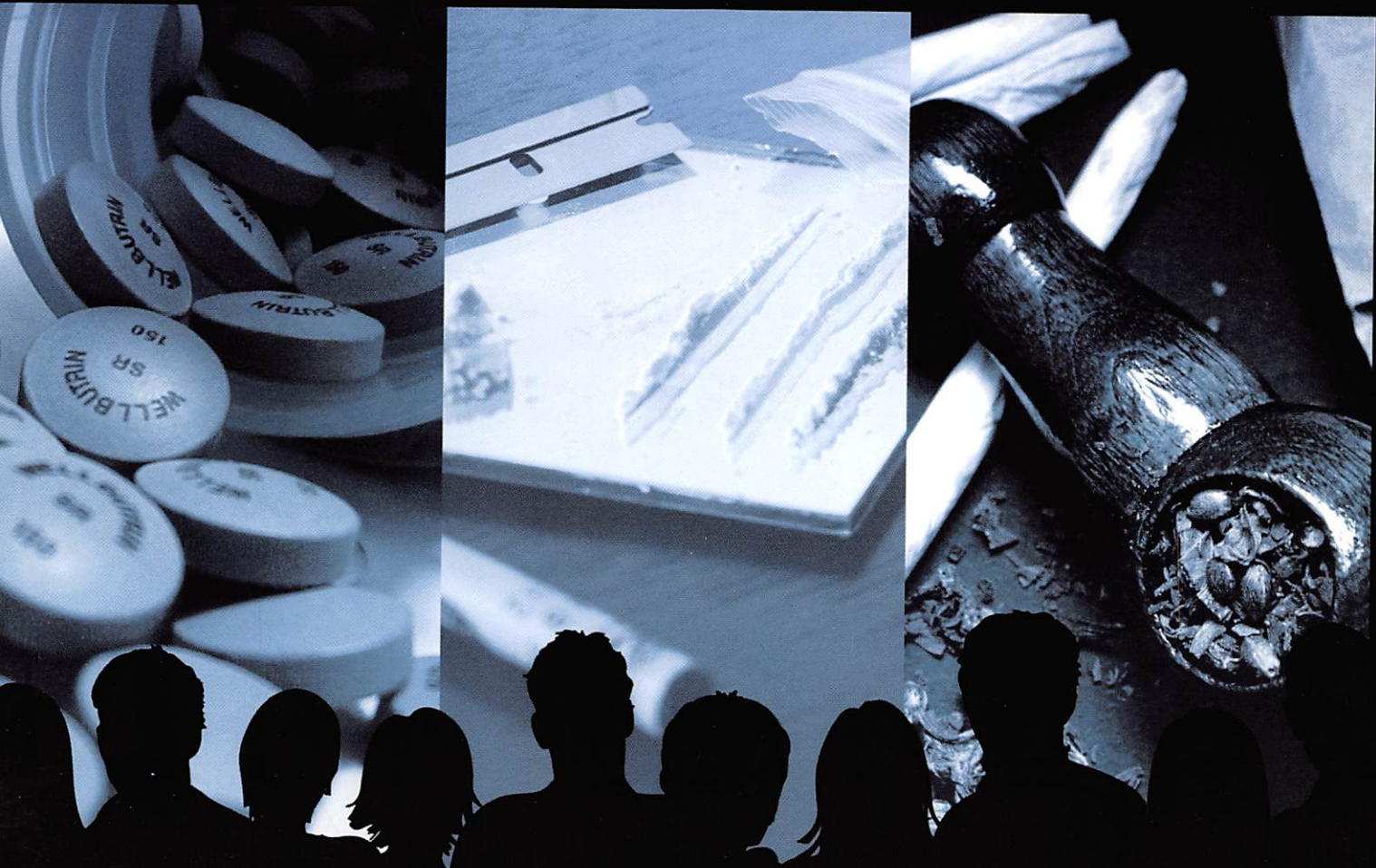


let's all work
to fight

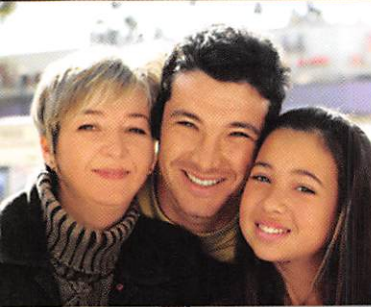
Drug Abuse



Prevention through
Education



You don't really believe that, do you?



My kids would never do drugs.

Who are you trying to kid? Lots of teens are exposed to drugs every day. Even the ones who come from "good" families. Fact is, the average age of kids first trying illegal drugs is under 14.



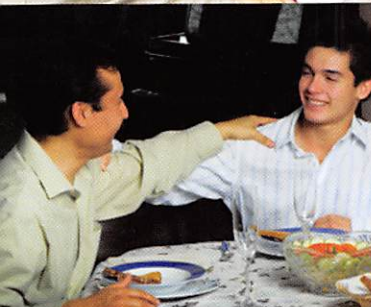
I did some drugs when I was a kid and I turned out okay. I don't want to be a hypocrite.

Are you really that concerned about your image? These days you can't afford the luxury. Besides, drugs aren't the same as they used to be. They are stronger, more powerful and deadlier . . . even marijuana is twice as concentrated as it was 20 years ago, not to mention all the stuff that might be mixed in with it now.



My kids don't listen to me.

Whether you believe it or not, they do . . . especially when it comes to drugs. Studies show that kids who have parents that talk to them about drugs and spend time with them are 50% less likely to do drugs. Mostly kids just want to know you care enough to try, so start talking and having fun together.



My kids got the facts about drugs through a school program. I don't know as much as they do.

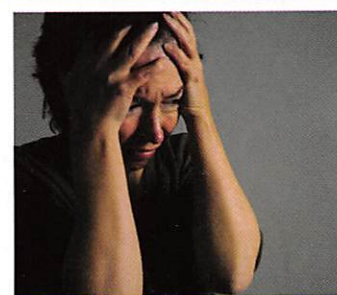
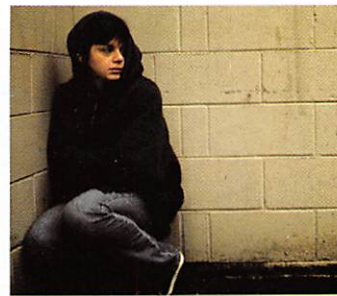
Oh, really. How do you know they have the facts, if you haven't talked to them? And if you don't have the facts, what's stopping you from getting them? You can get the facts if you want to. Getting the facts is easy. You can start by reading this book.



let's all work to fight Drug Abuse

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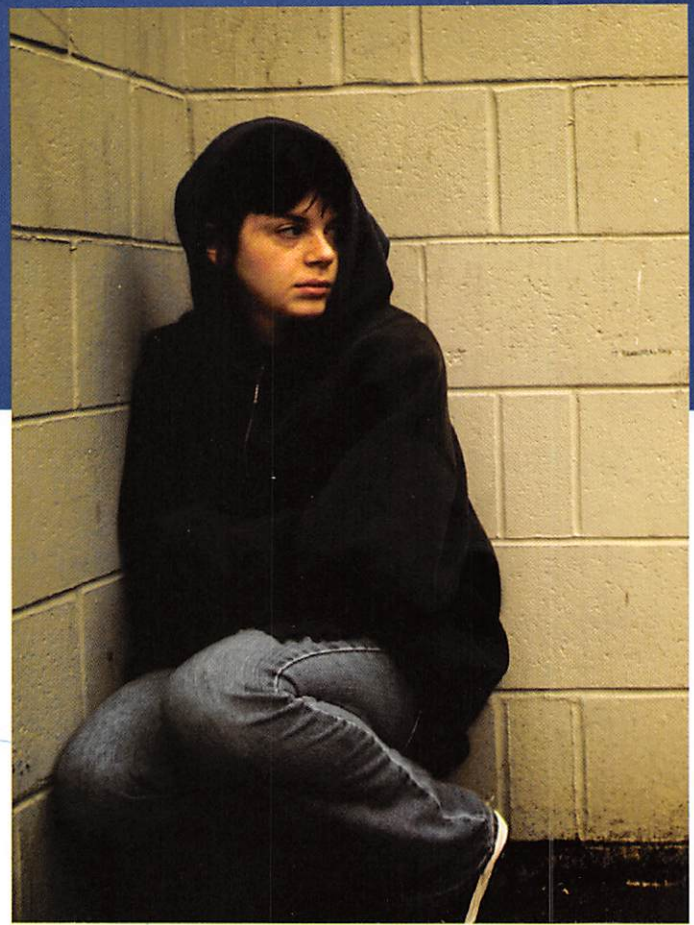


What Is Substance Abuse?

Substance abuse is the use of any substance to the extent that it causes physical, mental or emotional damage – either temporary or permanent. Abused substances can be legal or illegal. For example, individuals may abuse substances as varied as alcohol, over-the-counter medications, household chemicals, prescription drugs, marijuana or other illegal drugs.

By definition, alcoholism and drug addiction are diseases based on compulsive, obsessive and dependent behaviors that take priority over all other human needs. Alcohol and other drugs not only become more important than family, friends and career, but more important than the most basic needs for food, clothing and shelter. Substance abuse is directly related to many violent crimes. It is no surprise that alcohol and other drug abuse can devastate family life and the lives of our children in particular. Many children suffer the shattering of their self-esteem and sense of security when raised in families where alcohol and other substance abuse is present.

Adults, as well as children, abuse drugs for one reason – freedom. They are searching for freedom from insecurities, fear, rules, problems, pain, and boredom. Unfortunately, what they become are slaves – slaves to something so powerful that it cannot be controlled.



Stages of Addiction

- 1 The drug produces a short-term, intensely pleasant and artificial sense of well-being in the user.
- 2 A craving develops for the drug and the user desires to repeat the pleasant and artificial sense of well-being.
- 3 As drug use continues, more and more of the drug is needed to produce the desired effect – tolerance for the drug is developed.
- 4 The central nervous system adapts to the continuing drug use and becomes dependent on the drug for normal function. (A user can become drug dependent the first time a drug is used.)
- 5 Using the drug becomes more important than family, friends, and career. Even the most basic needs for food, clothing and shelter are no longer important to the user.
- 6 When drug use stops, the user becomes sick and has withdrawal symptoms.

What Can I Do To Help My Children Be Drug Free?

According to the White House's Office of National Drug Control Policy strategy update released February 2005, parents are the most important role models in children's lives. When a child decides whether or not to use alcohol, tobacco, and other drugs, a crucial consideration is, "What will my parents think?" Children who decide not to use alcohol or other drugs often make this decision because they have strong convictions against the use of these substances based on a "family" value system. Make your family's values clear by explaining why you choose a particular course of action and how that choice reflects your values.

State your position clearly when it comes to dangerous substances like alcohol, tobacco, and other drugs. Tell your children that you forbid them to use alcohol, tobacco, and other drugs because you love them. Make it clear that this rule holds true even at other people's houses.

Discuss the consequences of breaking the rules—what the punishment will be and how it will be carried out. Children want you to show you care enough to lay down the law and to go to the trouble of enforcing it. Let your children know how happy you are that they respect the rules of the household. Emphasize the things your children do right, instead of focusing on what's wrong.

Schedule regular parent-child rituals and family meetings. Rituals, like having meals together at least once or twice a week, playing games, going to the library or to get ice cream together once a week, can be opportunities to help the family catch up and establish better and

more open communication. Take advantage of everyday "teachable moments." When you see a group of teenagers drinking and hanging out, or an anti-drug commercial on TV talk about the negative effects of drinking alcohol or taking drugs, ask them what they think.

- Listen to what they are saying and make eye contact.
- Find out how their day was, what happened in school or with their friends.
- Go to their events, i.e., sports games, plays, school shows.
- Play games with them.
- Know who their friends are.
- Know where your children are.
- Set clear expectations for their behavior.
- Be consistent in your training and discipline.
- Give them lots of encouragement.
- Ask them for their opinions.
- When they do well, praise them.
- Talk to them about the dangers of substance use and abuse!

Is My Child Using Drugs?

- Withdrawn, tired, and careless about personal grooming
- Hostile and uncooperative; frequently breaks curfews
- Verbally or physically abusive
- Relationships deteriorate
- New group of friends

- Lies about activities
- Grades and school attendance slip
- Reduced memory or attention span
- Loses interest in favorite activities
- Extreme weight loss or gain
- Eating and sleeping patterns change
- Rebellious, overreacts to criticism
- Cheats, steals, always needs money, or has large sums of money
- Eyes are red-rimmed and/or nose is runny but has no cold

If you think your child may be in trouble, seek professional help!

