

Alcohol

How can it affect you?

- It can make you do things you wouldn't normally do e.g. have sex without condoms.
- It can make you feel dizzy, sleepy or sick.
- It can take longer for you to react when something goes wrong.
- You might not be able to walk in a straight line.
- You might become very happy, aggressive or very upset.

The law.

It is illegal for anyone under the age of 18 to buy alcohol anywhere in the UK. Someone aged 16 or 17 and accompanied by an adult, can drink (but not buy) beer, wine or cider with a meal at a licensed premises.

How long does it last?

It takes one hour for your body to get rid of one unit of alcohol.



One can of lager = 1.5 units of alcohol.



One shot = 1 unit of alcohol.



One bottle of alcopop = 1.5 units of alcohol.



One small bottle (35cl) of spirit = 13 units of alcohol.



shaw trust

What could go wrong?

- Getting addicted: you keep needing to drink.
- Having an accident when taking it.
- If you drink too much on one night you could get very ill and may need to go to hospital.
- If you keep drinking all the time, it can lead to depression, liver, kidney or brain damage or even death.
- You may put yourself in risky situations e.g. having sex without condoms, hurting yourself or hurting other people.
- You could do dangerous or illegal things.
- You could drink a spiked drink.

Make it as safe as you can!

- Don't drink alone.
- Drink slowly, and don't down your drink, even if there is pressure from people around you.
- Mix spirits (e.g. vodka, gin) with lemonade, coke or juice, but don't mix different alcohol.
- Don't drink every day.
- Always take your drink with you (don't leave it and come back to it).
- Don't drink with a straw.
- Eat before you go out.
- Plan how you are getting home.





Amphetamines

aka speed

How do you take it?

Snorted, rubbed on gums, injected, or swallowed.

How can it affect you?

- It can give you lots of energy.
- It can make you feel confident.
- It can make you feel less hungry.
- It can make you worried or anxious.
- It can make you do things you wouldn't normally do e.g. have sex without a condom.

How long does it last?

Two to three hours.

How would you know if someone had taken it?

- Pupils can get bigger.
- Restless or can't stay still.
- Talking too much.
- Anxiety.
- Grinding teeth.

The law.

It is a class A drug. This means that it is one of the most serious drugs.

What could go wrong?

- Heart attack, fits, overdose and possibly death.
- Addiction: wanting more and more.
- Can make you feel extremely nervous or worried, or even seeing things that aren't there.
- Not being able to sleep.
- Nose bleeds and/or damage to your nose.
- Getting too thin because you don't want to eat when taking it.
- Contracting HIV or Hepatitis from sharing equipment like straws or needles.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- If you have heart problems, do not take.
- Don't mix with other drugs or alcohol, and never do it alone.
- Don't always use the same nostril.
- Use your own straw: don't share. Don't use rolled up money.
- Swill out your nostrils with water.
- Chew gum to stop grinding teeth.





Benzos

aka Diazepam (Valium, Vallies), Xanax, Rohypnol (Roofies)

How do you take it?

Swallowed.

How can it affect you?

- It can make you feel calm, relaxed and sleepy.
- It can make you forgetful.

How long does it last?

Up to six hours.

How would you know if someone had taken it?

- Slurred speech.
- Sleepy.
- Difficulty breathing.

The law.

These are class C drugs, because you can get some of them from your doctor, but they are still dangerous.

What could go wrong?

- You can pass out. If you throw up when you pass out, you can die. You can be hurt if you pass out in a dangerous place.
- You do not always control what you do and that means you might do things you wouldn't usually do e.g. have sex and not use condoms. Some can also be added to drinks without you knowing, so you have no control over your actions.
- You can overdose if you are drinking alcohol as well.
- If taken with other drugs, including prescription drugs, your heart could stop.
- They can become addictive, and you want to keep taking more. If you take them over a long period of time, it can be dangerous to just stop suddenly.

Make it as safe as you can!

