

A decorative Easter basket filled with colorful eggs and a bunny figurine. The basket is overflowing with various colored eggs, including white, pink, blue, green, and orange. A small white bunny figurine is visible among the eggs. The basket is set against a light background.

Discovery

You

Your Friends

And

Drugs

Being prepared has never
been so important

Cocaine

Fact file:

Names

Cocaine is known as coke, Charlie, snow, C, dust, golddust, bugle and Crack.

Appearance

Normally a white powder that can be snorted up the nose. Some users inject it.



Law

Cocaine is a class A drug and can lead to a 7 year sentence for possession and up to life imprisonment for supplying.

Paraphernalia (Things a user needs)

Some of the things you may find a cocaine user with are needles (if someone is injecting), silver foil, straws, mirror, tourniquet, spoons and white powder residue.

Heroin

1. Which of these is not a way that heroin can be taken:
 - Snorted
 - Tablet
 - Injected
 - Smoked
2. What class of drug is heroin?
3. What symptoms do first time users of heroin report?
4. What plant is heroin derived from?
5. Why do heroin users have to have higher and higher doses just to feel normal?
6. Why is injecting heroin so harmful?
7. When should you call for an ambulance if someone has a bad response to heroin?
8. Which of these is not another name for heroin:
 - K
 - Junk
 - Skag
 - Smack
9. What items may you find a heroin user in possession of?
10. How many doses can it take for someone to become addicted to heroin?

Heroin

Where to go for help

[Release](#) - information and legal help on drugs arrests Advice Line:
0207 729 9904 (10am - 6pm Monday to Friday)
Emergency Helpline: 0207 603 8654 (all other times)

Lifeline *Free drug advice and information*
Tel: 0161 839 2054

Addiction Helpline you can call freephone on: 0800 569 5082



Cocaine

Short Term Effects

Cocaine is a stimulant and users feel a sense of wellbeing, confidence and alertness. Rise in body temperature coupled with dilated pupils and blood pressure rise also occur. The effects last roughly 30 minutes and users are left craving more. The comedown can last for days and lead to tiredness and depression.



Long Term Effects

Long term users can become dependant and feel withdrawal symptoms when not using. It can lead to heart problems and chest pains and often convulsions. Snorting cocaine can lead to the septum in the nose becoming damaged as well as causing nasal ulcers and nosebleeds. Long term use can lead to serious mental health problems especially schizophrenia. Overdoses can be fatal. If a user injects cocaine then they are more at risk from catching blood borne diseases such as hepatitis and aids.

Cocaine

What to do in an Emergency

If someone you know has taken cocaine and has any of the following – dial 999 and call an ambulance :

- Severe headache
- Generalized seizure
- Loss of consciousness
- Signs of a stroke (double vision, slurred speech, inability to speak, weakness in the extremities)

Also seek help if any of the following occur :

- A nosebleed that cannot be stopped
- Chest pain or breathing difficulties
- Swelling in the body (especially in the site of cocaine injection)
- Abdominal pain or vomiting
- Facial pain or headache with a fever.

Before medical help arrives you can do the following things to help :

- Ask Which drug they have taken and if possible get a sample for the medical staff
- Calm the person down
- If necessary place them in the recovery position
- Keep them warm- but not too hot
- Stay with them at all times

Heroin

What to do in an emergency

If you are with someone who has taken heroin and they show any of the following symptoms then dial 999 and call an ambulance :

- Slow or erratic breathing
- Tiny pupils
- Semi consciousness with little or no response
- Blue lips and skin
- Apparent coma

If the person you are with is having a bad reaction and they lose consciousness put them in the recovery position to lessen the threat of choking

If they are still breathing, turn them on their front with their head sideways. Bend their upper arm and leg and straighten the other arm parallel to their leg (see picture below).



Clear a space on the dance floor around them and stay with them until help arrives. Only move them if absolutely necessary and keep them in the same recovery position.

If they have stopped breathing and you know the correct procedure, apply mouth to mouth resuscitation. If not send for help immediately and in the meantime loosen tight clothing.

