



## DRUGS, YOUR FRIENDS AND YOU

What can you do if you suspect that a friend is using drugs?

- 1. Ask.** Be honest and direct. Try something like, "I'm worried about you. You haven't been yourself lately. Are you **doing drugs?**"
- 2. Talk – and listen.** Discuss the dangers of drug abuse with your friend. Remember to be a good listener, too – your friend probably needs a shoulder to cry on.
- 3. Get a trusted adult involved.** Don't try to handle things on your own – and never keep a friend's drug abuse a secret.
- 4. If there's an emergency, get help.** If your friend is unconscious, or incoherent, don't wait for them to sober up or snap out of it. Call 9-1-1 right away. You might save their life.

It doesn't matter if your friend is smoking weed, huffing paint, drinking or using harder drugs, they can be doing serious damage to their mind and body. Drug users are also more likely to make dumb decisions like driving while drunk, buzzed (or high), or having unprotected sex.

How do you know if a friend is abusing drugs? The chart in this pamphlet will help you identify some of the signs of drug abuse.

## WALKING AWAY

### Saying "No" to Drugs

What do you do when someone offers you a cigarette, a beer, a joint, or a handful of pills? A simple "no" works just fine – or you can try one of these:

- "No thanks. That stuff can kill you."
- "No way. If I get caught with that stuff, I'll get kicked off the team."
- "My parents would kill me if they found out."
- "Nah. That's not my thing."

## WORK IT OUT!

Test your knowledge about drugs and drug abuse.

- Alcohol and cocaine are both stimulants.  
True                      False
- \_\_\_\_\_ are an example of an over-the-counter drug.  
Naceifef slilp
- Even short-term inhalant abuse can result in sudden death by suffocation.  
True                      False
- A common street name for PCP is \_\_\_\_\_.  
Galne stud
- Many prescription pain killers are in the same drug class as heroin.  
True                      False
- Nicotine is found in cigars, cigarettes, smokeless tobacco and snus.  
True                      False