- Do not mix with other drugs or alcohol, this might lead to you stopping breathing, and do not drive!
- Do not use alone, stay with friends, and only take them in a safe place.
- Watch your friends and check they are breathing normally.
- Always call 999 if you are worried they don't seem ok. Don't worry about getting in trouble, the paramedics want to help.
- Only use occasionally as it can lead to addiction, and use small amounts at a time.
- If you start to notice you need to take it regularly then talk to someone.
- Keep your drinks with you in a pub/ club. Never leave them on the side.





Cannabis

aka weed, cali, kush, skunk etc.

How do you take it?

Smoke it, drink it, eat it, vape it, dab it.

How can it affect you?

- It can make you really hungry.
- It can make your eyes red.
- It can make you calm and relaxed.
- Can make you forget about worries and stresses. It can also make them worse.
- It can make pain feel better.

How long does it last?

If smoked, one to two hours.

If eaten, three to six hours.

How would you know if someone had taken it?

- A noticeable smell.
- Red eyes.
- Looking sleepy.
- Eating loads.
- Paranoia.
- Can be giggly or very withdrawn/quiet.

The law.

It is a class B drug. This means that it is a serious drug.

What could go wrong?

- You can feel sick and dizzy.
- You wake up feeling tired because you don't get the right quality of sleep.
- It can make you feel paranoid, worried and grumpy.
- It can make it harder for you to remember, concentrate or learn.
- Regular use stops your brain from developing properly.
- Tolerance increases - you end up needing more and more to get high.
- It can make you hear things that aren't there e.g. someone calling your name or a police siren.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- Don't take it too often.
- Don't take with any other drugs or alcohol.
- Don't take alone. Take it in a safe place with friends you can trust.
- Take small amounts at a time – wait until you feel the effects before taking more.
- Don't take it every day.



Cocaine

aka coke, flake etc.

How do you take it?

Snorting or gumming (rubbing it on your gums).

How can it affect you?

- It can give you lots of energy, and you will struggle to sleep.
- It can make you really happy.
- It can make you talk a lot/ say things you don't mean.
- It can make you overconfident or do things you wouldn't normally do.
- It can make you worry a lot.
- It can make you angry or aggressive.

How long does it last?

One to two hours.

How would you know if someone had taken it?

- You might see little bits of white powder.
- Pupils get bigger.
- Runny nose.
- Nosebleeds.

The law.

It is a class A drug. This means that it is one of the most serious drugs.

What could go wrong?

- It can make you feel extremely nervous or worried.
- You can start to feel down when you aren't taking it.
- Nose bleeds and/or damage to your nose.
- Bad teeth or gums.
- Getting addicted.
- You can overdose, leading to your heart stopping and death.
- You could contract HIV or Hepatitis if you share straws. These diseases cause long term serious problems.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- Do not take if you have any heart problems.
- Do not mix with other drugs or alcohol.
- If you're going to take it, keep changing which nostril you use, and stop if you start getting nose bleeds.
- Don't share straws, and do not use a rolled up note.
- Clean your nostril with water after snorting.
- Use small amounts at a time.



Crack

aka Crack, rock, freebase etc.

How do you take it?

Smoked and injected.

How can it affect you?

- It can give you lots of energy.
- It can make you really happy.
- It can make you talk a lot.
- It can make you angry.
- It can make you confident.
- It can make you worry a lot.

How long does it last?

15 minutes.

How would you know if someone had taken it?

- Burns or sores around the lips.
- Pupils can get bigger.
- Nose bleeds.
- Not sleeping or eating.

The law.

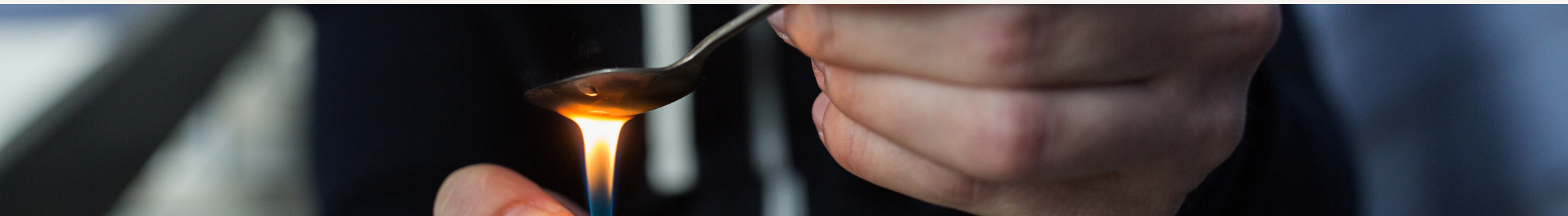
It is a class A drug. This means that it is one of the most serious drugs.