Heroin

Short Term Effect

Heroin is a painkilling drug and in small doses can give the user a sense of warmth and wellbeing. A high dose of the drug can make someone drowsy and relaxed. However when the dose is very high this can cause the user to enter a coma and even be fatal. Sometimes users report becoming dizzy and vomiting – but this normally only lasts for the first few times that a person takes the drug.



Long term Effects

Heroin is an extremely addictive drug – some users report being hooked after only the first dose. After the last dose of heroin users report suffering from aches, hot and cold sweats, sneezing and spasms which peak after about three days. Because Heroin is an addictive drug users find themselves building up a tolerance for the drug and report having to use higher and higher doses just to feel normal. Those who start by snorting or smoking heroin often switch to injecting in order to maximize their high and injecting is dangerous. It can lead to damaged veins, gangrene, higher risk of HIV, hepatitis etc. Because heroin is so addictive users find that the heroin rules their lives and that they end up stealing and committing other crimes just to get the money for their next fix.

Cocaine

Where to go for help:

National Drugs Helpline - 0800 77 66 00 - <http://www.talktofrank.com/>

Cocaine Anonymous - <http://www.cauk.org.uk>



Cocaine

1. Which of the following ways can cocaine be taken:
Snorted
Injected
Smoked
2. Is it illegal to possess cocaine?
3. Which of these is not a short term effect of cocaine:
Sense of wellbeing
Drowsiness
Confidence
Craving
4. Which class of drug is cocaine?
5. Which of these is not another name for cocaine:
Snow
Charlie
Blow
Coke
6. What is the maximum punishment for supplying another person with cocaine?
7. Is cocaine addictive?
8. From which plant is cocaine derived from?
9. What things should you do if you suspect someone has taken an overdose of cocaine?
10. When is it vital that you seek medical help if someone has taken cocaine?

Heroin

Factfile

Names

Brown, china white, dragon, gear, H, horse, junk, **skag, smack** and jack.

Appearance

Pure heroin is a white powder, but street heroin comes as a brownish-white powder that can be smoked, snorted or dissolved and injected



Law

Heroin is a Class A drug under the Misuse of Drugs Act, which means it is illegal to be in possession of, or supply heroin. The maximum penalty for possession is seven years imprisonment, and a supplier will receive a maximum sentence of **life imprisonment**.

Paraphernalia

Some of the things you may find a person using Heroin in using are hypodermic needles, small cotton balls, water, spoons, razor blades, straws, pipes, tourniquets.

Inhalants

1. Is it illegal to buy solvents if you are over 18?
2. If someone is using inhalants and they have a bad reaction – when should you seek help?
3. What is Sudden Sniffing Syndrome?
4. How long do the effects of inhalant abuse last?
5. Which of these is not an inhalant frequently abused:
 - Whipping cream aerosols
 - Magic Markers
 - Diet coke
 - Glue
6. True or false inhalants kill one person every week?
7. While is inhaling with a plastic bag over your head so dangerous?
8. Are inhalants addictive?
9. What is the maximum fine for a shopkeeper supplying someone who is under 18 with inhalants if they suspect abuse?
10. What are the most obvious and visual signs of inhalant abuse?

Ketamine

Fact file

Names

Special K, Vitamin K, K, Green, Super K

Appearance

Sometimes Ketamine comes in the form of a white powder which can be snorted up the nose. Ketamine also can come in the form of tablets.



Law

Ketamine is a class C drug and it is illegal to possess and supply it.

You can get up to two years in prison or an unlimited fine or both for possessing ketamine and up to 14 years in prison or an unlimited fine or both for supplying it.

Paraphernalia

Some of the things you may find is someone is using Ketamine is white powder, cut off straws, glass vials and needles if a user is injecting.

Ketamine

Short Term Effects

It can create an out of body type experience for up to 3 hours. It can cause hallucinations and strong painkilling effects. During the time the drug is active some users are unable to move and virtually paralyzed.



