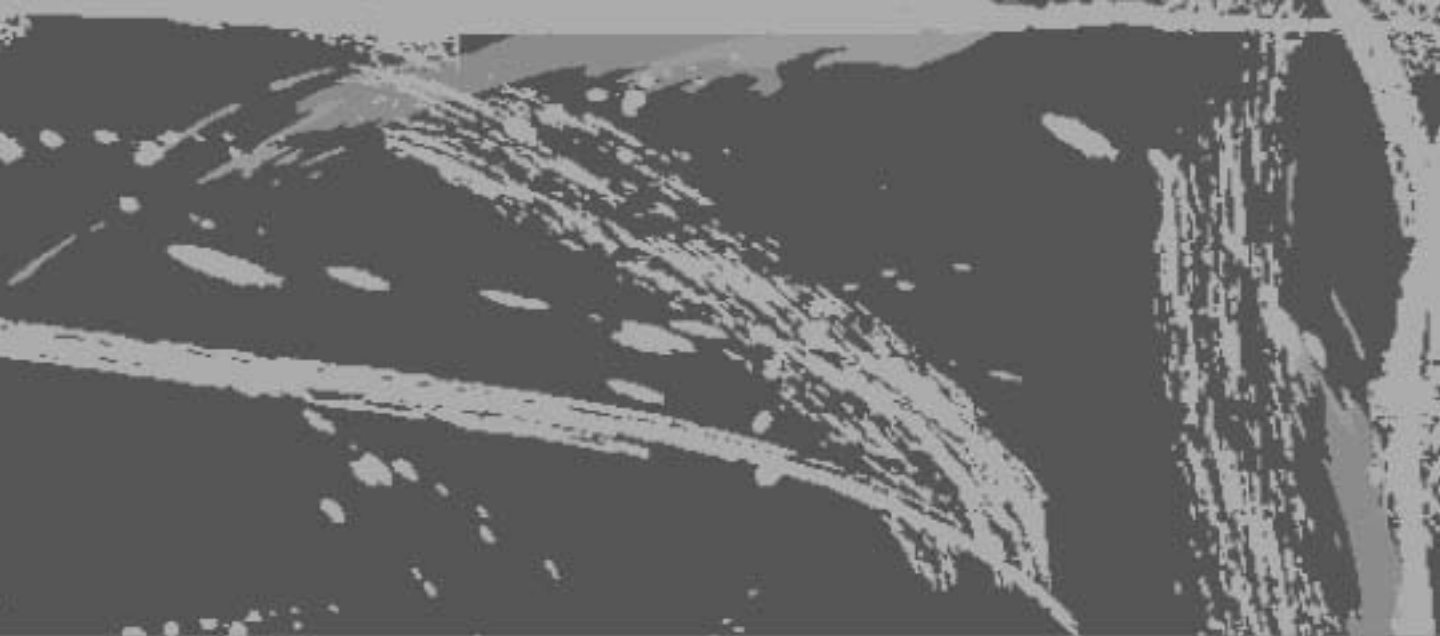




Alcohol and Other Drugs:
Facts you may not hear from
your friends





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Are YOU thinking
about drugs?



Have you thought about...

- Getting into fights?
- Losing friends?
- Having unwanted or unprotected sex?
- Getting a bad reputation?
- Stealing from friends and family?
- Feelings of embarrassment and regret?
- Getting caught by your parents or teachers?
- Getting kicked out of school?
- Getting charged by the cops?
- Increasing your risk of injuries?
- Dying of alcohol poisoning or a drug overdose?

No one plans for these types of events to happen; but the reality is when you use drugs, even in small amounts, your judgement becomes impaired, leaving you at risk of making bad decisions.

Know your risks. Make safe decisions.

Thinking About
Drugs?

Alcohol

Also known as: booze, sauce, brew, suds, hooch, moonshine, plonk, vino, grog.



Effects:

Alcohol affects everyone differently depending on your weight, height, sex, amount you drink, how much food you have eaten, previous drinking experience, whether or not you are stressed and your state of mind prior to drinking. You may feel relaxed, more talkative, less shy, less co-ordinated, aggressive, or depressed. In general, alcohol slows down thinking, movement and reflexes, increasing your risk of poor decision making and injuries.

Risks:

- Embarrassment and regret.
- Fights, falls and other injuries.
- Unwanted or unprotected sex.
- Trouble with the law.
- Health risks (ulcers, cancers, brain, liver and heart damage).
- Alcohol poisoning and death.

