



YOUR BODY, YOUR LIFE

**YOUR
CHOICE**

Staying Safe

This booklet contains the facts about drugs and solvents

No myths

No hype

Just the facts

Facts about different drugs, their effects, their risks, how to deal with problems, whether they happen to you or a friend. Facts about what the law says, what medics say and generally how to stay safe

Safe Safe Safe



Keep it handy and
show it to your friends - the
first aid information alone
could save a life

Look after Each Other

Know as much as possible about drugs and solvents, their effects and their risks

Watch out for your friends if they are taking anything

If someone starts to panic, stay with them and let them know that they're going to be alright

If someone feels ill or collapses, get help quickly (see section on First Aid)

If you are feeling down or on edge, drugs could make you feel worse

Each Other

The best advice is not to mix any drugs, this includes alcohol and prescription drugs

Wear lightweight clothes for dancing if you're going to a club to help you keep cool

If you've had epileptic fits, heart problems or a mental illness, illicit drugs can be particularly dangerous

Don't allow your friends to drive if they've taken drugs, including alcohol

Buying and taking drugs could get you into trouble with your family, the law and drug dealers

Using drugs could lead to you being forced to leave home and could land you in hospital, court or even prison

First Aid

Watch out for your friends if they have taken drugs or solvents and they start feeling:

- dizzy or faint
- sick (ie want to vomit)
- suddenly tired
- sudden headache or cramps (especially in the arms and legs)
- scared or confused
- short of breath

If they are drinking water to cool down, don't let them gulp down too much as this can be very dangerous



If someone collapses

If the person is breathing, put them in the recovery position by:

- turning them onto their side
- tilt their head back to make sure their airway remains open (see picture)
- clear their airway if blocked and loosen their clothing
- check breathing and pulse regularly
- stay with them until help arrives

If the person is not breathing and you **know** how to do mouth to mouth resuscitation, do so. **If not**, wait until help arrives.

If someone feels unwell

1. Call for help - a first aider if in a club, or phone for an ambulance. If phoning for an ambulance give clear details of where you are and watch out for the ambulance coming
2. If you know, tell the first aider or paramedic what drugs have been taken - **this information could save a life**

If someone is having a bad trip they may become very anxious and distressed. Reassure them by telling them they will be okay and you will stay with them (a bad trip may last a very long time)

If they show no signs of becoming calmer or they become hysterical, take them to hospital, remembering to reassure them.

Tell hospital staff what drugs you think, or know, they have taken

cannabis

grass
Marijuana dope

Effects depend on how you feel before you take it, how much you take, how strong it is and where you are

Relaxes you and changes the way you see the world

Can affect
short-term
memory



PoT spliff SKUNK blow
WEED ganja wacky-backy
HERB Hash

Can cause damage to your chest - including bronchitis or lung cancer

It can make you feel anxious and paranoid

Long-term users can become very lethargic and come to depend on using it





Affects the way you see things and how you feel about yourself and your surroundings, eg can make familiar objects, people, music appear strange

Almost impossible to tell how strong a tab is until it is taken, some people experience much stronger effects than others

Trips last for approximately
8 to 12 hours

Trips can be enjoyable or very upsetting

Can increase depression and anxiety

Can lead to mental illness



acid
Strawberries
Tabs
BLOTTERS
microdots
Trips

If a trip is bad, this can be very frightening

Watch out for friends if they are having a bad trip - reassure and comfort them

Flashbacks (reliving the trip) can occur weeks or months after a trip - they can be frightening and may be dangerous as they come unexpectedly

Magic Mushrooms - similar effects and risks as LSD

Additional risk of picking poisonous mushrooms by mistake





Speeds up your body's system and causes mood changes

Effects vary from feeling stimulated and relaxed to feeling anxious and paranoid



Effects usually last for about 2 to 4 hours but can last longer

Coming 'down' can make you feel anxious and depressed

Likely to make you feel hot and sweaty and you may become dehydrated and overheated, especially if dancing - drinking alcohol will increase these effects

XTC EVE DOVES adam Ecstasy

Sip about a pint of water every hour if dancing non-stop (it's better to sip small amounts of water regularly rather than drink large amounts all at once), take rests often and try to **keep cool**

If you are not dancing, sip no more than a small glass of water an hour

Ecstasy puts a lot of physical strain on your heart, liver and kidneys

Taking other drugs, alcohol or more ecstasy increases the risks

The long-term effects are still not fully understood



poppers

Makes the blood flow faster through your heart and veins - this lasts for a short time, eg 5 minutes

Causes a rush of dizzy energy - may make you feel light-headed and giggly

May also cause headaches, dizziness, flushed face and skin problems



REDS Liquid Goldhard
Amyl rushRAVE
ROCK

Taking with other drugs will put a massive strain on your heart

Poppers can be particularly dangerous for people with breathing or heart problems

