


What do you know
about drugs?



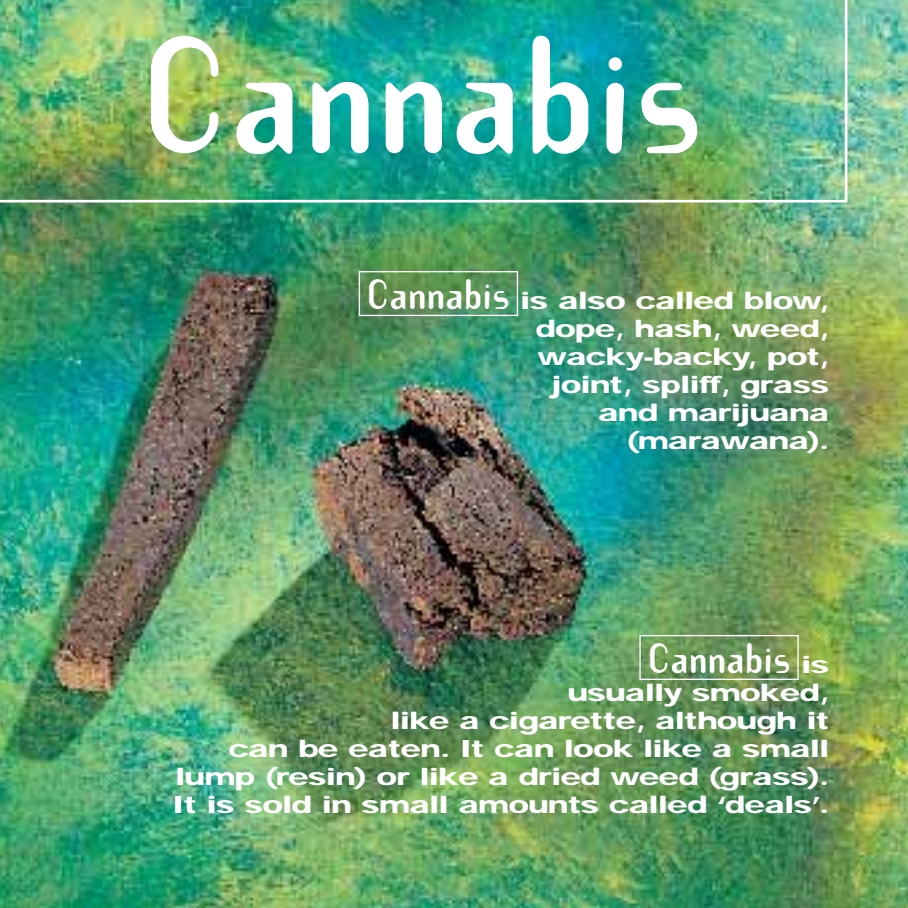
Your Body
Your Life
Your Choice



[Are You
Tempted?]

Don't you think
you should know
the facts first?...

Cannabis



Cannabis is also called blow, dope, hash, weed, wacky-backy, pot, joint, spliff, grass and marijuana (marawana).

Cannabis is usually smoked, like a cigarette, although it can be eaten. It can look like a small lump (resin) or like a dried weed (grass). It is sold in small amounts called 'deals'.



Cannabis can sometimes make you feel relaxed and can make you want to talk a lot. It might make you start to laugh.

Cannabis can also make you feel scared, sick, forgetful and do real harm to your throat and lungs. Some people end up not being able to stop using it.

LSD is also called acid, tabs, trips and strawberries.

LSD usually comes on little paper squares (tabs) with bright pictures on them.

LSD tabs are taken by putting them in the mouth.

LSD can make you feel, hear and see things that aren't really there. This is called 'taking a trip'.



LSD, Acid, Tabs



This is the actual size of an **LSD** tab.

LSD can make you feel happy, but you can also start seeing horrible things like in a nightmare. Once you've started the trip, you can't stop it. Some people never recover from the experience of 'having a trip'.

LSD can also make you feel confused and very scared. Some people have serious accidents while they're 'having a trip'.

Magic Mushrooms, like **LSD**, can also cause many problems. A lot of wild mushrooms are also poisonous and can make people very sick.



Ecstasy




This is the actual size of an **Ecstasy** tablet.

Ecstasy is also called E, Adam and XTC.


Ecstasy comes as a little white, brown, pink or yellow tablet or a capsule.

Ecstasy can make you feel happy and full of energy, but it can also make you feel scared, confused and very, very ill.





Ecstasy can damage
your body by poisoning
bits inside, like your
liver.



Ecstasy can make your body
very hot when you dance
which can lead to really
bad problems including
coma and death.

Solvents are aerosols,
glue and tins of gas.


Solvents can make
you feel 'drunk' but
are very dangerous
and can lead to
death.

1 out of every 4
people who die
sniffing solvents
are first time
'sniffers'.