What to remember:

Passing out or puking after drinking a lot are signs of alcohol poisoning. You CAN DIE from an alcohol overdose. If you suspect someone has alcohol poisoning, call 911 immediately and stay with him or her until medical help arrives. Never leave the person alone to "sleep it off."

Cocaine

Also known as: crack, blow, C, coke, flake, snow, rock, nose candy, white lady.



Effects:

Cocaine produces a short-lived intense high, lasting about five to 20 minutes. You can expect to feel energetic, wide awake, talkative, paranoid, anxious and/or aggressive. Be aware though, during that short high, you are at serious risk for many physical, mental and social problems.

Risks:

- Unpredictable and violent behaviour.
- Panic attacks, paranoia.
- Trouble with the law.
- Health risks (stroke and heart attack).
- Depression and suicide.

What to remember:

Cocaine is highly addictive and has been identified as one of the hardest drugs to quit once you are addicted.

Crystal Meth

Also known as: methamphetamine, meth, crank, tina, glass, chalk, ice, jib, speed, fire.



Effects:

Crystal meth is extremely addictive. It produces an intense high, lasting up to an hour. You may feel full of energy, talkative, anxious, confused and paranoid. You may also hallucinate and experience involuntary, jerky movements and become aggressive or out-of-control.

Risks:

- Acne, bad teeth, body odor.
- Sores on face, lips and tongue.
- Major personality changes.
- Delusions and paranoia.
- Trouble with the law.
- Health risks (stroke, heart failure and brain damage).
- Convulsions and death.

What to remember:

Crystal Meth is made from poisonous products: ammonium nitrate (fertilizer), sulphuric acid (drain cleaner), lithium (energy source in household batteries) and ether (starting fluid), just to name a few. As a result, crystal meth is very unpredictable and potentially deadly.

Ecstasy

Also known as: E, XTC,
Adam, the love drug, X,
M&M.



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Effects:

Ecstasy is an unpredictable drug. It may cause you to feel energetic, confident, compassionate, confused, anxious, paranoid or irritable. Ecstasy suppresses the need to eat, drink and sleep, which is very dangerous and can put you at risk for many health problems.

The risks:

- Grinding of teeth and jaw pain.
- Overheating and dehydration.
- Unwanted or unprotected sex.
- Trouble with the law.
- Memory loss.
- Chronic depression.
- Health risks (kidney failure, brain damage, stroke & heart attack).

What to remember:

Ecstasy alone is risky, but ecstasy containing other harmful drugs is even more dangerous. Unknown to many users, ecstasy can and often does contain other harmful drugs, such as crystal meth, and/or other stimulants, depressants and hallucinogens, leaving you at even greater risk.

Magic Mushrooms

Also known as:
shrooms, caps, psilocy-
bin, liberty caps.



Effects:

Magic mushrooms mainly have an effect on your mind, causing hallucinations, disorientation, impaired coordination and possibly aggressive behaviour. These effects can last anywhere from six to eight hours, putting you at serious risk for a variety of problems.

Risks:

- Hallucinations, confusion.
- Aggressive behaviour.
- Impaired coordination.
- Fights, injuries.
- Trouble with the law.
- Increased heart rate & blood pressure.

What to remember:

All types of mushrooms, including magic mushrooms, grow in the wild; many are extremely poisonous. Eating the wrong type of mushroom can be deadly.

Marijuana

Also known as: cannabis, mary jane, pot, weed, grass, ganja, hashish, hash oil, bud, reefer, dank, herb



Effects:

Marijuana in any of its forms (marijuana, hash or hash oil) will likely give you a feeling of euphoria and relaxation. Your sensations will become heightened, your coordination impaired and your sense of time distorted.

Risks:

- Impaired learning.
- Loss of memory.
- Impaired judgement and coordination.
- Mood changes and depressed feelings.
- Trouble with the law.
- Health risks (increased heart rate and blood pressure, lung and brain damage).

What to remember:

Marijuana and driving is a dangerous combination. After alcohol, marijuana is the second most common drug found in dead and injured drivers. Marijuana slows down reaction time and makes it harder to concentrate and judge how far away things are.

Oxycodone

Also known as: Oxy, OC.



Effects:

OxyContin is a time-released prescription pain medication that lasts about 12 hours. It is safe when taken as prescribed by a doctor; however, it can be extremely dangerous when taken in other ways. Effects include euphoria, sedation, lightheadedness, dizziness, clouding of mental function, mild depression, anxiety, and blurred vision.