Support Groups

Alcoholics Anonymous World Services
www.aa.org

Al-Anon Family Group Headquarters
www.al-anon-alateen.org

Toughlove International
www.toughlove.org

Narcotics Anonymous
www.wsoinc.com

Federal Resources

National Institute on Drug Abuse (NIDA) www.nida.nih.gov

Nat'l Clearinghouse for Alcohol and Drug Info www.health.org

Center for Substance Abuse Prevention (301) 443-0365

Center for Substance Abuse Treatment (800) 662 HELP

Prescription And Over-The-Counter Drug Abuse

When many people think about the supply of abused drugs, they imagine smugglers in boats motoring toward the American shoreline under cover of darkness, or a secret lab in the basement of a house, where batches of drugs are cooked up and delivered to dealers who quietly peddle them on the street. But the reality is often far different.

Many abused drugs are made in clean, modern facilities where everyday people work for a living. Strict quality control standards are followed to keep the product pure. The drugs are professionally distributed throughout the country and advertised on television and in magazines. There is a good chance that some of these drugs are sitting in your medicine cabinet right now.

How Prescription Drugs are Abused

Modern medicines can be quite powerful. Prescriptions require a person to consult with a doctor on what medication they need, how it should be taken and whether there is potential for interactions with other medicines the person may be taking. Prescription medicines are generally safe when a doctor's advice is closely followed.

Prescription drugs are often abused, and this happens in many ways. Some people simply disregard their doctor's instructions by changing the dosage they take. Some people go to several different doctors for prescriptions, not telling any one doctor about the other medicines they are taking. Some also buy prescription medicines illegally, without a prescription, on the black market. And others even take prescription medications given to them by friends or relatives without knowing what effects they might have on the body.

Using prescription medicines in this way is extremely dangerous. Medicines that might be safe when used in a prescribed way can turn deadly when the dosage is changed to achieve a high, or when they are combined with other drugs or alcohol. Prolonged use of many prescription medicines can lead to addiction.



"We're a society of pill takers. We look at something to make us feel better rather than looking inside to make ourselves feel better."

-Barbara Zohlman, Executive Director of Miami-Dade Drug-Free Youth in Town

Over-The-Counter Drugs Easily Accessible

An even simpler avenue for drug abuse is offered by inexpensive, widely available over-the-counter (OTC) medicines. The most commonly abused OTC medicines contain a substance called Dextromethorphan, or DXM for short. It is chemically similar to morphine and found in over 120 OTC products. Many of these products are cough and cold remedies such as Robitussin, Nyquil, Vicks Formula 44 and Coricidin HBP Cough & Cold. DXM can be found in both tablets and syrups.

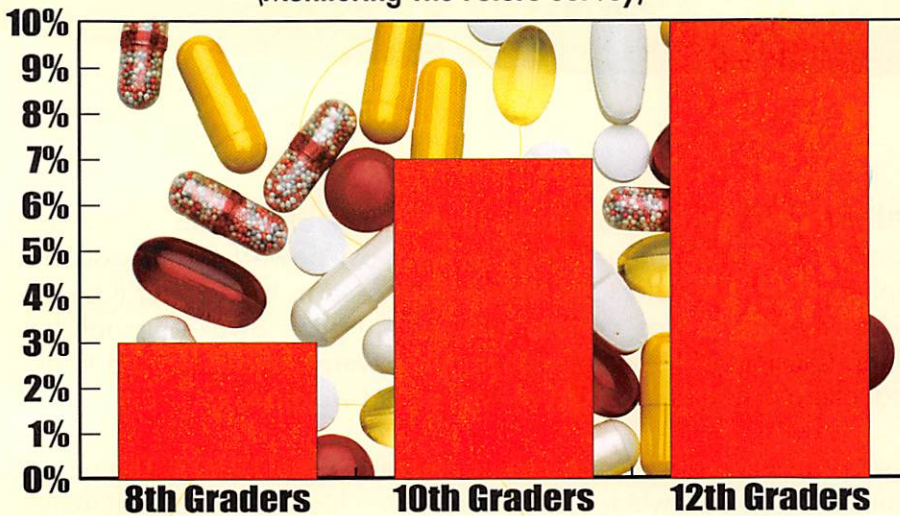
DXM is known by many slang names such as *nicks*, *robo*, *skittles*, *dex*, *tussin* and *vitamin D*. To experience a high from DXM, users must take greater doses than directed on the packaging. In these excessive doses, DXM can cause a euphoric feeling. Other effects include impaired judgment, dizziness, nausea, hot flashes, hallucinations and seizures. Overdoses can lead to death.

Authorities say that overdoses of DXM show up in emergency room visits in clusters. In other words, one community will experience a number of these overdoses, and then another community will. This is due to word spreading through schools about how to abuse DXM.

In addition to DMX, other abused OTC drugs include diet pills, motion sickness pills and sleeping pills.

Prescription Abuse Increases As Kids Age

(Monitoring The Future Survey)



Teens who abuse prescription drugs often get them from their own home medicine cabinets. Forgotten prescriptions that sit around awhile can often be taken without being missed. Kids have even been known to trade their own prescriptions, like Ritalin and Adderall, for money or other stronger drugs.

“Pharming Party” or Russian Roulette? Some kids attend “Pharming” parties where prescription and OTC drugs are thrown into a pile and randomly selected. Participants have no way of knowing how strong the drugs are, or how these drugs will interact. Kids have been known to die from this activity.

KEEP YOUR FAMILY SAFE!

Medicines are drugs. When used incorrectly, they can be addictive and dangerous. Follow these steps to help keep your home safe:

- Keep track of all medications in the house, both OTC and prescription. Note how much is in each bottle.
- Be careful with medicine combinations. Make sure your doctor knows all medicines you take, including OTC medicines.
- Avoid stocking more medicine than you need.
- Don’t allow your child to keep medicines in their own room.
- Monitor your child’s Internet use. Watch for websites explaining how to get high on medicine.
- Talk to your child about the correct use of medicines, how to follow the label’s directions and the health risks of abuse.
- Be a good role model. Only use medicines as they were intended. Do not use other people’s prescriptions.

A GROWING PROBLEM

Percent of Teens Who:

Report having used prescription medication to get high **19%**

Report having used cough syrup to get high **10%**

Do not agree strongly that using cough medicine to get high is risky **55%**

“We have a situation where a widespread and dangerous teen behavior has become normalized and has found its way into our homes. These findings should serve as a wake-up call to parents that their teen is facing a drug landscape that did not exist when they were teens. The abuse of prescription and over-the-counter drugs has taken root among America’s teens and the behavior is not registering with parents. Unless we all take action, it is a problem that will only get worse.”

-Steve Pasierb, President & CEO of the Partnership for a Drug Free America.

What Are Methamphetamines?



CRYSTAL METH



YABA



METH ROCKS



ICE

Methamphetamine, or simply meth, is one of a group of stimulants known as amphetamines. Meth is the most powerful and addictive amphetamine. Amphetamines were widely used in World War II by both Axis and Allied armies to keep soldiers and pilots awake through long battles. Outside of the war, amphetamines were sometimes used to treat nasal allergies and depression as well as aid weight loss.

Illegal production of meth became a problem in the 1960's. The process required a basic knowledge of chemistry and high grade lab equipment. In the 1980's, production methods became much simpler, such that virtually anyone could do it. This led to a rapid increase in production and abuse through the 1990's. Today meth is considered by many to be the worst drug problem in America.

Meth has many nicknames. *Speed, crank, glass, chicken feed, ice and working man's cocaine* are a few.

*I have many names, but there's one you'll
Know best, I'm sure you've heard of me,
My name is Crystal Meth.*

Crystal Meth: The most common form. A dingy white to reddish-brown powder. Can be injected, snorted, swallowed or smoked.

Yaba: Small, colored tablets for eating. Often candy flavored. May contain a "WY" or other logo. Often marketed to children.

Meth Rocks: Solid chunks that come in a variety of colors. Can be smoked or crushed into powder for injecting, inhaling, etc.

Ice: Clear chunks of meth crystals. A highly potent, smokable form of meth.

*I destroy homes, I tear families apart,
I take your children and that's just the start.*

What are the Short-Term Effects of Taking Meth?

Meth triggers the central nervous system to release a surge of the brain chemical dopamine. This gives the user an intense feeling of euphoria, excitement and energy. A user's heart rate and blood pressure increase, and his or her appetite is suppressed. This high can last from 6 to 24 hours, much longer than with most drugs. This is one reason for meth's popularity.

In addition to recreational use, meth is also used by people who want to stay awake for long periods of work or study. It is sometimes used as an extreme method of weight loss.

When the dopamine surge ends, the user "crashes." The person may fall into a deep sleep or experience a period of depression. Some users avoid this, temporarily, by taking another dose. Some addicts continue this pattern for days in what is called a "run." The longer the run lasts, the harder the crash will be.

*Just try me once and I might let you go,
But if you try me twice,
Then I am Your Soul.*

What are the Long-Term Effects of Taking Meth?

Long-term use of meth is extremely damaging to the brain. Tolerance develops, requiring users to increase their intake of the drug to achieve the desired effect. The parts of the brain that sense the effect of dopamine become damaged. This prevents the user from experiencing pleasure when they are not on the drug.

Serious addicts can develop such a tolerance that they no longer gain any pleasure from taking meth. They continue to increase dosages to chase the original high they felt, trying to delay the effects they feel from not being on the drug.

Long-term use of meth can lead to psychoses such as paranoia and persecution mania. Addicts often behave in irrational, erratic and dangerous ways. They may display obsessive behaviors, such as constantly rearranging things. Many scratch their skin compulsively, creating the cuts and sores that are a hallmark of meth addiction. These sores can also be caused by the caustic ingredients used to make meth.

Because of meth's effect on the appetite, addicts are often malnourished. Due to the effect on heart rate and blood pressure, long-term use can lead to cardiovascular diseases such as heart attack or stroke.

Because of the severe damage it causes, meth addiction is very difficult to recover from. Nonetheless, advances in treatment are being made that are helping some addicts to recover. It is a long, difficult process.

How Sexy Is This?



Meth is a popular party drug. Many take it to enhance their sexuality and social attractiveness. The photos above show the effect. What do you think?

*I'll take everything from you,
Your looks and your pride,
I'll be with you always,
Right by your side.*

Meth Mouth:

Methamphetamines are made with corrosive chemicals, such as drain opener. Meth also reduces the saliva in a user's mouth, helping bacteria to build up. User's often grind their teeth from the nervous anxiety the drug can create. They drink lots of soft drinks to keep their mouth moist, and often have little interest in brushing. All of this creates a perfect storm for tooth decay. The results shown in the photo are one distinguishing mark of meth addiction.

Meth How Is Produced?

*By then it's too late,
You'll know in your heart,
That you are now mine
And we shall not part.*

How is Meth Produced?

Due to its ease of production, meth can be produced just about anywhere. It is often made in home labs. Although the ingredients involved are relatively easy to get, many of them, such as fertilizer, paint thinner and drain opener, are highly toxic. Together they are explosive and dangerous. Every pound of meth produced creates five to six pounds of toxic waste. Making a meth lab site environmentally safe requires an extensive clean up that can cost as much as \$150,000.

The key ingredient in producing meth is ephedrine or pseudoephedrine. It can be extracted from non-prescription cold medicines. Meth "cookers," people who produce it, used to buy large quantities of these medicines right off the shelf. To combat this, in 2005 a federal law was passed requiring these medicines to be moved behind the counter. Only a limited amount can sold at one time, and the buyer must present identification and sign a log.

This law made meth production more difficult in the United States. The number of labs declined, but this, as a result, raised the street price of meth. It also caused an increase in the importation of meth from Mexico and South America. Large scale "super labs" produce the drug there and smuggle it into the United States.



How to Recognize a Meth Lab

Though meth production in the U.S. has declined since restrictions were placed on pseudoephedrine sales, there are still operating labs out there. If you witness some combination of the following signs at a home or building, there may be cause for concern.

- Occupants have frequent visitors and late-night activity
- Occupants appear to be unemployed, but have plenty of money
- Occupants are secretive, suspicious and behave strangely
- Occupants smoke outside
- Building has extensive security, no trespassing warnings, or concealment
- Windows are blackened or always covered
- There are large amounts of cold medicine packages lying around
- There are jars, bottles, rubber tubes and buckets around
- There are coffee filters containing sludge or shiny crystals
- There are a large number of household chemicals such as drain opener, lye, or paint thinner
- Strong chemical odors are present

Meth labs, and the people who operate them, are extremely dangerous. NEVER confront the occupants with your suspicions. Notify your local police.

*My power is awesome, as I told you before,
I can take your mother and make her a whore.*

Real World

NEWSFLASH!

Marketing Tactics Aim To Boost Meth Sales to Teens

In an effort to increase sales to young, first-time users, producers have begun making meth in flavors like strawberry and peanut butter. The new concoctions are "branded" with catchy names (i.e. **Strawberry Quick, Blue Ribbon**) and colorful packaging that features cartoon characters such as Smurfs. Despite the kid-friendly appearance, the drug is just as harmful.