What could go wrong?

- It can make you feel extremely nervous or worried because you think other people do not like you or are going to hurt you.
- Very easy to get addicted (where you need to keep taking it) because it doesn't last for long.
- You can overdose, your heart can stop, and you can die.
- You can get too thin because you don't eat enough.
- Psychosis- a severe mental illness where you don't know what is real.
- Liver damage.
- You can get breathing difficulties, cracked or blistered lips, and/or liver problems.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- If you have heart problems, do not take.
- Don't mix with other drugs or alcohol, and never do it alone.
- Make sure you eat and get enough sleep.
- If you're going to take it, make sure to use your own glass pipe, and a mouth piece that doesn't get hot.
- Use lip balm.
- Make sure to take breaks and not do it regularly.



Ecstasy

aka E, MDMA, pills, beans, molly, mandy, pingers etc.

How do you take it?

Swallowed or snorted.

How can it affect you?

- It can give you lots of energy.
- It can make you really happy.
- It can make you see things that aren't there
- You don't want to eat or sleep.
- It can make you worry or panic.
- It can make you feel sick and dizzy.
- It can make you want to hug people.

How long does it last?

Three to five hours. But the more taken, the longer it can last.

How would you know if someone had taken it?

- Pupils get bigger.
- Grinding teeth together.
- Sweaty.
- Happy mood.
- Talk too much.
- More energy.

The law.

It is a class A drug. This means that it is one of the most serious drugs.

What could go wrong?

- It can make you do things you wouldn't normally do i.e. telling everyone your secrets.
- It could make you feel down after you've taken it (comedown).
- Heat stroke – you might get too hot and become dehydrated. You can also become unwell from drinking too much water.
- Your heart could stop, and you could die.
- Can get blisters or ulcers in your mouth.
- It can make you feel extremely nervous or worried because you think other people do not like you or are going to hurt you.
- You can catch Hepatitis and HIV from sharing a straw. These diseases can make you very ill or you could die.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- If you're going to take it, don't take it too often - make sure to have breaks. And wait for the effects to start before taking more.
- Sip water, and don't drink more than a pint of water an hour, and eat beforehand.
- Do not share straws, and do not mix with other drugs or alcohol.
- Don't take it alone.
- Chew gum to avoid grinding your teeth.



Heroin

aka brown, smack, gear, H etc.



How do you take it?

Smoke or inject it.

How can it affect you?

- It can make you feel calm, relaxed, really happy, or sleepy. It can stop pain feeling so bad.
- You can get itchy skin.
- It can sometimes stop you from being able to poo.

How long does it last?

Up to six hours.

How would you know if someone had taken it?

- Pupils get smaller.
- Itching.
- Being very sleepy/ falling asleep.
- Slow pulse.
- Shallow breathing- not taking enough oxygen in.

The law.

It is a class A drug. This means that it is one of the most serious drugs.

What could go wrong?

- Getting addicted – most people can't keep their use under control.
- Breathing – you could stop breathing and you might die.
- You could be sick – you might choke on it.
- Once you have had it for a few times, you can feel poorly (withdrawals) if you don't have it.
- Overdosing or death. If you inject, overdosing or death is more likely to happen.
- Getting ill from injecting e.g. HIV, hepatitis
- You might start doing things you don't want to do to get money or drugs.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- Don't mix with other drugs. Really important not to take with alcohol or benzos (Xanax or Valium).
- If you have a break from using, use less the next time you start again (you could accidentally overdose).
- If you inject, use a needle exchange and don't share needles, learn to inject safely, and clean any wound and get help if it looks infected.



Ketamine

aka KE, ket etc.