Long Term Effects

Because it numbs pain users can be at risk from serious injury as they don't feel the pain they are causing themselves. Excessive doses carry the risk of breathing difficulties and heart failure. Although the long term effects of using this drug are not known it can be very dangerous when mixed with other drugs or alcohol.

Inhalants

Where to get help :

The Society for the Prevention of Solvent and Volatile Substance Abuse - 0800 800 2345 open Mon-Fri 9am to 5pm - <http://www.re-solv.org/>

National Drugs Helpline - 0800 77 66 00 - <http://www.nationaldrugshelpline.co.uk>

Connexions Direct - <http://www.connexions-direct.com/>



Inhalants

What to do in an Emergency:

Taking inhalants is very dangerous, if someone with you is sniffing or huffing and have any of the following then dial 999 and call an ambulance:

- They become unconscious
- They become violently sick
- They complain of a racing heartbeat
- They pass out while huffing
- Report hearing loss
- Have muscle spasms

Sometimes users may die from using inhalants. There is a condition known as Sudden Sniffing Death – where an apparently healthy young person who inhales chemicals will have their heart stop – even on the first occasion of using.

Chronic abuse of inhalants can lead to brain damage and irreversible kidney and liver damage.

Ketamine

What to do in an emergency:

Users of Ketamine may feel anxious and panicky especially about the hallucinations they are suffering. In these circumstances keep them calm and reassure them.

If someone has taken Ketamine and has any of the following symptoms then dial 999 and call an ambulance :

- Loss of consciousness
- Difficulty breathing
- Catatonic state (statue like behavior)
- Vomiting while unconscious

Remember Ketamine is an anesthetic and therefore when it is mixed with any other drugs or alcohol it can be lethal.

Remember if you need to call the paramedics have a sample or at least the name of the drug that has been taken and be ready to tell them all relevant information.

Ketamine

Where to go for help:

National Drugs Helpline – 0800776600
<http://www.talktofrank.com/>

Cambridge Drug and Alcohol Service
01223 723020

The Bridge : 01223 214614



Inhalants

Short Term Effects

Most inhalants take effect almost immediately and take between 15-45 minutes to wear off. Most users report feeling an initial sense of euphoria and a lowering of their inhibitions. This is then often followed by a feeling of being drunk – disorientation, blurred vision, dizziness, slurred speech, drowsiness, hallucinations. Some users report frequent nausea, blackouts and sickness. The effects of inhalant use take a day or two to wear off and this may feel like a hangover to the user.



Long Term Effects

Risks include fatal heart problems, nausea, vomiting, severe headaches and blackouts. The most obvious visual signs are the spots or rash, which the user develops around the mouth and nose. The long-term effects of solvent abuse might include brain damage, and kidney or liver failure as squirting stuff down the throat can cause the lungs to be flooded by fluids.. Many users also place plastic bags over their heads to get the full effect from the solvents, and this can lead to accidental suffocation, while other users face the risk of choking on their own vomit if they blackout. Tolerance to solvents does develop in regular users, which can develop into heavier use, but although physical dependence has not been reported, there have been some cases of withdrawal symptoms.

Inhalants

Factfile

Names:

The inhalants that are normally abused are :

- Lighter Gas and fuel canisters
- Aerosols
- Tins/tubes of glue
- Paint thinners/correcting fluids

Appearance

Normally cans or tins.



Law

Solvents are used around the home every day so it is not illegal to possess them. However, the Intoxicating Substances (Supply) Act 1985 makes it illegal for a retailer to sell a volatile substance to anyone under the age of 18 if they believe it will be used for inhaling to cause intoxication.

It is also illegal for a retailer to supply gas lighter refills to anyone under the age of 18, and breaking this law could lead to six months in prison or a maximum £5,000 fine.

Paraphernalia

Some of the things that may indicate inhalant abuse are aerosol canisters, glue or other things containing noxious chemicals, rags, cotton wool balls, paper bags etc.