Tom Riley, spokesman for the Office of National Drug Control Policy, summed up the new marketing strategy this way: "Drug dealers understand that the key to addiction is drug use by teens. If you don't start using drugs in your teen years, you're statistically unlikely to have future problems with drugs."



Strawberry Quick

Kent Graham knows first-hand the effect of meth on society. A narcotics officer in Nacogdoches, a rural county in east Texas, he was profiled in an article in Texas Monthly magazine. He calls meth "the most destructive thing I've ever seen."

Graham is often tracking down and raiding houses where meth is made. In many such cases, meth is the fundamental fact of life for entire families. Both parents, as well as older children, may be addicted. Small children, even if not users, are exposed to toxic chemicals, and are often not cared for properly by the meth addicted parents.

When people become suspicious of a home in their neighborhood, Graham investigates. Raids on suspected meth labs are very dangerous. The "cookers" are generally addicts, and display the volatile behavior and paranoia caused by long term use of the drug. Graham explains that some of them hallucinate about police, and will tell him things such as they had seen him "in the trees." The cookers also tend to be well-armed and often place booby traps around the house.

Graham has seen it all on raids into meth houses – a man who kept his teenage son out of school so he could help cook meth, and a baby on a floor littered with used needles.

"It's the kids that get to you," he says.

*Now that you've met me, what will you do?
Will you try me or not, it's all up to you.
I can show you more misery than words can tell,
Come hold my hand, let me lead you to Hell.*

-The preceding couplets are taken from a poem by an anonymous author who is said to have been a jailed meth addict.





Tobacco Use

What is Tobacco?

Tobacco is a plant with large, broad leaves. Most varieties are native to America, and Native Americans began using the plant for medicinal and ceremonial purposes perhaps 2,000 years ago.

The most common way to use tobacco is by smoking the shredded leaves. This can be done with a cigarette, a cigar or through a pipe. The smoke is sucked into the mouth and usually inhaled down into the lungs.

Tobacco leaves can also be processed into "chewing" tobacco, which is held in the cheek. When the leaves are ground up very fine the product is called snuff. It was originally snorted through the nose, but now is usually "dipped," a practice where the user places a pinch behind their lower lip, or between their cheek and gum. Whether chewed or dipped, the tobacco mixes with saliva to form a dark juice that is spit out periodically. Occasionally, a user will simply swallow the juice to avoid detection, for instance in a classroom.

Smokeless Safe

Many consider smokeless forms of tobacco (dipping, chewing, etc.) to be safer. It is true that the danger from lung cancer will be lessened, since smoke is not entering the lungs. However, smokeless tobacco causes plenty of other problems. Raw, bleeding gums and decayed teeth are the best of them. Much worse are cancers of the mouth, tongue and throat. If advanced, surgery on the face and neck to remove the cancer may be necessary to cure the victim. Unfortunately, they may also leave the victim badly disfigured.

What about Bidis?

Bidis (pronounced 'beedees') are hand-rolled cigarettes that come in flavors like orange and chocolate. Originally from India, they are made with poor quality tobacco by low paid workers and are usually cheaper than regular cigarettes.

Some people smoke bidis because they believe that this form of tobacco is less harmful than regular cigarettes. This is not true. Bidis cause the same problems as regular cigarettes. And since bidis have no filter, they can be even more dangerous than regular cigarettes.



Nicotine

Nicotine is the addictive substance in tobacco. It is a stimulant which increases heart rate, blood pressure and alertness. Nicotine is a potent poison which is used in many insecticides. It is not immediately lethal to tobacco users because they do not get a fatal dose of it (30+ milligrams) at any one time.

Nicotine is a highly addictive drug. Addicts trying to quit can experience withdrawal symptoms such as nervousness, irritability, headaches and very strong cravings.

Health Effects of Smoking

Tobacco smoke is filled with toxic substances. Decades of study by scientists have established solid links between smoking and a variety of illnesses, especially cancers. For instance, smokers are 4 to 5 times more likely than non-smokers to develop cancer of the mouth, larynx, throat and esophagus. Smoking is a leading cause of heart disease, not to mention emphysema and lung cancer.

Many of the dangers of smoking can be passed along to non-smokers through what is called second-hand smoke. As awareness of this problem has increased, more regulations against smoking in public areas have been adopted.

The Smoker's Hit Parade



Smoker's Cough

When inhaled, smoke fills the passageways in the smoker's lungs. It deadens the cilia, hairs that sweep mucus and impurities out of the lungs. Mucus builds up. This causes addicted smokers to develop a chronic cough, which is the body's attempt to expel the impurities from the lungs. The mucus becomes a breeding ground for infections, making the smoker more likely to develop respiratory illnesses like colds and bronchitis.

Emphysema

A normal, healthy lung is spongy. The lungs expand and contract as people breathe. Smoking can destroy the lungs' elasticity. This can cause the passageways to close up when a person tries to exhale. Used air becomes trapped and cannot be exhaled. People with emphysema have difficulty breathing. Some of them use up to 80 percent of their energy just to inhale enough oxygen to stay alive. Most types of emphysema are not curable, but can be treated. They are sometimes fatal.

Lung Cancer

Just 100 years ago, lung cancer was quite rare. It has increased with the popularity of smoking. It now kills more people than any other form of cancer. One problem is that it is difficult to diagnose. Lung tumors usually do not show up on x-rays when they are small. By the time a harsh cough with bloody sputum causes a person to see a doctor, the cancer may be at an advanced stage. Lung cancer kills more than 160,000 Americans each year. Eighty-seven percent of cases are smoking related.

Smokers Lungs Non-Smokers Lungs



Why do young people smoke



Each day, approximately 4,000 American youth (ages 12 to 17) try their first cigarette. The fact that smoking is unhealthy is hardly news. It has been proven and re-proven for decades. The word is surely out, so why do young people still start?

First of all, the good news is that there are less people starting now. Cigarette use is at an all time low among students (*Monitoring the Future, 2005*). For those who still start, some give into peer pressure. Some do it as a way to rebel against parents, and/or conform to a social group. Others assume they will stop before causing their body permanent damage, not knowing how difficult it is to quit once your body is conditioned to nicotine.

The Good News For Smokers

For people who smoke, the good news is that quitting smoking will begin to lessen the risk of developing smoking related illnesses such as cancer. Smokers who quit before age 50 have half the chance of dying within 15 years compared to those who continue smoking. The sooner you quit, the better your chances.

There are also more ways than ever to quit. Nicotine Replacement Therapy involves using a product such as nicotine gum or a patch. The idea is to get rid of the many dangerous ingredients of tobacco while keeping the body supplied with nicotine. Then the nicotine intake can be gradually lowered to zero. This lessens a user's nicotine withdrawal. Some find this unnecessary and simply quit "cold turkey." Behavioral counseling or a support group can also help tobacco users kick the habit.



Some Forms of Marijuana and their Potency

Ordinary Joint: 3 percent THC

Sinsemilla: Made from the buds and flowering tops of the female hemp plant. Average THC: 7.5 percent (but can range as high as 24 percent).

Hashish: Sticky resin from the flowers of the female hemp plant. Average THC: 3.6 percent (but can range as high as 28 percent).

Hash Oil: Dark, sticky liquid produced from hashish. Average THC: 16 percent (but can range as high as 43 percent).

Drug dealers sometimes mix marijuana with other drugs, including PCP, fentanyl nitrate and even embalming fluid, to increase the potency. This doctored marijuana can be deadly. It is difficult to know for sure what is in marijuana purchased on the street, since it is produced illegally.

What Is Marijuana?

Marijuana is a dried mixture of shredded leaves, stems and flowers of the hemp plant, *Cannabis sativa*. The mixture is usually green, brown or gray in color. Marijuana contains a mind-altering drug known as THC. The wild hemp plant has a much lower concentration of this than the modern cultivated varieties. The hemp plant can grow up to twenty feet high.

Marijuana is usually smoked as a simple cigarette called a joint. It is sometimes smoked in a pipe or bong, and can also be baked into foods for eating or brewed into a tea for drinking. Recently, marijuana has been found rolled up in cigar paper, called a blunt, and combined with other drugs such as crack cocaine. Marijuana is referred to by many slang terms including *pot, weed, herb, grass and Mary Jane, among others.*

Marijuana is the most commonly used illegal drug in the United States. In 2006, 42 percent of high school seniors had used the drug at least once in their lifetime (NIDA, Monitoring the Future survey).

NEWSFLASH!

Marijuana May Be America's Biggest Cash Crop

Marijuana is often grown inside buildings to make it harder for authorities to spot. Increasingly it is being grown in ordinary looking neighborhood homes called "grow houses." Special 24 hour-a-day lighting brings the plants to maturity faster than ordinary sunlight. In 2006, a researcher estimated the value of all marijuana grown in the United States at \$36 billion per year. If accurate, this would make marijuana the most expensive agricultural crop produced in America.

The Effects of Marijuana

Different people have very different reactions to smoking marijuana. Some people feel little effect. Most people feel a relaxed intoxication. This is called being "stoned." After smoking marijuana, a user's heart rate increases and his or her movements become slower and less coordinated. The person may act silly and think ordinary things are very funny. Marijuana also interferes with short-term memory. A user may forget what he or she is saying right in the middle of a sentence. Time seems to pass very slowly. The user may also feel very hungry (an effect known as "the munchies"). Very heavy doses of marijuana can produce hallucinations and sometimes even feelings of panic. The effects of marijuana wear off in a few hours and may leave the user feeling sleepy.

As you can imagine, driving a car or operating other machinery while stoned is incredibly dangerous.

The Dangers of Marijuana Use

Research does not support the idea that marijuana use is harmless. This is particularly true in the case of young people.

Learning: Marijuana interferes with the ability to learn and retain information. A study of college students found that heavy users of marijuana had impaired attention, memory and learning skills for up to 24 hours after use.

Another study showed that for up to a week after smoking, users had an impaired ability to recall words from a list. Memory returned to normal within four weeks.

Studies have shown that, as a group, marijuana users do poorer in school and are less likely to graduate high school than non-users.

Health Hazards: Like tobacco smoke, marijuana smoke contains a wide array of chemicals. One is benzopyrene, which is known to cause cancer. This substance is present in tobacco smoke as well, but is more concentrated in marijuana smoke.

Scientists have determined that marijuana smoke causes pre-cancerous cellular changes in the lungs. The tars in marijuana smoke have been shown to produce tumors.

Gateway Drug: While not all marijuana users progress to other illegal drugs, they are much more likely to try other drugs than non-users. It is not well understood why this is the case. Using marijuana may condition a person to be more comfortable with the idea of taking illegal drugs. It may also be that marijuana use produces changes in the brain that predisposes a person to abuse other drugs. A study at the Mount Sinai School of Medicine provided evidence that exposure of young rats to the active ingredient in marijuana made them consume larger amounts of heroin when fully grown.

Addiction: While marijuana is not as addictive as a drug such as heroin, the potential for addiction is real, perhaps more so than most people realize. There is not a pronounced physical withdrawal from marijuana, but the high from THC can be psychologically addictive. Some users compulsively use the drug even though they wish to stop. Other aspects of the person's life (school, career, family) may suffer as a result. Treatment programs and support groups such as Marijuana Anonymous are available in these cases.



Marijuana Psychosis

Many studies have found that for individuals with a predisposition for psychotic mental illnesses such as schizophrenia, heavy marijuana use as teenagers increases the likelihood that they will one day develop the disorder.

Recognize the Signs of Marijuana Use

- Paraphernalia such as rolling paper, pipes or roach clips (used to hold the end of a joint).
- Marijuana-like odor (distinctive sweet-sour smell) on clothes or in room.
- Frequent use of incense.
- Blood shot eyes / frequent use of eye drops.

Studies show that children are less likely to use marijuana if their parents have talked to them about the dangers.

What are Inhalants?

Imagine a drug so dangerous it can kill even a first time user. It is addictive and causes a host of health problems from heart failure to seizures to permanent brain damage. It is a drug that is not only inexpensive but completely legal and freely available in multiple stores in your hometown. There are not even any age restrictions on purchasing it. Now imagine that this drug is in your home, right now, waiting to be abused. Sounds like a horror story, right? For some families, it is.

Inhalants are chemical products which are not generally intended to be used as drugs, but have breathable vapors that produce mind-altering effects. The great danger comes from their easy availability, and poisonous effects on the brain.

Who Abuses Inhalants?

Inhalant abusers tend to be young. Reported use declines at the tenth grade and above. Some inhalant abuse even occurs among elementary age kids. Some of these children may not understand that they are getting high and are in danger. They may just think the effect from sniffing a household product is funny. Some inhalant abusers are after a cheap thrill. Other abusers live in stressful, dysfunctional homes and inhale as a way of forgetting about their problems. Unfortunately, the end result is another problem on top of the existing ones.