Risks:

- Trouble with the law (having OxyContin that is not prescribed to you is a crime).
- Brain damage.
- Overdose.
- Death.

What to remember:

When using OxyContin regularly to get high, your body builds up a tolerance very quickly. This means in order to get the same feeling you will need to use more of the drug; and the higher the dose, the greater the risks. In very high doses, OxyContin can produce deep sleep that may progress to coma or death.

OxyContin

Salvia

Also known as: Maria Pastora, *salvia divinorum*.



Effects:

Salvia is an herb, usually chewed or smoked to induce intense, short-lived hallucinations. The effects of this drug are so startling that they are also the risks.

Risks:

Salvia causes strong psychoactive effects:

- Loss of perception.
- Powerful open and closed eye visuals.
- Fear, terror and panic.
- Sense of entering or perception of other dimensions.
- Loss of ability to function in reality.

These effects put the user and others around at risk of serious injury or death.

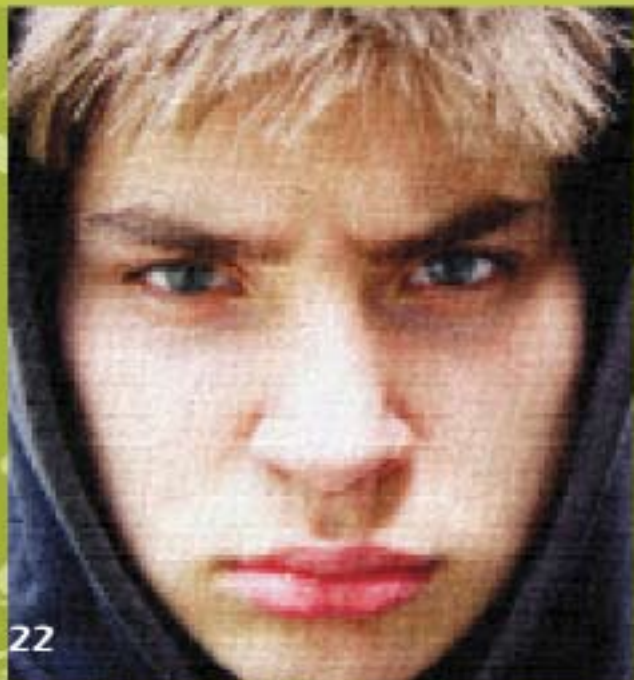
What to remember:

The effects of salvia are so dangerous that people who have tried it have discovered that the presence of a friend is needed to help them steer clear of injury and/or call for medical help if necessary.

Salvia

Steroids

Also known as: roids, juice.



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Effects:

Steroids are usually taken in an effort to increase muscle mass. You may experience a variety of emotional effects ranging from euphoric, happy feelings to hostile, aggressive feelings. You may also feel powerful and energetic or irritable, anxious and aggressive.

Risks:

- Acne, male-pattern baldness in both men and women.
- Testicle shrinking, reduced fertility in both men and women.
- Aggression and violence.
- Infections if injected with dirty needles.
- Hepatitis or HIV if using shared needles.
- Health risks (blood clots, high blood pressure, enlargement or abnormalities of the heart, liver enlargement, liver cancer, kidney tumours, stroke and heart attack).
- Mania and depression which may lead to suicide.

What to remember:

Steroid use during adolescence will stunt your growth. The high levels of testosterone in steroids stop bone growth and accelerate puberty changes. This means that teenagers risk not growing to full height.

Tobacco

Also known as: cigarettes, smokes, cigars, stogies, chew, dip, snuff, plug, spit, gaspers, butts



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Effects:

Using any form of tobacco can rapidly lead to addiction. Nicotine, the substance in tobacco that causes addiction, is a stimulant that will cause you to temporarily feel good or energized. Tobacco use has negative effects on nearly every organ and greatly reduces overall health.

Risks:

- Yellow teeth and fingers.
- Bad breath and reduced ability to taste and smell.
- Increased number of colds, coughs and phlegm.
- Impotence, infertility, complications with pregnancies.
- Reduced vision.
- Emphysema and chronic bronchitis.
- Increased blood pressure and heart rate.
- Heart disease and stroke.
- Cancers.

What to remember:

Nicotine has been found to be as addictive as cocaine, making it very difficult to quit after starting. Chewing tobacco and cigars (even if smoke is not inhaled) are just as addictive because the nicotine is absorbed through the linings of the mouth.

