

YOU'RE NOT YOU WHEN YOU'RE HIGH

At today's dance clubs, all-night parties, and raves, more and more people are being exposed to club drugs. Club drugs are drugs that alter a person's mood, awareness and behavior. A lot of people think club drugs are harmless, but they can cause serious mental and physical problems—and, sometimes, even death.

There are plenty of reasons to stay away from club drugs. Most club drugs are made in illegal, makeshift labs. This makes it nearly impossible to tell exactly what they are made of. Most of the time, club drugs are not "pure" and contain harmful chemicals or other dangerous drugs.

Club drugs can affect you very quickly in a negative way. You might not even know that something is wrong until it is too late. Many people combine club drugs with alcohol and other mood-altering substances, which creates an even greater risk for both mental and physical harm.



IT COSTS MORE THAN MONEY...

Club drugs are also addictive. GHB, rohypnol, and methamphetamine rewire a user's brain and make it hard to stop using. It causes users to feel as though they can't feel normal without the drug or like they have to take more and more to feel the same effect. Similarly, users of LSD, ketamine and



MDMA experience withdrawal symptoms such as sleepiness, loss of appetite, depression and paranoia.

WHAT ARE THE RISKS?

When you use club drugs, you are at risk of experiencing potential date-rape situations. Club drugs affect the senses, memory, coordination, and judgement as well as cause loss of muscle/motor control and blurred vision. Many users of club drugs often also suffer memory loss. All of this makes it easy for people to take advantage of you.



The truth is that club drugs are illegal, harmful substances. Make healthy, informed decisions about your life. Don't give in to peer pressure, think for yourself and know the facts about the dangers of club drugs.

“**Club drugs negatively impact your brain, body and relationships. Don't be another statistic. Stay away.**”

ADDITIONAL RESOURCES

If you or someone you know is having problems with club drugs, you are not alone. There are people and places ready to help. Resources include school counselors, family members, members of the clergy, hospital substance-abuse programs, and private practitioners.

Center For Substance Abuse Treatment (CSAT)

(800)662-HELP

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

Partnership For Drug-Free Kids

Text- 55753

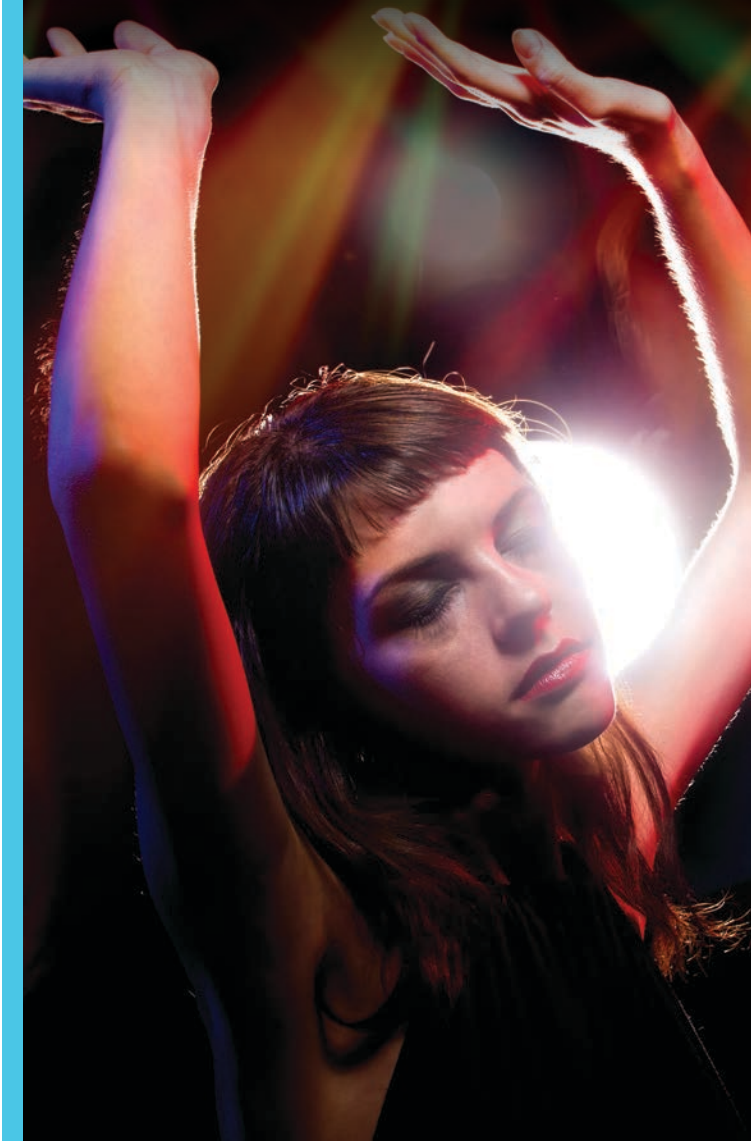
www.drugfree.org

in the know

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CLUB DRUGS

FROM RAVE TO GRAVE





GHB (GAMMA-HYDROXYBUTYRATE)

Slang Terms: Grievous Bodily Harm, G, Liquid Ecstasy, Georgia Home Boy

Chemical Structure/Action: Neurotransmitter-like substance that causes the release of dopamine in the brain.