2006 Monitoring the Future Study	
Percentage of students that report having abused inhalants in the past year	
8th Grade	9.1%
10th Grade	6.5%
12th Grade	4.5%



Types of Inhalants

Most people do not realize how many different products can be abused as inhalants. Here is a sampling.

- Air freshener
- Hair spray
- Deodorant spray
- Nail polish
- Correction fluid (white-out)
- Paint thinner
- Fabric protector spray
- Shoe polish
- Felt tip marker fluid
- Spray paint
- Gasoline
- Vegetable oil aerosols
- Glue
- Whipped cream aerosols

Nitrates/Nitrites

This is a special class of inhalants that act primarily to dilate blood vessels and relax muscles. Sometimes they are marketed specifically as drugs, touting sexual enhancement. They may come in small brown bottles with labels such as *liquid aroma*, *room odorizer*, *leather cleaner* or *video head cleaner*. They can also come in covered vials called *poppers* or *snappers* which are broken open and inhaled.

Real World

Hundreds of people are injured or killed every year by inhalants. In the summer of 2001, Josh and his mother were at home in Indiana when they received a call. Josh's 16-year-old brother David had been in an accident at a friend's home. Josh and his mother went to the caller's house. Paramedics were there giving David CPR, but to no avail. He was dead. They later learned what the "accident" had been. David had been inhaling a can of computer duster. He then dove into a swimming pool. The shock of the water on top of the inhalant high had given him a heart attack.

The Inhalant "High"

The high produced from inhalants is really the body's reaction to poisoning. Most inhalants produce an initial excitement, followed by an alcohol-like intoxication, with slow, uncoordinated movements and slurred speech. In some cases the user may experience hallucinations. At high enough doses, most inhalants can produce amnesia and a loss of consciousness. An inhalant high tends to wear off quickly, from a few minutes to an hour after use stops. The user may be left with a headache and/or nausea. Inhalant abusers often move on to other drugs as they get older, in order to find something with a longer lasting high.

Health Effects

Inhalants are extremely dangerous. Most cause rapid, irregular heart rhythms. Heart failure and death sometimes result. This is called "sudden sniffing death" and can occur to even a first time user. Death can also occur as a result of inhalant fumes crowding out oxygen in the lungs. Over time, the toxins in inhalants can cause damage to the kidneys, liver, blood and bone marrow.

For long term users, inhalants can cause severe, permanent brain damage. The chemicals in many inhalants dissolve protective coatings around nerve fibers in the brain. The damage is similar to that caused by neurological diseases like multiple sclerosis. This can lead to everything from mild learning disabilities to severe dementia, depending on how much damage occurs.



Amyl Nitrite



Watch for the Signs of Inhalant Abuse

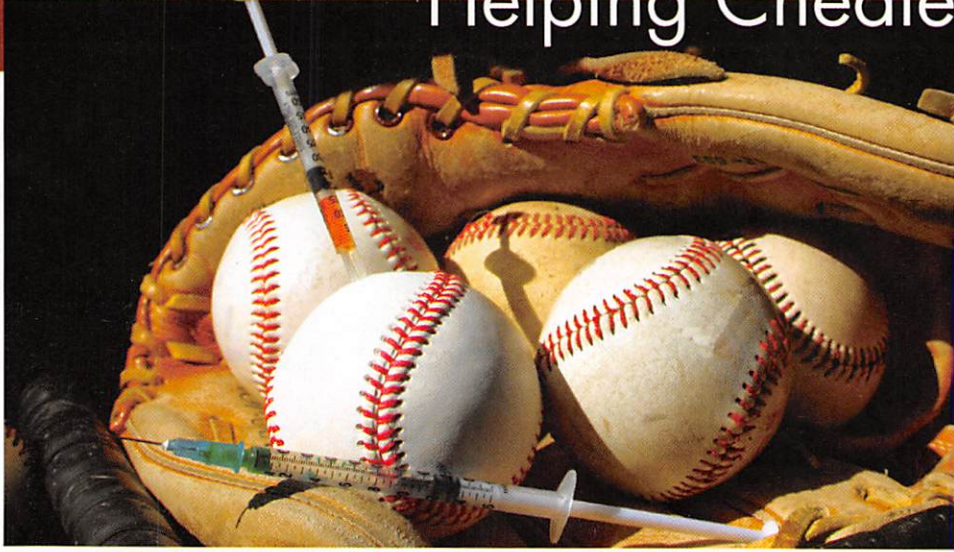
- Acting confused, disoriented
- Chemical odors on breath or clothing
- Chemical soaked rags
- Chemical stains on clothes or skin
- Difficulty speaking
- Red eyes
- Runny nose
- Sores around mouth or nose
- Unexplained weight loss
- Unusual mood changes

Forms of Inhaling

- Sniffing / snorting – smelling the fumes straight from a product's container
- Bagging – capturing a product's fumes in a bag and inhaling from the bag
- Huffing – soaking a rag in inhalant and placing it near or in the nose or mouth
- Spraying a product directly into the nose or mouth
- Filling a balloon with inhalant (usually nitrous oxide) and inhaling it from the balloon

Anabolic Steroids

Helping Cheaters Win



What Are Anabolic Steroids?

Anabolic steroids are man-made substances similar to the human sex hormone testosterone. Testosterone is produced in greater quantity in males, and is responsible for many characteristics of the male gender. Anabolic steroids can cause both male and female bodies to build muscle faster than is otherwise possible. For this reason they are prescribed by doctors to people with muscle-wasting diseases such as AIDS, as well as to males whose bodies do not produce enough testosterone naturally.

Anabolic steroids are illegal without a doctor's prescription. However, many people acquire them illegally in order to exploit the muscle building effect to gain an edge in sports, or simply to look more muscular. Sports organizations around the world have barred the use of steroids by athletes since steroid use is unhealthy and because it threatens to turn athletic competitions into science experiments. Nonetheless, steroid abuse continues.

Anabolic steroids are not the same thing as corticosteroids, which are prescribed by doctors to reduce swelling and itching. They do not build muscle and are not abused by athletes.

How Anabolic Steroids are Abused?

Anabolic steroids can be taken orally as a tablet or capsule, injected with a needle, or rubbed on the skin as a gel or cream. "Stacking" is taking more than one kind of steroid at a time. "Pyramiding" is increasing then decreasing the dosage in regular cycles. These techniques are intended to maximize results while giving the body some time to recover.

Steroids are not physically addictive, and many users plan to stop after they get their muscles to the desired point. Quitting is difficult though, because the muscles will shrink back down once steroid use is stopped.

Effects Of Steroids

Anabolic steroid users are usually aware of the dangerous side effects of taking steroids. They ignore this knowledge because these side effects do not appear in the short-term, but occur after long-term use.

- Acne and jaundice
- Swelling of feet or ankles
- Bad breath
- High blood pressure
- Liver damage and cancer
- Aching joints
- Injury to tendons, ligaments, and muscles
- Insomnia and depression
- Suicide
- Euphoria or violent, angry rampages

Males who take anabolic steroids experience changes in sexual characteristics.

Although derived from testosterone, the drug can shut down the reproductive system. Some possible side effects are:

- Shrinking of the testicles
- Reduced sperm count
- Impotence and baldness
- Difficulty or pain urinating
- Development of breasts
- Enlarged prostate

Females who take anabolic steroids develop traits, such as:

- Growth of facial hair
- Changes in or the stopping of the menstrual cycle
- Enlargement of the clitoris
- Deepening of the voice
- Reduction of the size of the breasts

Pre-teens and adolescents risk staying short and never reaching their full adult height.

What Is

Alcohol?

Chemically speaking, there are different types of alcohols. But in terms of alcoholic drinks, regardless of whether you are talking about beer, wine or spirits, the relevant type is known as ethyl alcohol or ethanol. By itself, ethanol is a colorless, flammable liquid with a strong smell and a burning taste.

Alcohol can form naturally when things like fruit juice sit around getting old. What happens is that yeast interacts with the sugar present to produce alcohol. The process is called fermentation.

Alcohol is a drug, specifically a depressant. When consumed, it acts on the central nervous system to slow things down. The heart beats slower. Breathing slows down. A person cannot think or move as quickly or effectively when alcohol is flowing through their system. If a person gets enough alcohol in their system, their body can slow down so much that they pass into unconsciousness. This can be a very dangerous situation, sometimes leading to death.



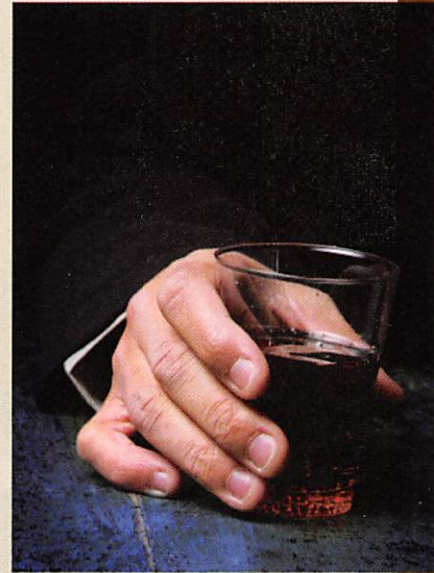
Through the lips, over the gums, look out stomach, here it comes!

Alcohol passes down the esophagus into the stomach, like food. This causes the stomach to produce more acid. This may cause the person to throw up, especially if they are a new drinker or have taken in a very large amount of alcohol. This can be a good thing, because it expels some of the alcohol from the body before it can do additional damage.

Into the Bloodstream.

In the stomach, alcohol is absorbed through the stomach walls into the bloodstream. The bloodstream carries the alcohol all through the body, where it soaks into organs and tissues. The amount of alcohol in a person's blood is a measure of how intoxicated they are. If a person's blood alcohol content (BAC) is .08%, most states consider that person legally drunk.

Women who drink while pregnant put their unborn baby at risk of developing **Fetal Alcohol Syndrome**, a lifelong condition characterized by both mental and physical disabilities.

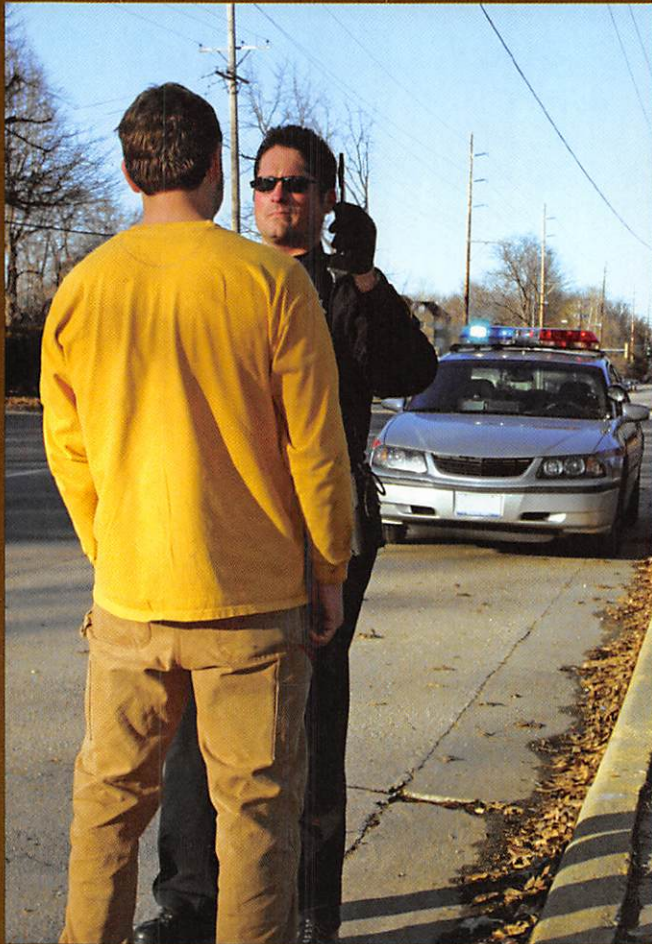


The "Proof" is in the drink.

Proof is the measure of the amount of alcohol in a drink. It is twice the percentage of alcohol. So if a bottle of liquor is 80 proof, that means it is 40% alcohol. Drinks vary widely in their alcohol content: a beer might be about 5% alcohol, a typical wine about 12%. Even drinks with a relatively low alcohol content can get a person dangerously intoxicated. It just takes more of them to do it.

Into the Brain.

As alcohol soaks into the brain, it slows down the signals that the brain sends out to the rest of the body. This causes an intoxicated person to move slowly and talk slowly. It also impairs the person's judgment. Emotionally, alcohol affects different people in different ways. Some will become very talkative when intoxicated, while others may become quiet. Some may become mean, while others become more mellow.



Higher BAC levels dramatically increase your chance of a one vehicle car **accident**.

BAC	Chance Of Accident
.02 - .04	1.4 times higher
.05 - .09	11 times higher
.10 - .14	48 times higher
.15+	380 times higher

FACT: The only safe driving limit is **0 drinks**. Impairment begins with the first drink.