Ketamine

1. What class of drug is ketamine?
2. In which forms can ketamine be taken?
3. Is it illegal to possess ketamine?
4. Ketamine causes hallucinations – true or false?
5. When should you seek medical attention if someone has taken ketamine?
6. Which of these is not another name for ketamine:
 - Special K
 - K
 - Blow
 - Green
7. Is ketamine addictive?
8. When is ketamine particularly dangerous?
9. True or false, ketamine can be snorted up the nose?
10. The effects of ketamine last approximately how long?

Cannabis

FactFile:

Names

bhang, black, blast, blow, blunts, bob hope, bush, dope, draw, **ganga**, **grass**, hash, hashish, hemp, herb, **marijuana**, mary jane, **pot**, puff, northern lights, resin, sensi, sensemilla, shit, skunk, smoke, spliff, wacky backy, **weed** and zero

Appearance

Cannabis can come in a solid, dark lump known as resin or as leaves, stalks and seeds called grass – sometimes it comes as a sticky oil.



Law

It is illegal to grow, possess or supply cannabis to another person. It is also an offence of allow your house (or any other premises you have responsibility for) to be used for growing cannabis or smoking it. The maximum penalty for supply, dealing and production (including cultivation) and trafficking remains at 14 years imprisonment. The maximum penalty for possession has been reduced from 5 years to 2 years imprisonment.

Paraphernalia

If someone you know is taking cannabis you may find cigarette papers, lighters, bongs, pipes, leaves (like tealeaves)

Ecstasy

1. True or false dolphins is another name for ecstasy?
2. How much should a person who has taken ecstasy drink and what should they drink?
3. How long do the effects of ecstasy last for?
4. If someone has taken ecstasy and has a bad reaction – when should you seek medical help?
5. When the effects of ecstasy start to occur – what is it called?
6. What is the chemical name for ecstasy?
7. What class of drug is ecstasy?
8. What is the maximum sentence for possessing ecstasy?
9. If someone you are with has a bad reaction to ecstasy – why is it important that you try and give a sample of the drug they have taken to the doctors or paramedics?
10. True or false – the chemical makeup of ecstasy tablets is different and you never know what reaction you are going to have to the drug.

Ecstasy

Where to go for help :

Families Anonymous - 0845 1200 660 -
<http://www.famanon.org.uk>

Recovery - <http://www.recovery.org.uk>

National Drugs Helpline - 0800 77 66 00 -
<http://www.talktofrank.com/>



Cannabis

Short Term Effects

Getting 'stoned' on cannabis makes most people talkative and relaxed. Sometimes people become more sociable and have fits of hilarity where they find everything funny. It also heightens the senses especially when it comes to music, color and taste. Hash in particular may bring on cravings for other foods, which is called 'the munchies'. However cannabis can bring about several physical effects which are generally mild – these consist of increased pulse rate, decreased blood pressure, bloodshot eyes and a dry mouth



Long Term Effects

Use of cannabis is known to affect a person's short term memory and impair their ability to concentrate. It also affects coordination and can make accidents much more likely to happen. Some stronger forms of cannabis can make users paranoid and anxious and if the cannabis is very strong then users may have a hallucinogenic reaction. If cannabis is taken with tobacco then users often get addicted to the tobacco and smoking cannabis can lead to respiratory disorders and sometimes lung cancer. Many users find that cannabis is a hard habit to kick.

Cannabis

What to do in an Emergency:

Cannabis very rarely causes a medical emergency – however it can increase the risk of an asthma attack in someone that already has asthma.

The other emergency that cannabis may cause is a mental health breakdown – this may take the form of extreme paranoia, hallucinations or heightened anxiety levels.

If someone you are with has taken cannabis and shows signs of a severe asthma attack that does not subside with the use of their regular medication – then ensure that they are taken directly to the emergency room or dial 999 for an ambulance.

Another emergency that cannabis may cause indirectly is accidents. Cannabis can impair someone's ability to concentrate and coordinate themselves – therefore it is vital that you never get in a car with a driver who has smoked recently taken cannabis.

If you are with a friend who has taken cannabis, then stay with them until they are safe and try not to let them put themselves or you in danger.