Swallowing the liquid can cause death

Smoking when taking poppers is highly dangerous as poppers can go up in flames easily



speed

Makes your heart beat faster and makes you feel you have more energy

Can affect your blood pressure and heart rate

Can make you feel confident and alert



Makes your appetite disappear and you feel less tired

Effects last for about 6 to 8 hours

Coming 'down' will make you feel tired, hungry, anxious, panicky and depressed

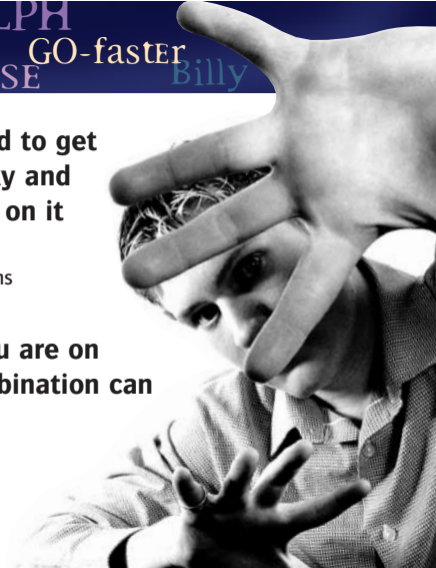
amphetamines
Whizz
uppers
paste
SULPH
meth
Base
GO-faster
Billy

Using more and more speed to get the same effect is very risky and you could begin to depend on it

More chance of suffering from colds and infections

Never take speed while you are on anti-depressants - the combination can kill you

Taking with other drugs puts a massive strain on your system





Increases your heart rate and blood pressure

Can make you feel sick, irritable or aggressive

Causes an intense 'rush' for about 2 minutes,
followed by a less intense feeling
for about 20 to 30 minutes

The effects of crack
(freebase) last for about
10 to 12 minutes

Many users need more and more
to stay 'high' and are unable to
stop taking it



Coke crack StonES rocks FREEBASE

Coming 'down' makes you feel exhausted, hungry, anxious, panicky, depressed and even paranoid

There are many health risks including chest pain, heart problems, lung damage and damage to the nasal passages

Long-term users can suffer mental problems including depression, anxiety and even severe mental illness

Even more dangerous if mixed with other drugs including alcohol



heroin

Heroin is a brown powdered drug which is usually heated and then injected into the arm



Effects last for 2 to 3 hours

A habit can start very quickly

People often find that they can't stop using it

This can lead to problems with family, friends, money, poor health, serious illness and even death

As heroin is injected there is the added risk of blood infections, hepatitis or HIV (which can lead to AIDS)

If you ever find a syringe, don't touch it, tell a responsible person as soon as possible



solvents

Sniffing can have an effect on your heart which can kill you

Suffocation,
choking on your
own vomit and
accidents when
sniffing can also
kill you



aerosols

GLUE Gas
Marker Pens

Long-term use can cause damage to your liver, kidneys, lungs and nervous system

Most solvents are highly flammable

1 out of every 4 people who die sniffing solvents are first time users



alcohol

SPiRiTs

alcoPops
bEER
cider
Wine

Alcohol can make you feel more confident

It can also make you more likely to take risks

Can cause damage to many parts of your body, including your liver and brain

Mixing alcohol with other drugs is very dangerous

Too much alcohol all in one go can harm you

You are also more likely to get involved in fights or have an accident if you've been drinking



Never drive after you've had a drink

tobacco

cigarettes
fags
cigars
Roll-ups

Makes your breath and clothes smell

Can cause damage to your heart and lungs

Can cause cancer

Can affect your ability to play sports

Reduces the amount of money you have to spend on other things



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



Drugs and the Law

the Law
the Law
the Law

The most common offence is possession of a drug. More serious offences are supply and intention to supply. This includes giving or selling drugs to a friend, or even looking after them for someone else

Punishments range from a caution or fine, right up to a prison sentence, depending on the circumstances. (This is a very complex area of the law and these are only very general guidelines)

Even if a first time offender with a small amount of drugs is just cautioned or fined, it can still have very serious long-term effects

Getting in trouble with the law over drugs could mean you losing your driving licence, your job and could even mean that you will not be allowed to visit certain countries. Taking drugs on holiday is an added danger, as other countries have different, and often very severe, punishments

info info info More information

If you or a friend want to know more about drugs,
call the National Drugs Helpline
on



Calls are free and won't appear on your phone bill (although the number can

appear on the bill for some mobile phones), plus you won't need to give your name

For more information
on drugs call the
NATIONAL DRUGS HELPLINE
on

0800 77 66 00



DRUGS AND ALCOHOL CAMPAIGN



Health
Promotion
Agency


Investing
for Health

www.healthpromotionagency.org.uk