Drunk Driving

On a grassy field beside a road, a crushed and mangled automobile sits quietly. Within minutes, police and EMT vehicles arrive on the scene with sirens wailing. In the local high school, students report seeing a mysterious figure wandering the halls, tall and silent, robed in black. Somewhere a parent, in the midst of an ordinary day at a business office or maybe a home, hears a phone ring.

This tragedy is not real. It is a dramatization played out at high schools across the country to demonstrate the reality of drunk driving. A wrecked car from an actual alcohol-related crash is delivered to a high school campus for all to see. A student is picked at random to be the "victim." Their parents are notified. Someone dressed as a grim reaper appears at the student's classroom to inform them of their fate and take them away.

Later, it is time for the assembly to begin. All of the students come out of class and gather outside around the wrecked automobile. The victim appears, now made up to appear pale and bloody. The sounds of a violent crash and a 911 call play over a loudspeaker. Police and EMT workers arrive.

Programs like this go by names such as "Shattered Dreams" and "Every Fifteen Minutes." They illustrate in a powerful way the tragedy that drunk driving visits on families every day.

Close to half of all traffic fatalities in the U.S. are alcohol related. Alcohol clouds thinking, blurs vision and slows reaction time. Driving a car under its influence is incredibly dangerous. It places the life of the driver, passengers and anyone else on the road at extreme risk.

In most places in the U.S., you can drive legally as long as your Blood Alcohol Content (BAC) is below .08%. But there is nothing magic about this number. The higher your BAC, the more your driving is affected. At figures below .08%, your driving will still be effected, just not as much as at higher levels. Your BAC is a function of many variables, such as weight, gender, how long it has been since you drank, and how much food you have in your stomach.

Alcohol Addiction

An addiction to alcohol is known as alcoholism. Despite being legal, alcohol is a strongly addictive drug, and the effects of the disease of alcoholism are devastating.

Many people use alcohol in moderation and never become addicted to it. Others may abuse alcohol and become "problem drinkers." Their work and family lives may suffer as a result, but they may not become truly addicted. True alcoholism is characterized by a compulsive, uncontrollable urge to drink. Alcoholics develop a high tolerance for alcohol, requiring them to consume large amounts before they feel any effect. Their bodies develop a physical dependence on ethanol, and an alcoholic may experience severe withdrawal symptoms such as shaking if they go without it.

It is not entirely understood why some drinkers develop alcoholism and others do not. Genetics seem to play a role. The children of alcoholics are more likely to develop the disease than others. But many children of alcoholics never develop the disease. And many children of non-alcoholics become alcoholic.

Generally, someone who has developed alcoholism cannot go back to being a moderate drinker. They either have to abstain from alcohol completely or fall back into full alcoholism.

Untreated, alcoholism is often fatal. The human body is not designed to tolerate the long term presence of large amounts of alcohol. In addition to fatal liver diseases, alcoholics can develop stomach ailments such as ulcers, heart problems and damage to the central nervous system.

An alcoholic may find it impossible to hold a job or maintain effective family relationships. As with other addictions, the substance simply becomes more important to the addict than anything else.



Alcoholism is an equal opportunity disease. It crosses **ethnic, racial, economic, age** and **gender** lines. If you answer yes to several of these questions, you may be at risk. Consult with a professional to be sure.

- Do you drink frequently?
- Do you always drink at specific times of the day?
- Do you drink more than is socially acceptable?
- Do others criticize your drinking?
- Do you drink to relieve discomfort or stress?
- Do you prefer to be around other drinkers?
- Do you constantly drink, think about drinking, or try to stop drinking but fail?
- Do you drink to get high from alcohol?
- Do you become upset if alcoholic beverages are not served?



What Are Depressants?

Depressants are sometimes called “downers.” They “depress” the central nervous system and have a tranquilizing or sedative effect. Typically, the user experiences slower heart rate and breathing. Movements also slow and become less coordinated. Vision may become blurry and the user may become sleepy.

Many of the drugs covered in other sections of this publication are depressants (i.e. alcohol, marijuana, GHB). In this section we focus on depressants that are prescription medicines with legitimate uses. These drugs are typically prescribed for conditions such as stress or insomnia, but they are often sold illegally and abused. More information on some of them can be found in the Prescription Abuse section.

A Cocktail that Kills: Polydrug Use

Drugs that excite the central nervous system are called stimulants or “uppers.” Some people use stimulants in combination with depressants. A cocaine user might take a depressant to avoid the sadness typically felt after a stimulant high. This puts the body through abnormal changes quickly (from extreme highs to extreme lows) and is very dangerous.

Other abusers combine depressants, using pills to magnify the effects of alcohol or to alleviate alcohol withdrawal. These practices are also dangerous. The depressants covered here act in similar ways to alcohol. They are sometimes called “solid alcohol” or a “drinkless drink.” Taking such drugs along with alcohol can lead to a fatal overdose.



Types of Depressants

Most pharmaceutical depressants fall into one of two categories, barbiturates or benzodiazepines.

Barbiturates

Barbiturates were widely prescribed by doctors in the first half of the twentieth century for ailments such as insomnia, anxiety and muscle spasms. Many people over-used them and became addicted. With these drugs, tolerance builds rapidly, so that larger amounts must be taken to get a desired effect. This increases the likelihood of an overdose, which can be fatal. Withdrawal from barbiturate addiction is severe. It can include anxiety, tremors and even death. Barbiturate addicts should seek professional help to stop using the drug. Today, due to these dangers, barbiturates make up less than 10% of all U.S. depressant prescriptions.

Methaqualone is a prescription depressant very similar to barbiturates. Marketed under the trade name Quaalude it became a very popular drug of abuse in the 1970's. It has since been banned in the U.S., but is sometimes prescribed in other countries under the trade name Mandrax.

Benzodiazepines

Benzodiazepines began to be prescribed in the 1960's as a safer alternative to barbiturates. These drugs remain widely prescribed and used to this day. They are sold under a variety of names such as Valium, Xanax and Klonopin. Overdose, while still possible, is less likely with these types of depressants than with barbiturates. The potential for addiction, however, remains. As with barbiturates, withdrawal symptoms can be life threatening. Users should seek medical help to break the addiction.

BARBITURATES



NEMBUTAL



SECONAL



AMYTAL

BENZODIAZEPINES



XANAX



LIBRIUM



SERAX



DALMANE



RESTORIL



KLONOPIN



VALIUM



ATIVAN



TRANXENE



HALCION



DORAL



CENTRAX



ROHYPNOL



Warning: Use of certain depressants during pregnancy has been shown to cause **birth defects** and **addiction** in the **unborn child**. Pregnant women should never take depressants unless under a **doctor's specific guidance**.

Narcotics

From Flower to Drug: A History of Narcotics

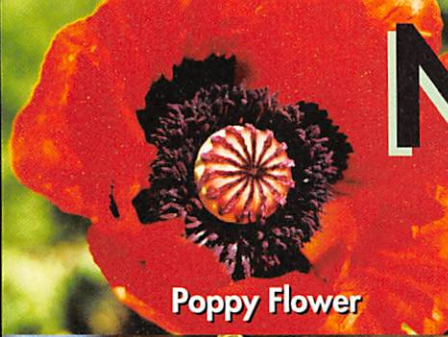
When the colorful petals of the opium poppy fall off, a seed pod is revealed. By making cuts in the pod, a white, sticky liquid is released. When this liquid dries, it is raw opium. The pain relieving properties of this substance were discovered many centuries ago, and it was used as a folk medicine.

In the seventeenth century, people in China began to smoke opium for pleasure. This practice spread to Europe and America, along with serious addiction problems.

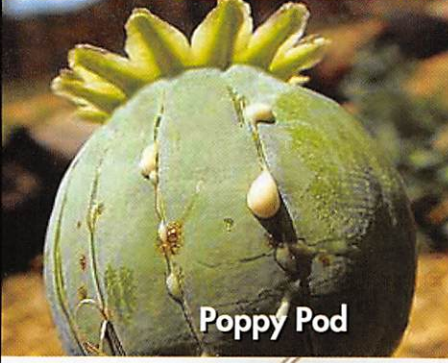
In the early 1800's the primary constituent of opium, morphine, was extracted by a German pharmacist. The pain relieving properties of this new drug were amazing, and doctors began to use it widely. During the American Civil War, many soldiers were given morphine to alleviate the pain of war injuries and surgeries. But people soon realized that morphine was highly addictive.

In 1874, a potential solution to this problem was found. Or so people thought. A new drug was produced from morphine. It was called heroin, and was marketed as a safe substitute for morphine. It began to be used, but soon people realized that it was just as addictive as morphine.

Heroin addiction quickly became a huge problem in the United States. In the 1920's laws were passed barring its manufacture, sale and use. Despite this, widespread abuse of heroin continues to this day.



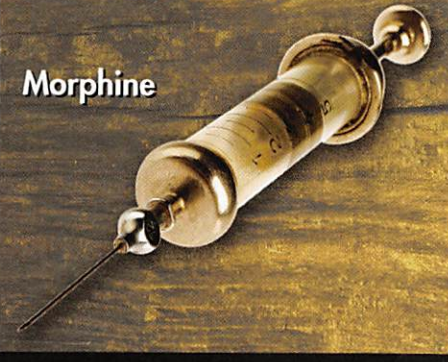
Poppy Flower



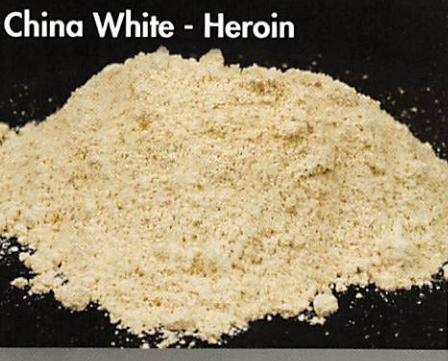
Poppy Pod



Raw Opium Cake



Morphine



China White - Heroin



Black Tar - Heroin

Narcotics are drugs which are derived from the opium poppy - a beautiful, harmless looking flower. These drugs are also called opiates and include opium, morphine, and heroin. Man-made drugs designed to be similar to opiates are also included. Sometimes the term narcotic is even used to mean any illegal drug, although this is not technically correct. Narcotics are the most powerful pain killers known to man. They are also highly addictive.

Medical Narcotics

Narcotics, both natural and man-made, are widely employed as medicines. Used carefully under a doctor's supervision, they can be invaluable in alleviating suffering. But they also carry the potential for abuse and addiction. Addiction to medical narcotics can be similar to heroin addiction. Common medical narcotics include:

Codeine – often used to treat pain, coughing and/or diarrhea.

Fentanyl – An extremely powerful analgesic (pain reliever). It is often used in the treatment of severe, chronic pain.

Hydrocodone – Sometimes marketed as Vicodin. Used to treat pain and as a cough suppressant.

Meperidine – Also known as Pethidine. Often marketed as Demerol. Used as a pain treatment.

Methadone – Used for treating heroin addiction and, increasingly, for chronic pain.

Morphine – Two centuries after first being discovered, it continues to be used by doctors to alleviate some cases of severe pain.

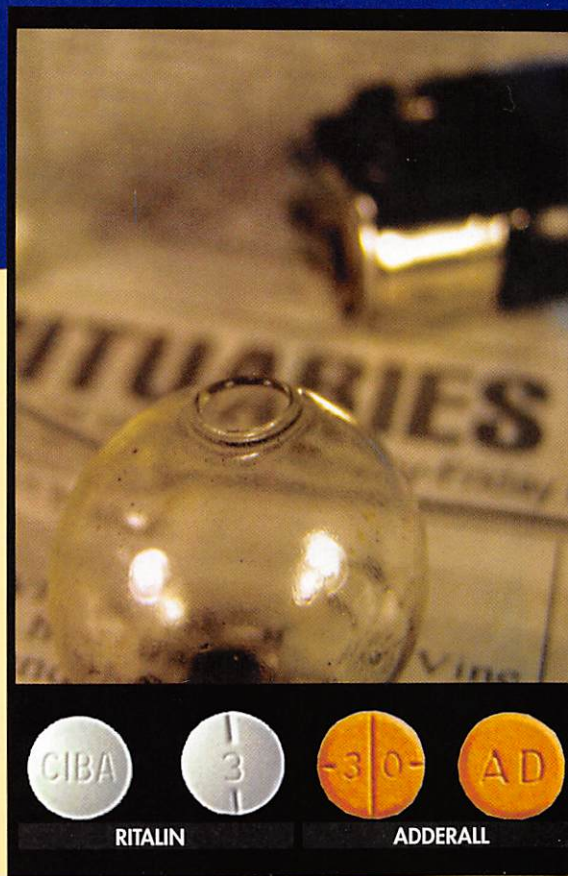
OxyCodone – Often marketed under the name OxyContin. It is a potent pain reliever very similar to morphine. It is widely abused and sold on the street under such names as "blue", "kicker" and "oxy." OxyContin's availability in a time-release formula has increased the potential for abuse. Rather than swallowing the pill as directed, abusers chew, snort, or inject the medication to avoid the time-released mechanism.