Reduce Your Risks

- ❑ **Choose not to use alcohol or other drugs**, this is the safest choice you can make.
- ❑ **Plan ahead**; don't drive home if you are impaired (stay overnight, take a cab, call a parent).
- ❑ **Never ride with someone impaired**, whether it be by alcohol, marijuana, or any other drug.
- ❑ **Do not engage in physical activity impaired** (swimming, skateboarding, etc.)
- ❑ **Know your risks** before trying any drug and be aware of the effects and consequences.
- ❑ **Avoid mixing drugs**, their effects are more severe when combined and potentially deadly.
- ❑ **Know the signs of drug-related problems** and be prepared to call for help.

- ❑ **Drink slowly** if you choose to drink alcohol, limiting yourself to 1 drink every 2 hours.
- ❑ **Try alternating non-alcoholic drinks** between drinks.
- ❑ **Consume food** before and during drinking.
- ❑ **Avoid pre-drinking** before going to a party or bar.
- ❑ **Avoid drinking games** or contests.
- ❑ **Know your limits;** don't drink till you pass out or puke.
- ❑ **Watch your drink at all times** to avoid other drugs being slipped in without you knowing.
- ❑ **Use the buddy system** to ensure you are both watching out for each other when partying.

Reduce Your
Risks

Websites

For more information, check out the following websites:

