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.

1. Alcohol and cocaine are both stimulants.  
   True  False

2. ______ are an example of an over-the-counter drug.  
   Naseif  slilp

3. Even short-term inhalant abuse can result in sudden death by suffocation.  
   True  False

4. A common street name for PCP is _______.  
   Galne  stud

5. Many prescription pain killers are in the same drug class as heroin.  
   True  False

6. Nicotine is found in cigars, cigarettes, smokeless tobacco and snus.  
   True  False

*Answers:  1. False;  2. Caffeine pills;  3. True;  4. Angel dust;  5. True;  6. True*
## Drug Types and Effects

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<td>Muscle gain&lt;br&gt;Increased testosterone</td>
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<td>Addiction&lt;br&gt;Liver Damage&lt;br&gt;Stunted Growth&lt;br&gt;Heart Attacks</td>
<td>Quick muscle or weight gain&lt;br&gt;Agressive behavior&lt;br&gt;Development of breasts in males&lt;br&gt;Increased hair growth in females</td>
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<td>Hashish</td>
<td>Boom, chronic, hash,hemp</td>
<td>Feelings of euphoria&lt;br&gt;Increase in appetite&lt;br&gt;Inability to concentrate</td>
<td>Short-term memory loss&lt;br&gt;Paranoia and anxiety&lt;br&gt;Red eyes and dry mouth</td>
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<td>Not Known&lt;br&gt;Odor on hair, clothes, or breath&lt;br&gt;Red eyes&lt;br&gt;Loose talking/laughing, Drany/Sleepy appearance&lt;br&gt;Confusion, Disorientation</td>
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<td>Alcohol</td>
<td>Beer, liquor, wine&lt;br&gt;Candy, downers, sleeping pills&lt;br&gt;Valium&lt;br&gt;Barbs, reds, yellows, phennies&lt;br&gt;Rooties, forget-me pill, date rape drug&lt;br&gt;Liquid ecstasy</td>
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<td>Odor on breath (Alcohol)&lt;br&gt;Confusion&lt;br&gt;Poor coordination (stumbling)&lt;br&gt;Slurring speech&lt;br&gt;Dilated pupils</td>
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<td>LSD - Lysergic Acid Diethylamide</td>
<td>Acid, blotter, loony toons, microdot&lt;br&gt;K, Vitamin K, Special K, cat valium&lt;br&gt;Cactus, mesc, peyote&lt;br&gt;Angel dust, love boat, peace pill&lt;br&gt;None&lt;br&gt;Magic Mint, Sage, Saliva, Maria Pastora&lt;br&gt;Shrooms, Magic Mushrooms</td>
<td>Confusion&lt;br&gt;Distortion of reality&lt;br&gt;Loss of coordination&lt;br&gt;Nausea&lt;br&gt;“Bad trips”&lt;br&gt;Sweating</td>
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<td>Cocaine / Crack</td>
<td>Coke, blow, bump, C, rock, snow</td>
<td>Head rush&lt;br&gt;Loss of coordination&lt;br&gt;High blood pressure&lt;br&gt;Dizziness&lt;br&gt;Anxiety&lt;br&gt;Increased sweating</td>
<td>Dry mouth&lt;br&gt;Stroke&lt;br&gt;Heart failure&lt;br&gt;Hallucinations&lt;br&gt;Yellow teeth, bad breath</td>
<td>Hallucinations and delusions&lt;br&gt;Addiction&lt;br&gt;Paranoia&lt;br&gt;Liver and kidney damage&lt;br&gt;Brain damage&lt;br&gt;Cancer, heart disease, shortness of breath, wrinkles</td>
<td>Bad breath or dry mouth&lt;br&gt;Excessive activity or energy&lt;br&gt;Extreme irritability or nervousness&lt;br&gt;Moodiness&lt;br&gt;Bad smell on hair, clothes, and breath (Nicotine)&lt;br&gt;Emphysema (Nicotine)&lt;br&gt;Yellow teeth (Nicotine)&lt;br&gt;Extreme fear, panic attacks</td>
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<td>DXM - Dextromethorphan</td>
<td>Hallucinations&lt;br&gt;Jitters&lt;br&gt;Nervousness&lt;br&gt;Confusion&lt;br&gt;Seizures</td>
<td>Nausea&lt;br&gt;Vomiting&lt;br&gt;Heart palpitations&lt;br&gt;Blackouts</td>
<td>Addiction&lt;br&gt;Liver or brain damage&lt;br&gt;Death</td>
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