What Are Stimulants?

Stimulants are drugs that “stimulate” the central nervous system - increasing the user’s energy level and alertness. They have an opposite effect of depressants, which slow things down. Stimulants speed things up. They increase heart rate, blood pressure and body temperature. They often decrease the user’s appetite. Sometimes called “uppers,” stimulants come in many forms. Some are more dangerous than others. Cocaine is a stimulant. So is caffeine.

All amphetamines, including methamphetamines (see previous section for detailed information), are considered stimulants. **MDMA**, the drug better known as **ecstasy** or simply **X**, is a stimulant. It is covered in detail in the section on club drugs. **Ritalin** and **Adderall** are stimulants often prescribed to treat children diagnosed with hyperactivity or attention deficit problems. Often abused, they are covered in detail in the prescription drug section. **Nicotine**, covered in the section on tobacco, is a stimulant as well.



Amphetamines are a class of man-made drugs first synthesized in 1887. They were not used widely until the 1930’s, when they were marketed in an over-the-counter medicine for nasal congestion called Benzedrine. Amphetamines also came to be used as prescription medicines for reducing appetite (for dieters) and for treating depression.

In high doses, amphetamines give the user a burst of energy, as well as a euphoric feeling. When this effect wears off, users “crash” and experience tiredness and depression. Amphetamines are addictive and can have very negative long-term effects including cardiovascular disease, psychosis and an inability to experience pleasure.

Today, amphetamines are only legal by prescription. Since 1970 they are only approved for three uses:

- Narcolepsy – a rare disorder in which people fall asleep repeatedly if they stay in one position too long.
- Hyperkinesia – Attention deficit / hyperactivity disorder.
- Short term weight loss

Ephedrine is a drug originally derived from plants of the genus Ephedra. Ephedrine and its close cousin pseudoephedrine are ingredients in a number of over-the-counter cold medications that help open up nasal passages by shrinking blood vessels. These medications can also be used to make methamphetamine.

Ephedrine can produce side effects such as restlessness, muscle spasms, chills, heart palpitation and fainting. Ephedrine is the primary ingredient in herbal ecstasy, which is touted as a “safe” version of regular ecstasy.

What about Caffeine?



Caffeine is a stimulant that occurs naturally in coffee beans, tea leaves, cola nuts and cocoa beans. It has been used for centuries in many different societies as an energy booster. It increases alertness and reduces fatigue. The use of caffeine is legal in most places because its effects are very benign compared to illegal stimulants like amphetamines. Excessive use of caffeine, however, can cause irritability, nervousness and sleeplessness, among other symptoms. For this reason many doctors recommend that heavy users cut back on consumption to improve health. Sometimes a piece of fruit, with energy-providing carbohydrates, is a better alternative.

Heroin Abuse

Pure heroin is a white powder with a bitter taste. Most street heroin has impurities that give it an off-white or brownish color. It is known by many other names, including "smack," "junk" and "big H." Some heroin, known as "black tar," is very dark and sticky.

Heroin can be snorted, smoked or injected directly into the user's veins. Injection produces the quickest result. Heroin acts on the brain to produce an initial feeling of euphoria — a "rush." First time users may not experience this. An intermittent drowsy state follows and may last for several hours. During this time, bodily functions such as breathing are slowed down. A user may also experience restlessness and vomiting. An overdose can cause convulsions or a coma. Death can result.

Much of one's reaction to heroin depends on how pure it is and what substances it may have been mixed with. On the street it is difficult to know what one is getting.

Long term use of heroin can cause a host of problems including heart and lung disease. Injection of heroin can lead to such problems as collapsed veins, hepatitis and AIDS.

Heroin Addiction

What makes heroin so dangerous is that it is powerfully addictive. With some drugs, addiction only affects some long-time users. But heroin produces physical addiction in virtually any repeat user. Tolerance to the drug develops quickly, meaning that more and more must be taken to achieve the same effect. Withdrawal symptoms appear when an addict goes without the drug. The symptoms are acute and painful. They include headache, pain in the muscles and bones, and vomiting. Imagine the sickest you've ever been. Multiply by 10. You get the idea. It's no wonder that addicts will do almost anything to get more of the drug to avoid withdrawal.

Heroin Recovery

It is extraordinarily difficult to kick a heroin addiction without professional help. Treatment usually involves a doctor prescribing a substitute for the heroin. Methadone, a man-made narcotic, is the most common option. It is taken once a day. It blocks the addict's appetite for heroin and prevents withdrawal symptoms. However, methadone itself is addictive and eventually the addict must withdraw from it to become truly clean. Behavioral therapies are also an important part of treatment. True recovery from heroin addiction is a long, difficult process.



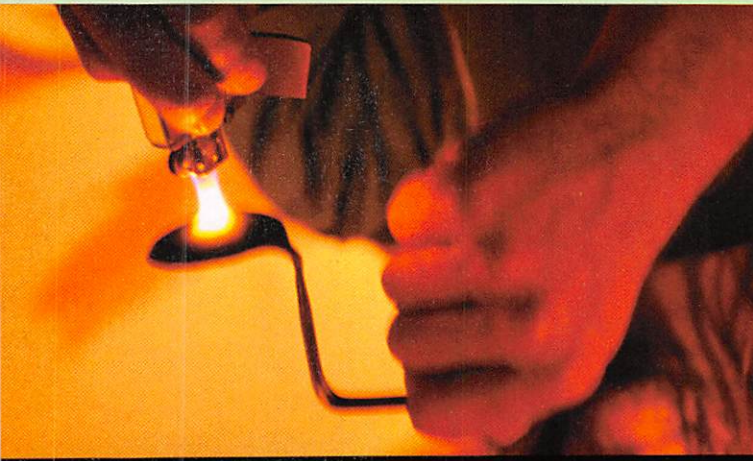
By using a common name and by selling it cheaply, traffickers are aiming to get kids as young as eleven and twelve addicted. Traffickers can call it anything they want—but the truth is: heroin kills. Many young teens don't understand that it is easy to overdose while using heroin. In some cases, cheese users believe they are getting small doses of heroin when in fact, traffickers have mixed in a high percentage of the drug.

Dallas, Texas, 2005 and 2006
In an effort to profit off kids, traffickers are peddling a substance called "cheese." It's not what it seems. It's a deadly mixture of black tar heroin and ground up over-the-counter medicine. Some people think it looks like grated cheese or rough sand, but it is far from harmless. Since 2005, 21 teens in the Dallas area have died from using it.

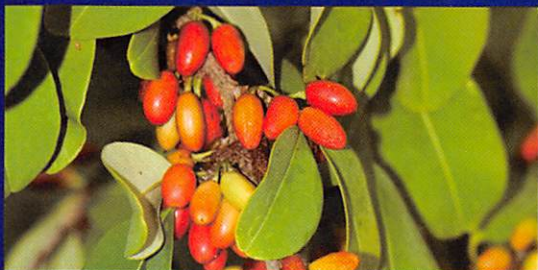
Detroit, Michigan, May 2006
A rash of deaths has occurred from a new street drug known by such apt names as "drop-dead," "executioner" and "flat-liner." In just one day it killed 19 people in the Detroit area. It is a toxic mixture of heroin and fentanyl, a very strong prescription pain reliever. Heroin addicts described it as the best high they'd ever had. For many it was also the last.

HEROIN, adapted into new, often more dangerous forms.

NEWSFLASH!



Cocaine



The leaves of the South American coca plant have been used as a stimulant since before the time of the Incan empire. When chewed or brewed into tea, they produce a mild euphoria and alleviate fatigue and hunger.

There is an interesting legend told in South America. At the time of the European conquest there was a prophecy from God given to the native people. It said that the juice of the coca plant, which had been given to them as a gift of energy and spirit, would one day be taken by the invaders. But to the invaders it would be no gift. It would become a vice and a curse, "poison for his body and madness for his mind."

The principal active ingredient in coca leaves, cocaine, was isolated in 1855. Its effect was far more powerful than that of chewing coca leaves. It was used for a variety of medicinal purposes, such as anesthesia. It soon came to be abused by addicted recreational users. In 1914 the U.S. government attributed 5,000 deaths to cocaine.

Abuse became epidemic in the 1970's and 1980's, when cocaine became a fashionable drug of choice for celebrities and the wealthy. Its use, as well as the tragic events that followed, was widely chronicled in books, movies and songs of the period.

Cocaine abuse moved under the radar in the 1990's, as drugs such as meth began to gain more attention. But cocaine has never gone away, and in recent years it appears to be resurfacing, especially in the world of pop music and hip hop.



Cocaine is most commonly a fine white powder. It is usually snorted into the nose through a thin straw, where it is absorbed into the bloodstream through the mucous membranes. It can also be swallowed or injected.

Cocaine can be heated with solvents to produce a purer form of the drug. It is called crack or crack cocaine, so named for the popping or cracking sounds it makes while being heated. Crack appears as rocky chunks. It is designed to be smoked. This produces a quicker, more intense high than snorting. The drug enters the bloodstream through the lungs and reaches the brain in a matter of seconds. The high does not last as long as with snorting.

Crack is a less expensive addiction than regular cocaine. It opened up cocaine abuse to lower socioeconomic levels, becoming a huge problem in depressed inner city neighborhoods.

Freebasing is the act of smoking cocaine as it is being purified. The cocaine base is "freed" from its hydrochloride base. This involves the use of flammable solvents which can accidentally ignite and burn the user.

Cocaine: The High

- Cocaine triggers the release of dopamine in the brain, giving the user a feeling of excitement and pleasure. The user's energy level is increased. Appetite is decreased.

Cocaine: The Lows

- Cocaine highs end with users feeling tired and depressed. This causes many users to take more cocaine, leading to addiction.
- Cocaine constricts blood vessels, decreasing the supply of blood to the heart and increasing blood pressure. Heart attacks or seizures can occur. Even first time users have died, sometimes from small doses.
- Continued use can lead to depression, malnutrition and a reduction in the body's ability to fight infection.
- Addicts have little ability to concentrate and can exhibit violent, paranoid behavior.
- Chronic use can lead to frightening hallucinations. A feeling of insects or snakes crawling under the skin (a condition known as formication) is not uncommon.
- Chronic use can lead to a loss of interest in food, sex, family, friends and anything else that gets in the way of taking the drug.
- Many addicts turn to crime or prostitution to get money to continue using the drug.
- Frequent snorting leads to sores in the nose, nosebleeds and even the collapse of nasal passages.
- Injecting can lead to infections such as HIV.
- Smoking crack can lead to respiratory problems and lung damage.
- A recent study in the journal *Neuroscience* indicates that cocaine abuse can increase an individual's chance of developing Parkinson's disease.

The lows of cocaine far outweigh the highs. **DON'T USE IT.**

What Are Designer Drugs?

The term “designer drug” is often used loosely. It originally referred to synthetic (man-made) drugs designed to act like opiates. The term is now also used to refer to drugs like Ecstasy. Ecstasy is man-made but was not designed to mimic any other specific drug. Man-made drugs designed to cure diseases are also sometimes called designer drugs, though we do not use the term that way here.

A History of Designer Drugs

In the 1970’s, underground chemists began producing their own versions of a drug called fentanyl. Fentanyl is a man-made pain-killer that acts like heroin. The underground chemists slightly altered the structure of their own versions of fentanyl. They sold them on the street as “China White,” a new kind of heroin.

This offered two advantages over selling actual heroin. First, there was no need to import opium from far-away countries where poppies are grown. More importantly, the makers could also avoid criminal prosecution. United States drug laws were very specific. By creating a drug that offered a similar high to heroin without containing heroin, the laws no longer applied.

Authorities responded by making new designer drugs illegal as quickly as possible. Then, in 1986, a new law made drugs illegal based on their general properties, rather than their exact chemical makeup. This effectively outlawed all designer drugs, even ones that hadn’t been invented yet.

Drugs or “Research Chemicals”?

Some designer drugs have been sold over the Internet as “research chemicals.” Many of these are designer versions of hallucinogens like Ecstasy and LSD, with cryptic names such as 2-CT-2. The sellers attempted to hide behind the guise of intending them for scientific purposes, not recreational use. Nonetheless, overdoses and deaths related to these “chemicals” resulted in a harsh crackdown by U.S. law enforcement, which shut down many of the sellers in a 2004 sting.

Paying For The Designer’s Mistake

Designer drugs come with the same dangers as the drugs they are based on. Also, these products have been molecularly altered by an underground chemist. The only safety testing that usually occurs is when the first round of users act as guinea pigs to determine whether or not chemists should make more batches of a drug.