Ecstasy

What to do in an Emergency :

If someone you know has taken ecstasy and has any of the following then dial 999 and call an ambulance :

- Disorientation in time and place. They can't say where they are or what day it is
- Drowsiness that comes to be unresponsive to commands like "open your eyes" or "squeeze my hand".
- Anything which looks like fitting.
- Breathlessness or difficulty breathing.
- They feel abnormally hot to your touch even though they have been in a cool environment for some time.

Before medical help arrives you can do the following things to help:

- Ask which drug they have taken and try to get a sample if you can.
- Calm the person down, take them into a quiet place where it is cool and quiet
- If necessary place them in the recovery position to avoid choking on their own vomit.
- Let them sip fruit juice or an isotonic drink (no more a pint a hour)
- Do not let them drink too much water – this can be fatal

Ecstasy

Short Term Effects

Users often feel alert and switched on to the environment around them, they report intense emotions, sounds, colors and music. The buzz that most ecstasy users feel and the fact that they often take it in clubs mean that they feel like they can dance for hours – and often do. A normal dose of ecstasy starts to work after approximately 20 minutes and can last for up to six hours. When users are ‘coming up’ (when the drug starts to take effect) they frequently feel a tightening of the jaw, nausea, sweating and an increase in heart rate.



Long Term Effects

After an ecstasy comedown users often feel tired, demotivated and depressed – for up to a week after they have taken the drug. Ecstasy has also been linked to liver and kidney problems in users. Ecstasy affects how the body regulates temperature, and as a result there is a serious risk of **dehydration** and **overheating** if the user doesn't consume/ drink enough liquid to replace the fluid they're losing. It also increases blood pressure, placing added strain on the heart. Continual or repeated doses can make the sensations more acute, and some users experience flashbacks, leading to panic and anxiety. Co-ordination can also be affected, and some experts are concerned that use of ecstasy can lead to brain damage

According to government statistics, about 20 people a year die from taking ecstasy, usually as a result of hypothermia and dehydration. However, there is also evidence that hyponatraemia (the dilution of the body fluids) can occur when users drink an excess of water thinking mistakenly that this will counter the unwanted effects of the drugs

Cannabis

Where to go for help:

National Drugs Helpline – 0800776600

<http://www.talktofrank.com/>

For help with cannabis

<http://www.knowcannabis.org.uk/>

Release - information and legal help on drugs arrests Advice

Line: 0207 729 9904 (10am - 6pm Monday to Friday)

Emergency Helpline: 0207 603 8654 (all other times)

<http://www.release.org.uk/>

For help with drug use *Free drug advice and information*

Tel: 0161 839 2054

<http://www.lifeline.org.uk/>

Recovery from drug use

<http://www.recovery.org.uk>

Cannabis

1. Cannabis can be used to cook cakes and cookies with, true or false.
2. What is the maximum jail term the courts can give you for possessing cannabis?
3. Which of the following is not another name for cannabis:
 - Hashish
 - Ganja
 - Buzz
 - Puff
4. True or false – smoking cannabis can affect your short term memory?
5. Is cannabis physically addictive?
6. Which of these forms can cannabis also come in:
 - Oil
 - White powder
 - Tablets
7. True or false – cannabis can affect your mental health?
8. Is it illegal to smoke cannabis and then drive a car?
9. What class of drug is cannabis?
10. Name 3 health risks associated with smoking cannabis.

Ecstasy

Factfile:

Names

E, XTC, disco biscuits, burgers, **fantasy**, hug drug, echoes, chiefs, Mitsubishi, dolphins, Rolexes, Adam and **X**.

Appearance

Ecstasy comes in tablet form – the tablets come in many different colors and often have different pictures imprinted into the tablets.



Law

Ecstasy is a Class A drug under the Misuse of Drugs Act 1971, which means that doctors cannot prescribe it, and it is illegal to be in possession of, or supply it.

Maximum penalties for possession are seven years imprisonment plus a fine, and the penalty for supplying, or possession with intent to supply, is a maximum sentence of **life imprisonment**.

Paraphernalia

Users of ecstasy will have no other items to indicate their drug use except the tablets.