Solvents

The image features a purple and blue gradient background. In the foreground, there is a glass beaker with a black stopper and a blue crystalline substance on top. To its right is another glass beaker with a black stopper. In the background, a pipette with a black stopper is visible. The word "Solvents" is written in white text inside a white rectangular box in the upper right quadrant.



Poppers come in little bottles, are usually held under your nose and can make you feel 'high' for about 5 minutes.

Poppers can lead to fainting and breathing problems and are also very dangerous for people with heart problems.



Poppers

Poppers bottles are only 5½cms tall.

Speed

Speed is also called whizz, uppers and amphetamines.

Speed is a white powder and comes in 'wraps' and sometimes capsules.

Speed can make you feel wide awake and sure of yourself. But it can also make you feel scared, very tired, fed up and not able to sleep. People often find that they are unable to stop using this drug.



Cocaine is also called coke,
snow and charlie.

Cocaine & Crack

Cocaine is a white
powder and
crack is a
small white
crystal.



Cocaine
can make
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and cause damage to your
chest and nose.

People often find that they are
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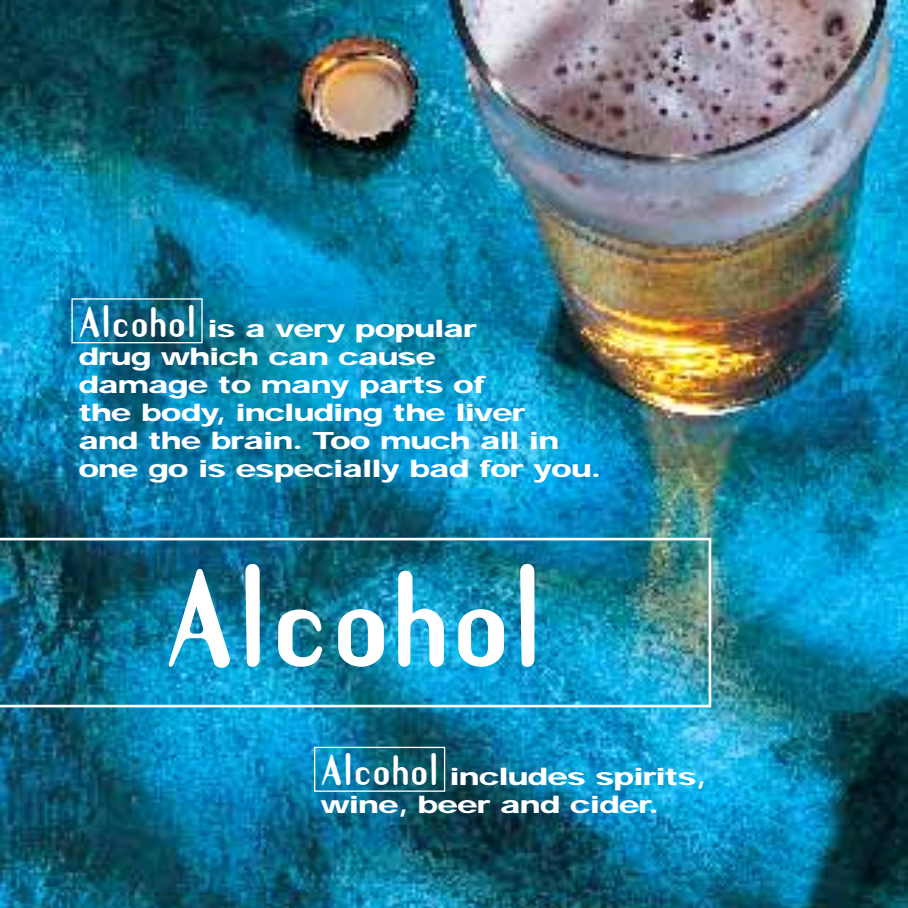
Heroin is a powdered drug which can make you feel drowsy, and can cause problems such as serious illness and sometimes death.

Heroin

There is also the extra risk of getting liver disease (hepatitis) or HIV infection, which can lead to AIDS. People often find that they are unable to stop using this drug.

If you ever find a syringe, DON'T touch it.



A glass of beer with a thick head of foam and a golden body, next to a bottle cap, on a blue textured background.

Alcohol is a very popular drug which can cause damage to many parts of the body, including the liver and the brain. Too much all in one go is especially bad for you.

Alcohol

Alcohol includes spirits, wine, beer and cider.

Tobacco (cigarettes and fags) can do damage to your heart and lungs and can cause cancer.

Because it affects your breathing, smoking can make it difficult to play sports. Smoking also makes your breath and clothes smell.

Tobacco

Tobacco is the cause of the largest number of preventable deaths in Northern Ireland each year.



What do you know about drugs?



If you have any worries
or questions about **drugs**,
there **is** someone there
to talk to you.

For **free** information and advice, call
the National Drugs Helpline. You **won't**
have to give your name.

0800776600

NORTHERN IRELAND

DRUGS AND ALCOHOL CAMPAIGN



Health
Promotion
Agency



www.healthpromotionagency.org.uk