One designer form of heroin, known as “Tango & Cash,” turned out to be far more powerful than regular heroin. In a weekend it killed 12 people and hospitalized 130 others.

In another case, a chemist attempted to create MPPP, a designer version of the narcotic Demerol, and made a mistake. The result was a brain-damaging substance known as MPTP. One user said he felt a strange burning sensation when injecting it. A week later he was in the hospital with a case of advanced Parkinson’s disease. A number of other users developed Parkinson’s as well.



Some Well Known Designer Drugs

This list is merely a sampling. The actual number of designer drugs available on the street is far greater.

Synthetic narcotics

- China White (AMF)
- MPPP

Tryptamine-based

- Acetoxy (4-Acetoxy-DIPT)
- Foxy (5-Meo-DIPT)


Phenethylamine-based

- Beautiful (2C-B)
- 7th Heaven (2C-T-7)
- Ecstasy (MDMA)
- Red Devil (MDE)

PCP-based

- TCP
- PCE
- PCPP





What Are Club Drugs?

Club drug is a term applied to drugs often used by young people at concerts, dance clubs or all night parties such as raves and trances. The term is not scientific or precise, but usually refers to ecstasy, herbal ecstasy, Ketamine, Rohypnol and GHB. Occasionally, meth and LSD, covered in other sections of this publication, are also used in party settings and referred to as club drugs.

Most club drugs are stimulants. The idea of taking them in a party atmosphere is to enhance the experience by getting more energy to dance and (the user hopes) positive feelings toward others.

Rohypnol and GHB are special cases of club drugs. They are depressants, and have gained a reputation for use as an aid to rape or robbery.

Ecstasy (MDMA)

Ecstasy, or MDMA, is the quintessential club drug. It goes by names such as *X*, *XTC* and *the hug drug*. It is a man-made drug first synthesized in the early 1900's for pharmaceutical purposes. Its widespread abuse, especially in party settings, began in the 1980's.

Ecstasy is usually taken orally as a tablet. It is a strong stimulant. The typical reaction is a feeling of energy and euphoria. While it doesn't produce true hallucinations, it can give the user a dreamy, distorted sense of time. On the other hand, some users experience feelings of anxiety and agitation, which can foster reckless behavior. The effects of ecstasy usually wear off in 3-6 hours.

A variety of bad reactions to ecstasy can occur. Nausea, chills, blurred vision, teeth clamping and muscle cramps are some of them. Some users also report symptoms such as anxiety, restlessness and sadness that can extend for up to a week after using the drug. One reason users report such a variety of reactions is that ecstasy is often consumed in combination with other drugs such as alcohol. This makes the effects more unpredictable, and more dangerous. Further complicating the issue is the fact that many pills sold as ecstasy are actually something else (see "Club Drug Roulette" on the following page).

In rare cases the use of ecstasy causes a dangerous rise in body temperature (hyperthermia) which can cause kidney failure. In some users it can also trigger heart failure. The chance of these reactions occurring may be increased by the environment in which ecstasy is often taken, with constant dancing in un-air-conditioned places.

Ecstasy has been shown to cause nerve damage in the brains of lab animals over time. Humans who have used the drug for long periods have reported lasting symptoms of confusion, depression and impairment of memory. It is not yet known exactly how addictive ecstasy is. Some users do exhibit signs of addiction.

Club Drug Roulette

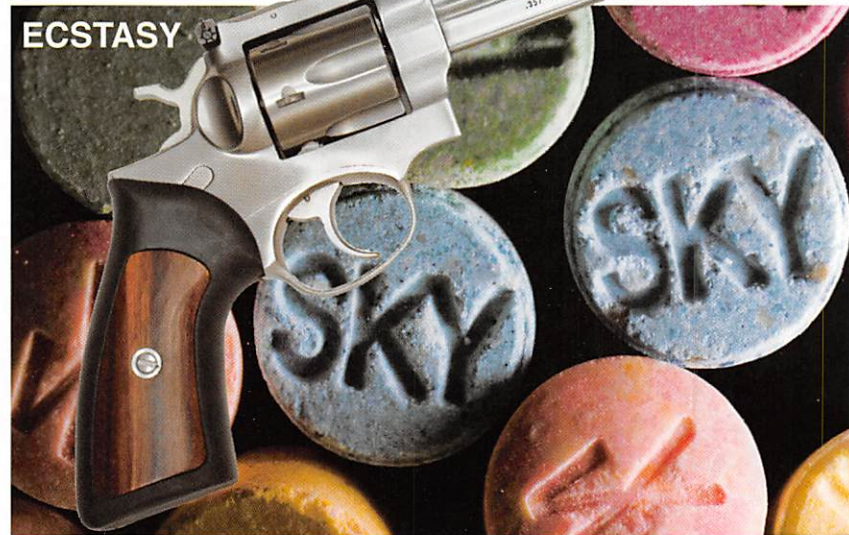
Let The Buyer Beware!

Drugs sold as ecstasy often contain other drugs, anything from caffeine to heroin!

Safe Ecstasy?

Herbal Ecstasy is a blend of herbs that is sometimes claimed to offer a safe, ecstasy-like high. The primary ingredient is ephedra, an herb also known as Ma Huang. It stimulates the cardiovascular system, increasing heart rate and blood pressure. This can be dangerous for individuals with certain risk factors, such as heart disease or high blood pressure. The sale of ephedra was banned by the FDA in 2004 due to such health risks. Since that time herbal ecstasy is more difficult to find.

Many users question the "high" touted by makers of herbal ecstasy. Many reported it feeling no different than a cup of coffee. Ephedra does not cause the kind of changes in the brain that real ecstasy does. It may be that experienced ecstasy users thought the effects were similar because the cardiovascular effects of herbal ecstasy, combined with alcohol and a party atmosphere, simply reminded them of the ecstasy high.



Ketamine

Ketamine is an anesthetic often used by veterinarians. As a club drug it goes by street names like *Special-K* and *Vitamin-K*. It can be found in powder form (for snorting) or liquid form (for injecting). It can produce feelings of relaxation, dream-like hallucinations and amnesia. It can also cause elevated blood pressure and potentially fatal respiratory problems. It is sometimes sold mixed with other drugs such as PCP.



Date Rape Drugs

It used to be called “slipping someone a mickey” – giving them a knockout drug to render them helpless. The modern versions are known as “date rape drugs”. These can be slipped into someone’s drink at a party. And it is not just used for sexual assault. There have been cases of people, both men and women, being kidnapped or robbed with the aid of such drugs. Two drugs used for these purposes are GHB and Rohypnol.



GHB



Rohypnol

GHB goes by street names such as soap, liquid ecstasy and Georgia homeboy. It is a depressant. Rohypnol is known by street names like rophies, roofies, rope and roach. Both GHB and Rohypnol can be colorless, tasteless and odorless. This makes it easy to put them into someone’s drink without detection. Rather than knocking a person out, the idea is to put them into a state of semi-paralysis and confusion. The victim may also not be able to remember clearly what happened while they were under the influence of the drug.

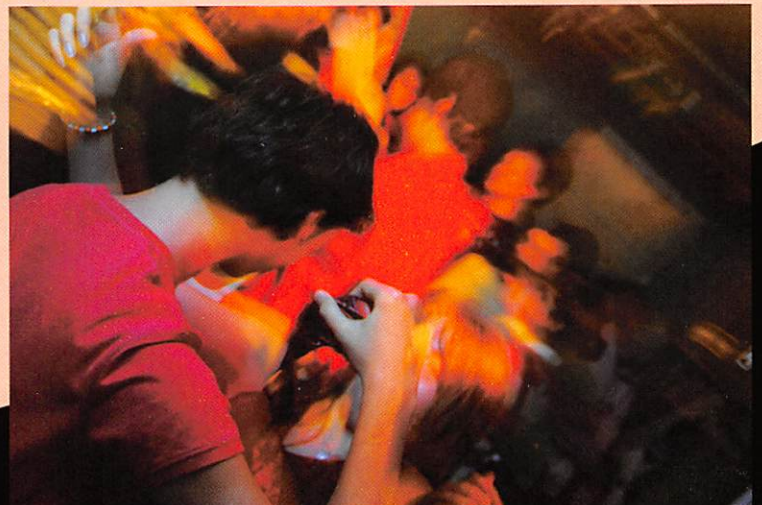
Two prescription drugs with similar effects are sometimes abused in place of Rohypnol. They are clonazepam, which is sold in the U.S. as Klonopin and in Mexico as Rivotril, and alprazolam, sold as Xanax.

Sometimes “date rape” drugs are taken intentionally for their intoxicating effects. All of them also have dangerous, potentially fatal side effects, particularly in high doses and when mixed with alcohol or other drugs.

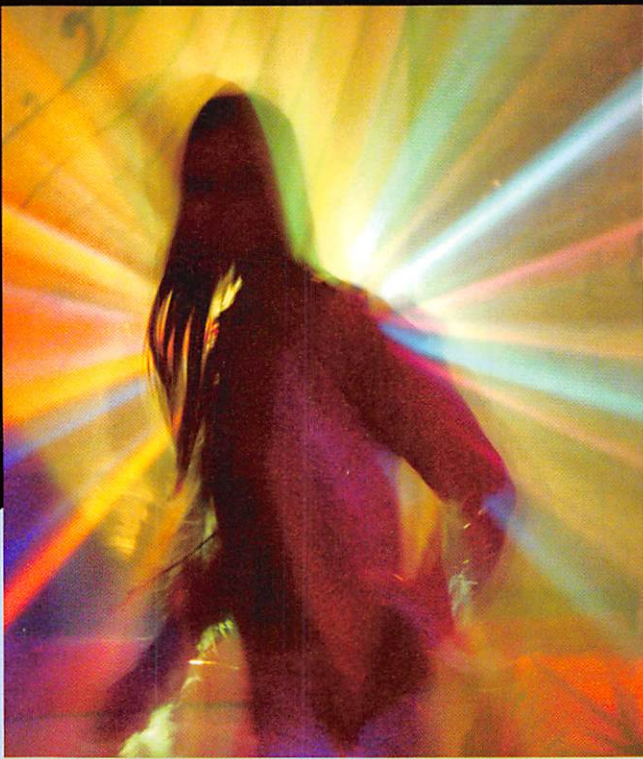
Protect Yourself!

Date rape drugs can be odorless, colorless and tasteless. Follow these guidelines to keep yourself safe when you go out.

- Attend parties with a group of friends who will look out for each other.
- Stay aware of who is around you.
- Watch your drink from the time it is poured until you have finished it.
- If you leave your drink unattended, throw it away and get another.
- If you start feeling strange, more intoxicated than you should be, or like you are losing control, immediately tell a friend whom you trust. Call someone you trust to come and get you if you need to.
- Don’t Drug Yourself. Many cases of drug-related rape have turned out to be from the victim drinking alcohol and taking drugs themselves, leaving themselves vulnerable to potential attackers.



What Are Hallucinogens?



PCP

PCP is an animal anesthetic. It often goes by the street name "angel dust." It can be found as a powder, liquid or tablet. Marijuana joints are sometimes sprinkled with, or dipped in, PCP. This is sometimes done without the marijuana user knowing about it.

The effects of PCP are more predictably negative than is the case with LSD. Instead of intense visual hallucinations, people on PCP often believe themselves to be especially powerful, and capable of great feats such as flying or breaking through walls. This can lead users to attempt things that may get them hurt or killed. A PCP user may also feel paranoia about other people and become angry and violent toward them. The effects of the drug appear to be to induce a temporary state of mental illness. A variety of bad physical reactions to the drug, including seizures and death, are also possible.

PCP is psychologically addictive, and long term use can lead to problems such as memory loss and depression.

Hallucinogens are drugs that cause changes in the way a person perceives reality. Some are man-made, such as LSD and PCP. Others occur naturally in things like cacti and mushrooms.

A number of drugs covered in other parts of this publication, such as ecstasy, can produce hallucinogenic effects. True hallucinogens, however, produce intense hallucinations virtually every time an effective dose is taken.

"Swirling colors danced around him. They began to take on weird shapes...Suddenly the furniture in the room sprouted fingers that started sucking blood from all over his body."

-a description of one young LSD user's bad trip



Peyote Cactus

This small cactus has long been used in the religious ceremonies of Native cultures of northern Mexico and the American southwest. The dried, fleshy "buttons" of the plant can be chewed or brewed into tea. The taste is very bitter and can cause nausea and vomiting. The intoxicating effect is similar to LSD, though usually less intense.



The active ingredient in peyote is called mescaline. It is not the same thing as mescal tequila. Mescaline can be produced synthetically and is often found as a powder or tablet, which is favored by many users due to the cactus' bitter taste.



Psilocybe Mushrooms

These kinds of mushrooms are sometimes called "magic mushrooms" and can be eaten or brewed into a tea. The active ingredient is psilocybin. The effects are similar to LSD, though usually less intense. The effects can vary widely based on the particular mushroom, its age and how it was stored. Psilocybin can also be extracted in a pure form or synthesized in a lab and put into a capsule for swallowing.