Form: Clear liquid, white powder, tablets or capsules taken by mouth.

Physical Effects: Central nervous system depressant that can relax the body and slow breathing and heart rate to dangerous levels at higher doses. It typically results in memory loss and puts the user in a confused state. Often used in combination with alcohol or as a date rape drug.

Psychological Effects: Has relaxing, sedative, and euphoric effects that begin within 10 to 20 minutes of the drug being taken.

Overdose Effects: Drowsiness, nausea, vomiting, headache, loss of consciousness, loss of reflexes, impaired breathing and death.

METHAMPHETAMINE

Slang Terms: Meth, Crystal, Speed, Ice, Chalk, Crank, Fire, Glass

Chemical Structure/Action: Synthetic amphetamine that stimulates the central nervous system; similar to MDMA.

Form: Pills, capsules, powder, or chunks that can be ingested, snorted, injected or smoked.

Physical Effects: Increased heart rate, convulsions, extreme rise in body temperature (as high as a deadly 108 degrees), uncontrollable movements, insomnia, impaired speech, dry and itchy skin, loss of appetite, acne and sores and numbness.

Psychological Effects: Irritability, anxiety, panic, false sense of confidence and power, psychotic and violent behavior, and severe depression.

Effects of Long-Term Use: Addiction, kidney and lung disorders, brain damage, hallucinations, paranoid or schizophrenic behavior, permanent psychological problems, weight loss and malnutrition, lowered resistance to illness, liver damage, stroke and death.

Overdose Effects: Agitation, increase in body temperature, hallucinations, convulsions, stroke and heart attack.



ROHYPNOL

Slang Terms: Roofies, Rophies, Roche, Forget-Me Pill

Chemical Structure/Action: Belongs to a class of prescription drugs known as benzodiazepines (Valium, Halcion, Xanax, etc.) that are not approved for use in the United States.

Form: White tablet that is easily dissolved in carbonated beverages; also ground up for snorting.

Physical Effects: Sedation and intoxication, decreased blood pressure, drowsiness, visual disturbances, dizziness, confusion, stomach problems and urinary retention.

Psychological Effects: Can cause inability to remember events that happened while one was under the influence of the drug; this property contributes to Rohypnol's popularity as a date rape drug.

Overdose Effects: Central nervous system depression that manifests in drowsiness, mental confusion and lethargy, coma and possibly death (more likely when Rohypnol is used in combination with alcohol).

MDMA (METHYLENEDIOXYMETHAMPHETAMINE)

Slang Terms: Ecstasy, Molly, XTC, X, Adam, Clarity, Lover's Speed

Chemical Structure/Action: Similar to the stimulant amphetamine and the hallucinogen mescaline. Releases large amounts of serotonin in the brain.

Form: Tablet or capsule taken orally.

Physical Effects: Stimulation that allows users to dance for extended periods of time, dehydration, hypertension and heart or kidney failure.

Psychological Effects: Confusion, depression, anxiety and paranoia.

Effects of Long-Term Use: Long-lasting or permanent damage to serotonin-producing neurons, resulting in memory impairment.

Overdose Effects: Significant increase in body temperature leading to muscle breakdown and cardiovascular system failure; death from heart attack or stroke is also possible.

LYSERGIC ACID DIETHYLAMIDE (LSD)

Slang Terms: Acid, Boomer, Yellow Sunshines, Blotter

Chemical Structure/Action: Similar in structure to serotonin; hallucinogen that changes one's mental state by affecting the brainstem.

Form: Tablet, capsule or liquid, or on small pieces of blotter paper taken by mouth.

Physical Effects: Dilated pupils, increased

body temperature, increased blood pressure and heart rate, sweating, loss of appetite, dry mouth, sleeplessness, tremors, numbness, weakness, poor motor function and nausea.

Psychological Effects: Abnormalities in sensory perceptions (effects vary according to the amount taken, the user's surroundings, and his or her personality, mood and expectations) and hallucinations.

Effects of Long-Term Use: Persistent psychosis, depression, mood swings and flashbacks.

Overdose Effects: Longer and more intense trip, psychosis and possible death.



KETAMINE

Slang Terms: K, Special K, Vitamin K, Cat Valium, Ket

Chemical Structure/Action: Human and animal anesthetic used in medicine that is chemically similar to the hallucinogen-like phencyclidine (PCP).

Form: Liquid or white powder that is snorted, smoked with marijuana or tobacco or injected into the muscles.

Physical Effects: Impaired motor function, high blood pressure and respiratory problems.

Psychological Effects: Dreamlike states, hallucinations and depression.

Overdose Effects: Delirium, amnesia and death from respiratory depression.