

Drug prevention – looking for the warning signs

1: CANNABIS – Pot, Dope, Hash, Grass

Hard brown resin or herbal mixture. Usually smoked in hand-rolled cigarette. **Most commonly used illegal drug. Users appear 'drunk', giggly and talkative. Frequent use can impair short-term memory**

2: HEROIN – Smack, 'H', Horse

White or speckled brown powder. Usually heated on silver foil and inhaled. Can be injected. **Initial alertness followed by slurred speech and drowsiness. Highly addictive. Severe withdrawal symptoms include cramps, sweats and vomiting**



3: SOLVENTS

Solvent-based glues, butane lighter fuel, aerosol sprays, paint thinners, petrol. **Loss of coordination, blurred vision, hallucination. Can cause heart failure**

4: CRACK COCAINE

Smokable derivative of cocaine – takes effect more quickly. Whitish chips sold in tiny plastic vials or cooking film 'wraps'. **Causes intense euphoria followed by craving, can cause severe depression**

5: COCAINE – Coke, Snow

White powder, can be sniffed, injected or smoked. **Similar to amphetamines but more likely to lead to dependence**

6: AMPHETAMINES – Speed

Powder, capsules or pills. Usually sniffed or injected. **Users appear lively, over-alert and giggly. Depression and insomnia follow and heavy use can result in feelings of persecution**

7: Other opioids – Barbiturates

May include red or white tablets, capsules, or ampoules. Swallowed or injected. **Similar effects to heroin**

8: TRANQUILISERS – Valium

Prescribed medicines taken illegally for kicks. **Effects similar to alcohol**

9: LSD – Acid, Strawberries, Microdot

Small coloured tablets, micro spots on blotting paper or coloured impregnated stamps. Dissolved on tongue. **Hallucinations vary from visions of joy to waking nightmares. May trigger psychotic response**

10: ECSTASY – 'E', Disco Biscuits

Tablets or pills – drug of the rave scene. **Creates intense euphoria. Increases heart rate, blood pressure and body temperature – can cause heat stroke, seizures and coma**

11: MAGIC MUSHROOMS

Grow freely in the wild. Are eaten fresh or dried. **Similar effects to LSD. May cause hallucinations. Main risk comes from eating other poisonous mushrooms**

RISKS OF INJECTING

Include HIV infection, hepatitis, abscesses, blood poisoning and infected or collapsed veins



Tell-tale signs that can reveal teenage drug taking



Sudden changes of mood, becoming aggressive, unusually drowsy or sleepy



Unusual marks, stains or smells on body, clothes or around the house



Loss of appetite, loss of interest in school, hobbies, sport, friends etc



Possible evidence – scorched pieces of tin foil, homemade pipes, cigarette papers

Where to go for help:

If you cannot find a specialist drug service locally contact **SCODA** (Standing Conference on Drug Abuse). 1 Hatton Place, Hatton Garden, London EC1N 8ND. Telephone: **071-430 2341**

'Dial and listen' list of drug agencies: Dial 100 and ask for **Freephone Drug Problems. Adfam** – confidential helpline: **071-405 3923**
Families Anonymous – self-help support group: **071-281 8889**
Release – 24-hour emergency telephone service: **071-603**