LSD

LSD is the most potent of the hallucinogens. Sometimes called "acid," it was created in 1938 by a chemist named Albert Hoffman. He was attempting to develop a new medicine for migraine headaches. He synthesized LSD from ergot, a fungus that grows on rye, and discovered its effects when he accidentally dosed himself.

Interest in the new drug grew rapidly. Its ability to make users undergo hallucinations intrigued scientists. Psychiatrists began using it in attempts to treat patients with mental illnesses. The scientific nature of this research was undermined as some researchers began using the drug along with their patients. As recreational use spread during the 1960's, the dangerous effects of LSD became apparent and it was outlawed.

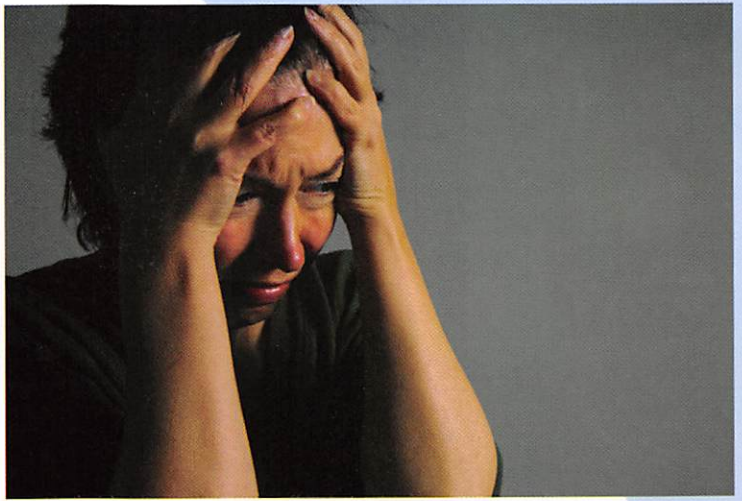


LSD is extremely powerful. By itself, a single dose would appear as a tiny speck, if at all. LSD comes in many forms, but is usually taken orally. The forms include tiny tablets called microdots, regular tablets, sugar cubes, gel squares (windowpane) and blotter paper with colorful designs which can be chewed to release the drug.

The effects are felt about 30-90 minutes after taking the drug. A user's heart rate and blood pressure will increase. Users generally remain aware of their surroundings, but the appearance of those surroundings changes in unpredictable ways. Stationary objects may appear to move. Other people may take on completely different appearances. The perception of time is distorted. A minute may seem to take an hour, or vice versa. The overall effect appears to be similar to dreaming.

Due to its intensity, an LSD experience is called a trip. Depending on the dosage, a trip may last a few hours or up to 12 hours. As with dreams, trips can be pleasant, terrifying, or a little of both.

It is possible for users experiencing a bad trip to become psychotic and hurt themselves or others. In the 1960's this was called having a "freak out." It played a large role in LSD being outlawed.



"It started with 2 hits of Blue Microdot. The 16 hours or more of tripping was only the beginning. It took years for me to stitch myself back together."

-one user's description of his problem with LSD

It is difficult to predict whether a trip will be good or bad, but it seems to be related to the user's state of mind and surroundings, as well as the amount and quality of LSD taken and whether other drugs were taken along with it. In particularly bad trips, some users have been left with severe mental illnesses that last long after the drug has worn off. It is not known whether the drug creates the mental illness or simply unmasks it in a susceptible person. Either way, it is a real danger of LSD use.

Another danger comes in the form of flashbacks. Long after taking the drug, even over a year later, some users experience a short term recurrence of hallucinations. Scientists do not understand this phenomenon. Many think it is not caused by LSD remaining in the system, but is more like a vivid, uncontrolled memory.

LSD is not physically addictive. Users do develop dependence after repeated use, meaning they have to increase the dosage to get the same effect. Higher dosages increase the chance of unpleasant physical effects or a bad trip. Bad trips cause many users to permanently end their experimentation with LSD.

My body was a giant mass of green flesh punctured all over by cactus-like thorns that had grown from within and broken my skin on the way out...In retrospect, it was the worst day of my entire life, It was the closest I can imagine to having full blown psychosis.

-an LSD user's own description of his bad trip

	DRUGS	TRADE NAMES	SLANG TERMS	MEDICAL USES	SIDE-EFFECTS	WITHDRAWAL
NARCOTICS	OPIUM	DOVER'S POWDER, PAREGORIC, PAREPECTOLIN	OPIUM	ANALGESIC, ANTIDIARRHEAL	EUPHORIA, DROWSINESS, RESPIRATORY DEPRESSION, NAUSEA, CONSTRICTED PUPILS, SLOW AND SHALLOW BREATHING, CLAMMY SKIN, CONVULSIONS, COMA, POSSIBLE DEATH	WATERY EYES, RUNNY NOSE, YAWNING, LOSS OF APPETITE, IRRITABILITY, TREMORS, PANIC, CHILLS AND SWEATING, CRAMPS, NAUSEA
	MORPHINE	MORPHINE, PECTORAL SYRUP	M, MORPHO, MORPH, TAB, WHITE, STUFF, MISS, EMMA, MONKEY	ANALGESIC, COUGH SUPPRESSANT		
	CODEINE	CODEINE, EMPIRIN COMPOUND WITH CODEINE, ROBITUSSIN A-C	SCHOOL BOY	ANALGESIC, COUGH SUPPRESSANT		
	HEROIN	DIACETYLMORPHINE	HORSE, SMACK, H, STUFF, JUNK	UNDER INVESTIGATION		
	HYDROMORPHONE	DILAUDID	LITTLE D, LORDS	ANALGESIC		
	MEPERIDINE (PETHIDINE)	DEMEROL, PETHADOL	ISONIPECAINE, DOLANTOL	ANALGESIC		
	METHADONE	DOLOPHINE, METHADONE, METHADOSE	DOLLIES, DOLLS, AMIDONE	ANALGESIC, HEROIN SUBSTITUTE		
OTHER NARCOTICS	LAAM, LERITINE, LEVO-DROMORAN, PERCODAN, TUSSIONEX, FENTANYL, DARVON, TALWIN, LOMOTIL	T'S AND BLUES'S, DESIGNER DRUGS, (FENTANYL DERIVATIVES), CHINA WHITE	ANALGESIC, ANTIDIARRHEAL, COUGH SUPPRESSANT			
DEPRESSANTS	BARBITUATES	AMOBARBITAL, PHENOBARBITAL, BUTISOL, PHENOBARBITAL, SECOBARBITAL, TUINAL	YELLOW, YELLOW JACKETS, BARBS, REDS, REDBIRDS, TOOIES, PHENNIES	ANESTHETIC, ANTI-CONVULSANT, SEDATIVE, HYPNOTIC	SLURRED SPEECH, DISORIENTATION, DRUNKEN BEHAVIOR WITHOUT ODOR OF ALCOHOL, SHALLOW RESPIRATION, COLD AND CLAMMY SKIN, DILATED PUPILS, COMA, WEAK AND RAPID PULSE, POSSIBLE DEATH	ANXIETY, INSOMNIA, TREMORS, DELIRIUM, CONVULSIONS, POSSIBLE DEATH
	METHAQUALONE		LUDE, QUAY, QUAD, MANDREX	NONE (PRODUCTION DISCONTINUED IN 1984)		
	BENZODIAZEPINES	ATIVAN, AZENE, CLONOPIN, DALMANE, DIAZEPAM, LIBRIUM, SERAX	DOWNERS, GOOF BALLS, SLEEPING PILLS, CANDY	ANTI-ANXIETY, SEDATIVE, ANTI-CONVULSANT		
	OTHER DEPRESSANTS	EQUANIL, MILTOWN, ROHYPNOL, GHB, PLACIDYL, VALIUM	TRANQUILIZERS, MUSCLE RELAXANTS, SLEEPING PILLS	ANTI-ANXIETY, SEDATIVE, HYPNOTIC		
STIMULANTS	COCAINE	COCAINE	BUMP, TOOT, C, COKE, FLAKE, SNOW, CANDY	LOCAL ANESTHETIC	INCREASED ALERTNESS, EXCITATION, EUPHORIA, INCREASED PULSE RATE AND BLOOD PRESSURE, INSOMNIA, LOSS OF APPETITE, AGITATION, HALLUCINATIONS, INCREASE IN BODY TEMPERATURE, CONVULSIONS, POSSIBLE DEATH	APATHY, IRRITABILITY, LONG PERIODS OF SLEEP, DEPRESSION, DISORIENTATION
	AMPHETAMINES	BIPHETAMINE, DECCLOSE, DESOXYN, DEXEDRINE, MEDIATRIC	PEP PILLS, BENNIES, UPPERS, TRUCK DRIVERS, DEXIES, BLACK BEAUTIES, SPEED	HYPERKINESIA, NARCOLEPSY, WEIGHT CONTROL		
	PHENMETRAZINE	PRELUDIN	UPPERS, PEACHES, HEARTS			
	METHAMPHETAMINE		SPEED, METH, CRYSTAL, CRANK, GO FAST			
HALLUCINOGENS	LSD	LYSERGIC ACID, DIETHYLAMIDE-25	ACID, MICRODOT, CUBES	NONE	ILLUSIONS AND HALLUCINATIONS, POOR PERCEPTION OF TIME AND DISTANCE, LONGER MORE INTENSE "TRIP", EPISODES, PSYCHOSIS, POSSIBLE DEATH	WITHDRAWAL SYNDROME NOT REPORTED
	MESCALINE AND PEYOTE		MESC BUTTONS, CACTUS			
	AMPHETAMINE, VARIANTS		ECSTASY AND DESIGNER DRUGS			
	PHENCYCLIDINE	PHENCYCLIDINE	PCP, ANGEL DUST, HOG, PEACE PILL	VETERINARY ANESTHETIC		
	OTHER HALLUCINOGENS	DMT, DET, PSILOCYBIN, PSILOCYN	SACRED MUSHROOMS, MAGIC MUSHROOMS, MUSHROOMS	NONE		
CANNABIS	MARIJUANA	ACAPULCO GOLD, SINSEMILLA, THAI STICKS	POT, GRASS, REEFER, ROACH, MAUI WOWIE, JOINT, WEED, LOCO WEED, MARY JANE	UNDER INVESTIGATION	EUPHORIA, RELAXED INHIBITIONS, INCREASED APPETITE, DISORIENTED BEHAVIOR, FATIGUE, PARANOIA, POSSIBLE PSYCHOSIS	INSOMNIA, HYPERACTIVITY, AND DECREASED APPETITE OCCASIONALLY REPORTED
	TETRAHYDROCANNABINOL	THC	THC			
	HASHISH	HASH	HASH	NONE		
	HASHISH OIL	HASH OIL	HASH OIL	NONE		
SOLVENTS	INHALANTS	SOLVENTS, BUTYL NITRATE, NITROUS OXIDE CHEMICALS, AEROSOLS	SNIFFING, GLUE SNIFFING AND HUFFING	NONE	EUPHORIA, HEADACHES, NAUSEA, FAINTING, STUPOR, RAPID HEARTBEAT, DAMAGE TO LUNGS, LIVER, KIDNEYS, BONE MARROW, SUFFOCATION, CHOKING, ANEMIA, POSSIBLE STROKE, SUDDEN DEATH	INSOMNIA, DEPRESSION, INCREASED APPETITE, IRRITABILITY, HEADACHE

DRUG TERMS AND SYMPTOMS CHART



Heather Thomas

Class Rank: Top 5%
SAT Score: 1550
National Honor Society
Senior Class Treasurer
Junior High State Spelling Champion

Varsity Cheerleader
Habitat for Humanity Volunteer

Smith Memorial Scholarship - \$20,000
First Bank Scholarship - \$5,000
Young Scholars Award - \$1,000
Federal Financial Aid - \$16,000

Jenine Macintyre

Class Rank: Valedictorian
SAT Score: 1430
National Honor Society
President of Spanish Club
Honorable Mention: National
Science Fair
All District Volleyball
Fellowship of Christian Athletes

Scholarships – none
Federal Financial Aid - \$0

Two great high school records. Why did one bring so many more opportunities? Because Jenine's record included something not listed above, a DUI conviction. It will continue to haunt her and show up even after college, such as on her applications to law schools. One bad decision cost her far more than she could have imagined.

The ultimate cost of DUI is the loss of your life or the taking of someone else's. Fortunately, that doesn't always happen. But plenty of other things can happen. They include losing your license, going to jail and paying huge fines and large hikes in insurance premiums. There is also the possible loss of education and job opportunities. The good news is that all of it can be easily avoided.

Don't drive under the influence.

When they are **exposed** to the **dangers**,
when they **understand** the **devastation**,
the vast **majority** of them
are **smart** enough to **say NO!**



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