

Module 4: Do Not End Up in the Junkyard
Avoiding Harmful Substances
Topic 4 Content: Common Drugs and Effects

Drug	Definition	Street Name	How they are used	Effects and Dangers	Addictiveness
Amphetamines	Stimulants that accelerate functions in the brain and body.	Speed, uppers, bennies Prescription diet pills also are in this category.	Swallowed, inhaled, or injected	When taken, these drugs affect users with a fast high that makes them feel strong, energized, and alert. Heart rate, breathing, and blood pressure increases, which could lead to death. Some experience sweating, shaking, headaches, not being able to sleep, and blurred vision. If used for a long time, users can hallucinate and experience intense paranoia.	Amphetamines are psychologically addictive. When users stop using, they can have aggression, anxiety, and intensely crave the drug.
Cocaine and Crack	Cocaine is a white powder that is made from dried leaves of the coca plant. Crack pellets are made from cocaine and look either tan or white.	Coke, snow, blow, freebase, rock	Cocaine is either inhaled or snorted through the nose or injected. Crack is heated up to be smoked.	Cocaine is a stimulant that affects the central nervous system by giving users a quick and intense burst of energy. A high for cocaine lasts from 15 to 30 minutes. A high for smoking crack last from 5 to 10 minutes. Injecting cocaine can lead to hepatitis or AIDS if you share needles with other users. Snorting can put holes inside the lining of your nose. Using either cocaine or crack, even for the FIRST time, can kill you. You may stop breathing or have a fatal heart attack.	Both cocaine and crack are highly addictive. After just one use, cocaine and crack create physical and psychological cravings that make it extremely difficult to stop using.

Module 4: Do Not End Up in the Junkyard
Avoiding Harmful Substances
Topic 4 Content: Common Drugs and Effects

Cough and Cold Medicines (DXM)	Cough and cold medicines that are sold over the counter and that contain dextromethorphan (DXM).	Triple C, candy, C-C-C, dex, robo, skittles, tussin, vitamin D, rojo	Cough and cold medicines come in tablets, capsules, gel caps, syrups, and lozenges and are swallowed.	When taken in large quantities, these medicines can cause hallucination, loss of motor control, and disassociative (out-of-body) sensations. Large doses also cause fever, confusion, impaired judgment, blurred vision, excessive sweating, slurred speech, nausea, vomiting, headache, lethargy, numbness, dry itchy skin, loss of consciousness, seizures, brain damage, and even death.	People who use over-the-counter medicines to get high can become dependent on them. Even though they are not physically addicted to them, they feel like they can't stop.
Depressants	Depressants, like tranquilizers and barbiturates, calm nerves and relax muscles.	Downers, goof balls, barbs, ludes	They are usually capsules or tablets that are swallowed.	When prescribed by a doctor and taken correctly, they help to make people feel calm and reduce anger. Large doses can cause slurred speech, confusion, lack of coordination, and tremors. Very large doses cause a person to stop breathing and may result in death. Depressants should NEVER be mixed with alcohol. When combined, these two drugs greatly increase the chance of overdose and death.	Depressants have both psychological and physical dependence tendencies.
Ecstasy (MDMA)	This drug is a "designer drug" because alternative chemists created it. It comes in powder, tablet, or capsule form.	Molly, XTC, X, Adam, E, Roll	Ecstasy is swallowed or snorted.	This drug combines a hallucinogenic with a stimulant effect. All emotions (both negative and positive) are greatly intensified. The skin may feel a tingling sensation and heart rate is increased. Dry mouth, cramps, blurred vision, chills, sweating, and nausea are other side	Ecstasy is psychologically addicting. Those who use it may rely on it to feel good, deal with life, or handle stress, making it seem impossible to deal with these things when not using the drug.

Module 4: Do Not End Up in the Junkyard
Avoiding Harmful Substances
Topic 4 Content: Common Drugs and Effects

