances.

- a 'Going Out Plan' should include:
- having an exit strategy
- a timeline of the night
- what the sober person needs in terms of support
- what you are committing to in order to support that individual (make sure to be clear so that everyone feels comfortable with the plan)

CONTENT



WARNINGS

in the day and age of the internet we should all be mindful of the content that we are putting up on social media.

for someone living a sober life it can feel personal when friends and family are posting content involving alcohol and/or drugs. no one is asking you not to post it but to pause and think how that individual might feel about the content.

if you're going to be posting about alcohol, drugs or substance use, please let folks know that's what you'll be discussing. it can be jarring and/or activating to be sober and see memes or posts glorifying substance use or joking about 'being an alcoholic'

content warnings (also called trigger warnings) are placed before any possibly activating content and are denoted with **CW: type of content** (in the case of trigger warnings - **TW: type of content**)

content warnings allow for folks to either prepare themselves for the content or choose to skip the content all together

living in sobriety can be isolating for folks. think about actions you can take that say, "hey, I love and support you and want you to live a healthy, happy life" or "what can I do to make things safer for you?".

you don't have to be perfect or try to protect someone from everything and anything that could hurt them. all you need to be is a good friend.

remember, that just like you, things change from day to day and person to person. this guide is meant to inspire you to connect with your sober friends, family members or acquaintances in a meaningful way that works for them. the tips and tricks in this guide are what our sober members have found helpful from their sober supporters. always make sure to check in with the person to make sure that their needs are being met.

**IF YOU ARE UNSURE ABOUT HOW BEST TO BE
A SOBER SUPPORTER, REACH OUT TO OUR
CAPTAIN OF SOBER SUPPORTERS, REBECCA AT
CSS.BORINGLITTLEGIRLSCLUB.COM**

RESOURCES

MENTAL HEALTH

CANADA

- Kids Help Phone (24/7) 1 800 668 6868
- Canada Suicide Prevention Service (24/7) 1 833 456 4566
- Crisis Text Line (24/7) text TALK (English) to 686868 or TEXT0 (French) 686868
- First Nations and Inuit Hope for Wellness (24/7) 1 855 242 3310
- Trans LifeLine (24/7) 1 877 330 6366
- HealthLink (except ON) (24/7) 811

PROVINCIAL

- BC Crisis Line (24/7) 1 8000 784 2433
- Distress Centre Calgary (24/7) 403 266 4357 (AB)
- The Support Network Distress Line (24/7) 1 800 232 7288 (AB)
- Saskatoon Crisis Service 24/7 306 933 6200 (SK)
- Regina Crisis Service (24/7) 306 525 5333 (SK)
- Mental Health Crisis Service (24/7) 1 888 310 4593 (MB)
- Mental Health Help Line 1 866 531 2600 (ON)
- Nunavut Kamatsiaqtut Help Line 1 800 265 3333
- Quebec National Crisis Line 1 866 277 3553
- Chimo Helpline (24/7) 1 800 667 5005 (NB)
- Crisis Intervention & Crisis Management 1 888 429 8167 (NS)
- Mental Health Crisis Centre 24/7 1 888 737 4668 (NL)
- Island Helpline (24/7) 1 800 218 2885 (PEI)
- Distress and Support Line (24/7) 1 844 533 3030 (YK)
- North West Territories Help Line 1 800 661 0844
- Nunavut Kamatsiaqtut Help Line 1 800 265 3333

ONLINE RECOVERY MEETINGS

- AA - aa.org
- Smart Recovery - Smartrecovery.org
- Refuge Recovery - Refugerecovery.org
- In the Rooms - Intherooms.com

ADDICTION

- Healthlink (EXCEPT ON) 811
- Alcohol & Drug Information Referral Service 1 800 663 1441 (BC)
- Addiction Helpline (24/7) 1 866 332 2322 (AB)
- Addictions Helpline 1 855 662 6605 (MB)
- Addiction, Mental Health and Problem Gambling Services (ON) 1 866 531 2600
- Drug: Help & Referrals (24/7) 1800 265 2626 (QB)
- Addiction Services 1 866 340 6700 (NS)
- Addiction Services 1 888 299 8399 (PEI)
- Mental Wellness and Substance Use Services 1 866 456 3838 (YK)

DOMESTIC VIOLENCE

- VictimLinkBC 1 800 563 0808
- Alberta Provincial Abuse Helpline 1 855 443 5722
- Domestic Violence Crisis Line 1 877 977 0007 (MB)
- Assaulted Women's Helpline 1 866 863 7868 (ON)
- SOS Violence Conjugale 1 800 363 9010 (QC)

for more resources please visit our
website at www.boringlittlegirlsclub.ca



#SOBERBABESQUAD

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