Answers: 1. False; 2. False; 3. True; 4. Angel dust; 5. True; 6. True

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# DRUG TALK



## THE STRAIGHT FACTS



	DRUG TYPE	STREET NAMES	IMMEDIATE EFFECTS ON USERS	SHORT-TERM EFFECTS	LONG-TERM EFFECTS	SIGNS OF ABUSE
<b>ANABOLIC STEROIDS</b>	Anadrol Depo-Testosterone EQUIPOISE And others	Steroids Roids Juice	Muscle gain Increased testosterone	Mood swings Severe acne Weight gain Depression	Addiction Liver Damage Stunted Growth Heart Attacks	Quick muscle or weight gain Aggressive behavior Development of breasts in males Increased hair growth in females
<b>CANNABINOIDS</b>	Hashish Marijuana  Fake Weed / Herbal Incense	Boom, chronic, hash,hemp Pot, ganja, weed, grass, Mary Jane  K-2, Spice, Genie, Mojo, Zohai	Feelings of euphoria Increase in appetite Inability to concentrate Paranoia, Vomiting, Increased Heart Rate	Short-term memory loss Paranoia and anxiety Red eyes and dry mouth Delusions, Insomnia, loss of Consciousness	Lung or oral cancer Psychological dependence Depression Not Known	Odor on hair, clothes, or breath Red eyes Loud talking/laughing, Drowsy/Sleepy appearance Confusion, Disorientation
<b>DEPRESSANTS</b>	Alcohol Benzodiazepines Barbiturates Rohypnol GHB - Gamma hydroxybutyrate	Beer, liquor, wine Candy, downers, sleeping pills, Valium Barbs, reds, yellows, phennies Roofies, forget-me pill, date rape drug Liquid ecstasy	Confusion Loss of coordination Sweating Nausea	Difficulty breathing Respiratory problems	Addiction Painful withdrawal Convulsions Coma Death Flashbacks	Odor on breath (Alcohol) Confusion Poor coordination (stumbling) Slurring speech Dilated pupils
<b>HALLUCINOGENS</b>	LSD - Lysergic Acid Diethylamide Ketamine Mescaline / Peyote PCP - Phencyclidine Angel Trumpets Salvia Divinorum Psilocybin / Psilocyn Mushrooms	Acid, blotter, loony toons, microdot K, Vitamin K, Special K, cat valium Cactus, mesc, peyote Angel dust, love boat, peace pill None Magic Mint, Sage, Saliva, Maria Pastora Shrooms, Magic Mushrooms	Confusion Distortion of reality Loss of coordination Nausea "Bad trips" Sweating	Hallucinations Sweating Nervousness Sleeplessness Nausea	Mental disorders Memory Loss Paranoia Depression Death	Confusion Extreme mood changes Violent behavior (PCP) Disorientation Extreme fear or terror (PCP)
<b>INHALANTS</b>	Adhesives, Solvents, Aresol Sprays, Medical Gases, Nitrous Oxide	Laughing gas, poppers, snappers	Coughing, sneezing, confusion, lack of coordination sudden suffocation	Disorientation, violent mood swings, unconsciousness, Death	Nervous system damage, brain hemorrhage, Hepatitis,	Odor on breath and clothes; Runny nose, watery eyes, or coughing; Drowsiness; Poor coordination
<b>NARCOTICS / OPIATES</b>	Heroin Morphine  Prescription Pain Relievers  Opioids Analgesics	Cheese, smack, junk, skag, horse MS Contin, MSIR, Avinza, Kadian, Oramorph, Roxanol Vicodin, Codeine, OxyContin, Demerol, oxy, percs Hydrocodone, Oxycodone, and others Prescription painkillers	Slowed heart rate and breathing "Rush" of euphoria  Drowsiness	Slurred speech Nausea  Vomiting  HIV/AIDS exposure (Heroin) Disorientation Overdose	Addiction Liver and kidney disease  Muscle and bone pain  Heart Complications Coma Poor coordination	Drowsiness Slurred speech  Track marks (Heroin)  Red/raw nose (Heroin) Confusion
<b>STIMULANTS</b>	Cocaine / Crack  Amphetamines Methamphetamine MDMA - Methylene Dioxy Methamphetamine Nicotine  Ritalin Bath Salts / Fake Cocaine	Coke, blow, bump, C, rock, snow  Black beauties, speed, uppers, bennies Chalk, crank, crystal meth, speed Ecstasy, X, club drug, rolls Cigarettes, Cigars, Smokeless Tobacco, Snus  Kiddy Cocaine, Kibbles and Bits, Smart Drug, Smarties Cloud 9, Ocean, Scarface, Red Dove, White Dove, Ivory Wave, White Lightning	Head rush Loss of coordination High blood pressure Dizziness Anxiety Increased sweating  Disoriented, Confusion, Panic Attacks	Dry mouth  Stroke Heart failure Hallucinations Yellow teeth, bad breath  Insomnia, delusions, anxiety, paranoia, suicidal thoughts	Hallucinations and delusions Addiction Paranoia Liver and kidney damage Brain damage Cancer, heart disease, shortness of breath, wrinkles Death Unknown	Bad breath or dry mouth Excessive activity or energy Extreme irritability or nervousness  Moodiness Bad smell on hair, clothes, and breath (Nicotine) emphysema (Nicotine) Yellow teeth (Nicotine)  Extreme fear, panic attacks
<b>OVER THE COUNTER DRUGS</b>	DXM - Dextromethoraphan Meclizine Caffeine Pills	Triple C, Skittles, Tussin, Vitamin D, Dex Antivert, Bonine, Meni-D No-Doz, Vivarin	Hallucinations Jitters Nervousness Confusion Seizures	Nausea Vomiting Heart palpitations Blackouts	Addiction Liver or brain damage Death	Poor memory or coordination Sleeplessness Nausea Confusion