				<p>effects.</p> <p>Jaws may clench up.</p> <p>Paranoia, depression, anxiety, and confusion can become PERMANENT effects with chronic use of ecstasy.</p> <p>Ecstasy also raises body temperature and may cause organ damage or even death.</p>	
Heroin	Heroin comes from the dried milk of the opium poppy, which is used to create the class of painkillers called narcotics.	Horse, smack, junk, Big H	Heroin can range from a white to dark brown powder to a sticky, tar-like substance that is injected, smoke, or inhaled.	<p>Heroin gives users a burst of euphoric feelings, especially if it is injected.</p> <p>The high is followed by drowsiness, nausea, stomach cramps, and vomiting.</p> <p>Users feel the need to take more heroin as soon as possible just to feel good and normal again.</p> <p>Long term use can cause collapsed veins, chronic constipation, dry skin, and breathing problems.</p>	Heroin is highly addictive, easy to overdose, and can cause death. Withdrawal is intense and symptoms include insomnia, vomiting, and muscle pain.
Inhalants	Inhalants are sniffed or “huffed” and include household products like glues, paint thinners, dry-cleaning fluid, gasoline, felt-tip markers, hairspray, and spray paint.	Glue, gas, sniff, huff, poppers	Inhalants are breathed in directly from the original container, plastic bag, or by holding an inhalant-soaked rag in the mouth.	<p>Inhalants make you feel confused and a feeling of drunkenness.</p> <p>Long-time users may get headaches, nosebleeds, and suffer loss of hearing and sense of smell.</p> <p>Inhalants are the most likely of abused substances to cause severe toxic reaction and death. Using inhalants, even one time, can kill you.</p>	Inhalants are very addictive, especially when used to feel good and deal with stress.
Ketamine	Ketamine hydrochloride is a quick-acting anesthetic that is used as a sedative	K, special K, vitamin K, bump, cat Valium	High doses of ketamine cause intoxication and hallucinations. Usually comes in powder that is snorted.	<p>Users may become delirious, hallucinate, and lose their sense of time and reality. A trip can last up to 2 hours.</p> <p>Nausea and vomiting, becoming delirious,</p>	Teens who use it can become psychologically dependent to deal with life and handle stress.

Module 4: Do Not End Up in the Junkyard
Avoiding Harmful Substances
Topic 4 Content: Common Drugs and Effects

	for minor surgery.			problems with thinking and memory. At high doses, users can have problems moving, slowed breathing, and body numbness. Overdosing on ketamine can stop your breathing and kill you.	
LSD	Lysergic acid diethylamide is a lab-brewed hallucinogen and mood-changing chemical.	Acid, blotter, doses, microdots	LSD is odorless, colorless, and tasteless, and is licked or sucked off small squares of blotting paper. Capsules and liquid forms may be swallowed.	Hallucinations occur within 30 to 90 minutes of dropping acid. Senses are intensified and distorted. The user may see colors or hear sounds that are not there. Users lose sense of time, and the effects are highly unpredictable. Once acid is taken the high can last 12 hours or longer! Bad trips cause panic attacks, confusion, depression, and frightening delusions. Physical risks are sleeplessness, mangled speech, convulsions, increased heart rate, coma, and death. Users may also have flashbacks where they feel the effects of the drug at a later time without having used the drug again.	Users may feel like they are psychologically dependent and need the drug to handle stress and feel good.
Marijuana	It is the most widely used illegal drug in America. Marijuana resembles green, brown, or gray dried plants with stems or seeds. It has a distinct odor.	Pot, weed, blunts, chronic, grass, reefer, herb, ganja	Marijuana is usually smoked by being rolled in papers, or placed in pipes or water pipes. Some people mix it into foods or brew it as tea.	Marijuana can affect mood and coordination. Users may experience mood swings that range from stimulated and happy to drowsy or depressed. Heart rate and blood pressure are elevated. Users get red eyes, feel very sleepy or hungry, experience paranoia and hallucinations, and can experience extreme dry mouth.	People who use marijuana can become psychologically dependent upon it to feel good. Bodies may demand higher amounts of marijuana to achieve the same effects.

Module 4: Do Not End Up in the Junkyard
Avoiding Harmful Substances
Topic 4 Content: Common Drugs and Effects

				When marijuana is smoked, it can cause coughs, wheezing, and frequent colds. With chronic use, the user's teeth can become discolored.	
Methamphetamine	Methamphetamine is a powerful stimulant.	Crank, meth, speed, crystal, fire, glass, crypto, ice	It can be swallowed, snorted, injected, or smoked.	Users feel a euphoric rush, particularly if it is smoke or injected. Users develop a tolerance quickly, and it will take more meth to achieve the same high. This results in severe sleeplessness, paranoia, and hallucinations. Some delusions are that users believe there are insects crawling under their skin. Prolonged use may result in violent and aggressive behavior, psychosis, brain damage, and death.	This drug is highly addictive.
Rohypnol	A prescription anti-anxiety medication that is extremely powerful.	Roofies, roach, forget-me pill, date-rape drug	This drug is swallowed, sometimes with alcohol or other drugs.	Rohypnol causes blood pressure to drop, as well as memory loss, drowsiness, dizziness, and an upset stomach. Rohypnol receives a lot of attention because it is a date-rape drug. Many teen girls and women report having been raped after having Rohypnol slipped into their drinks. This drug makes it hard to remember what happened while on the drug and causes you to blackout. Because of this, it can be hard to give important details if a young woman wants to report the rape.	Users can become physically addicted, and it causes extreme withdrawal symptoms when users stop.