Be Drug Wise
www.drugwise.gc.ca

Centre for Addiction and Mental Health
www.camh.net

Haldimand-Norfolk Health Unit
www.hnhu.org

Keep Control
www.keepcontrol.ca

The Pot and Driving Campaign
www.potanddriving.cpha.ca

Ontario Students Against Impaired Driving
www.osaid.org

Virtual Party
www.virtual-party.org

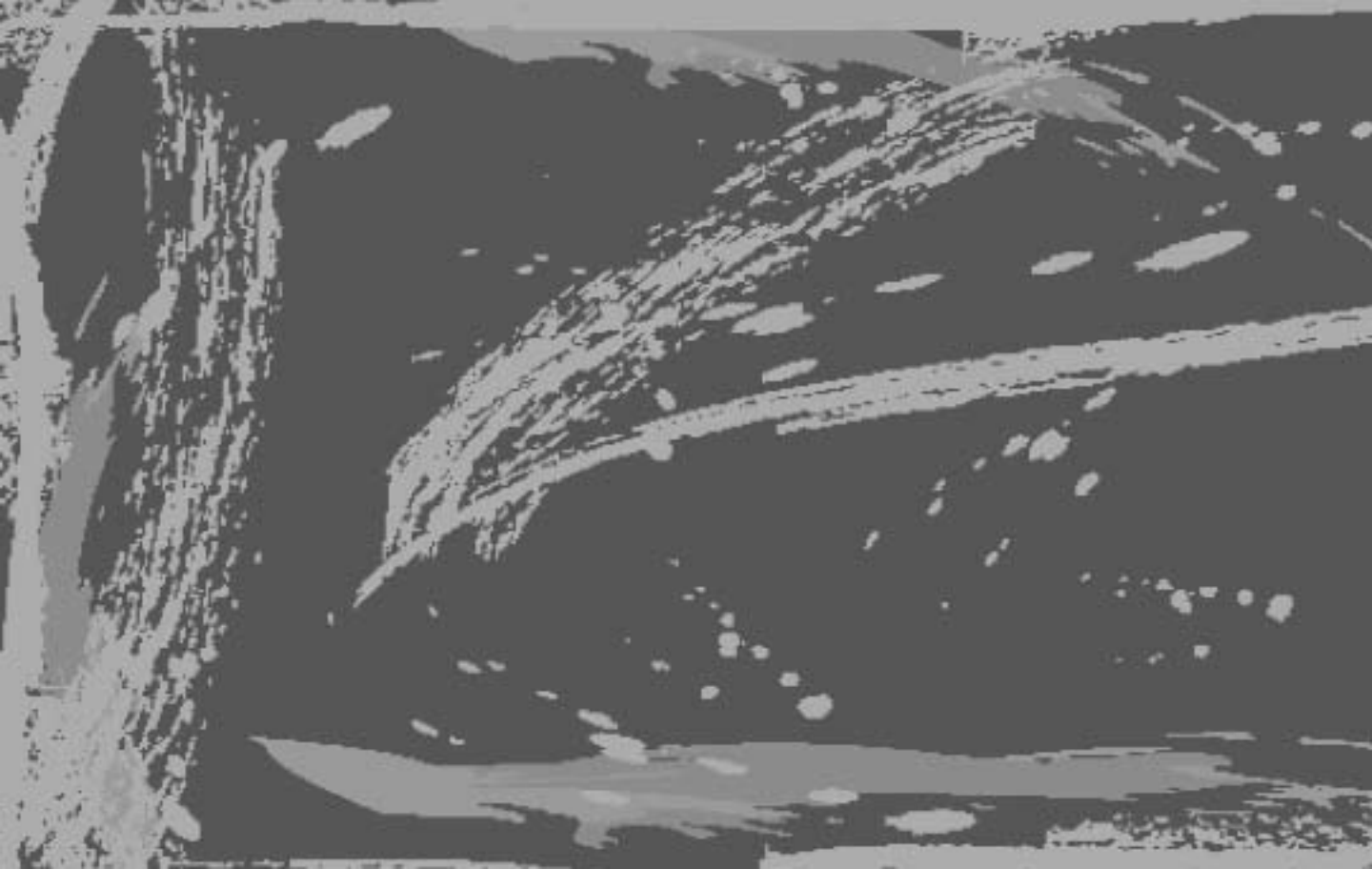
What's With Weed
www.whatswithweed.ca

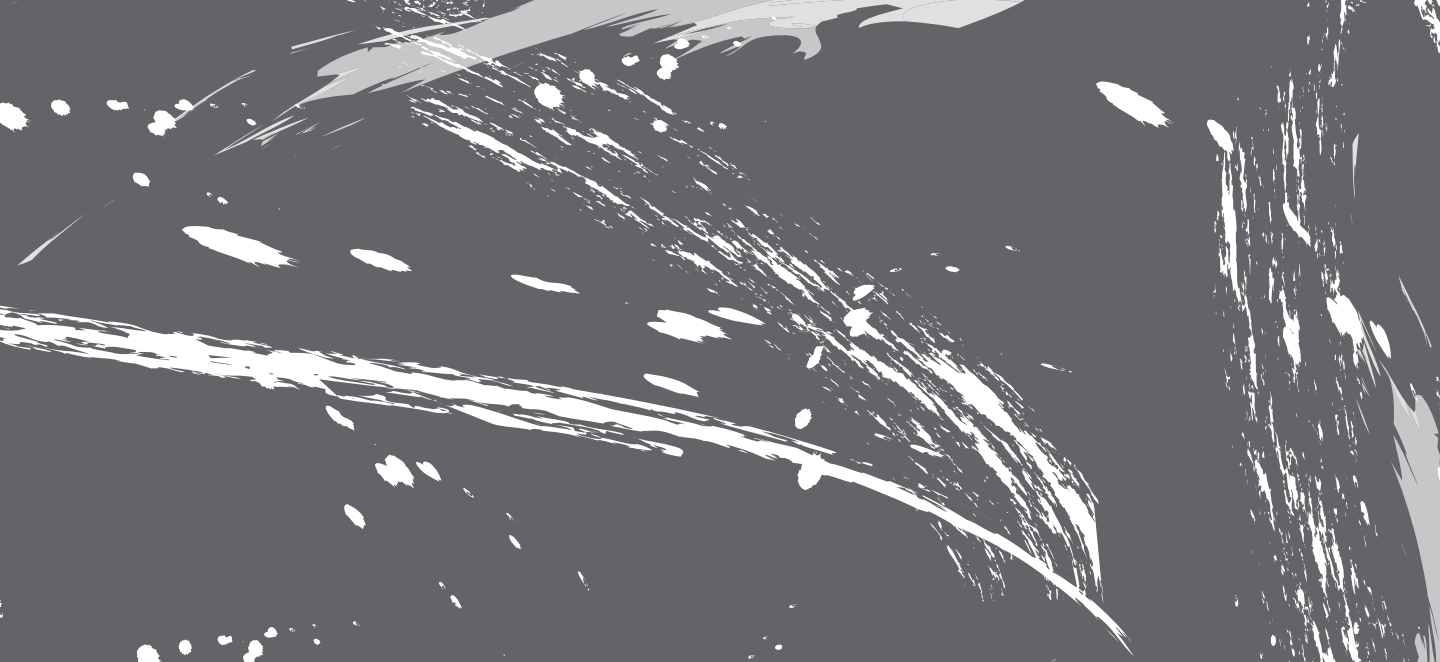
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Notes





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