How do you take it?

Snorted or injected.

How can it affect you?

- It can make you feel calm or happy.
- It can make you think differently; in a good or bad way.
- It can make you see things that aren't there: this could be nice or scary.
- It can make you feel like you are leaving your body.
- You can feel sick.
- You might not be able to move your body but you can still and hear everything. You might fall over a lot. This is usually called a K-hole.

How long does it last?

Two to three hours.

How would you know if someone had taken it?

- Pupils get bigger.
- Not speaking or moving much.
- Not being able to move some of their body.

The law.

It is a class B drug. This means that it is a fairly serious drug.



shaw trust

What could go wrong?

- It can make heart problems worse or give you heart problems.
- Getting very ill from injecting or sharing straws etc. i.e. HIV.
- You can take too much and go into a K-hole (you might not be able to move your body but you can still and hear some things). This means you can't protect yourself and you could be in danger.
- Long-term problems with peeing e.g. pain when you pee.
- It can make you feel very anxious, worried, give you panic attacks, have thoughts of hurting yourself or ending your life.
- You can see things that aren't there, which can be scary.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- Do not take if you have any heart problems.
- Do not mix with other drugs or alcohol.
- If you're going to take it, keep changing which nostril you use, and stop if you start getting nose bleeds.
- Don't share straws, and do not use a rolled up note.
- Clean your nostril with water after snorting.
- Use small amounts at a time.



LSD

aka Acid, tabs, trips



How do you take it?

Swallow it or hold it in your mouth.

How can it affect you?

- It can make you think differently; in a good or bad way.
- It can make you see or hear things that aren't there: this could be nice or scary.
- You can panic.

How long does it last?

Eight to 12 hours.

How would you know if someone had taken it?

- Pupils get bigger.
- Acting oddly.
- Talking about things that aren't there or are aren't true.

The law.

It is a class A drug. This means that it is one of the most serious drugs.

What could go wrong?

- You could have an accident when taking it e.g. driving, hurting yourself.
- It can make you worry too much, make you depressed, feel extremely nervous or worried because you think other people do not like you or are going to hurt you.
- You can have a bad trip which can make you think you see or hear things that aren't real. This can make you do dangerous things, hurting yourself or other people.
- You can have flashbacks – this means reliving the frightening experience when you're sober.
- The experience can affect your mood for a really long time after you take it.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- Avoid if you've already got mental health problems.
- Don't use too often or mix with other drugs.
- Try taking a quarter of a tab to see how strong it is. Wait to see how it affects you before taking any more.
- Don't keep thinking of bad things. Try and think of something nicer. Remind yourself that you've taken a drug and it will pass.
- Give yourself lots of time to get over taking LSD.





Mushrooms

aka Shrooms, mushies,
cubies, liberty caps

How do you take it?

Swallowed raw, cooked in food, made into drinks.

How can it affect you?

- It can make you think differently; in a good or bad way.
- It can make you see and hear things that aren't there: this could be nice or scary.
- It can make you feel sick or be sick.

How long does it last?

Four to six hours.

How would you know if someone had taken it?

- Pupils get bigger.
- Acting oddly.
- Talking about things that aren't there or are aren't true.

The law.

It is a class A drug. This means that it is one of the most serious drugs.

What could go wrong?

- You could have an accident when taking it.
- It can make you worry, make you depressed or make you feel extremely nervous or worried because you think other people do not like you or are going to hurt you.
- If you pick the wrong mushrooms you can get very sick or die.
- You can get sick if the mushrooms are dirty.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with. And only take in a safe space, with friends, and people you trust.
- Make sure you know what you're getting, and who you're getting them from, as it can be dangerous. And if you're not sure, don't take them.
- Make sure they are clean of any cow poo.
- If you start feeling unwell (upset stomach, feeling/being sick, then go to the hospital, and take a mushroom with you).
- Take a small number to start with, and wait at least an hour for the effects to start before taking more.
- Mushroom tea gets stronger the longer it brews, so be careful if you go back for more after a while.
- Try and avoid thinking of bad things - focus on positive things.
- Allow plenty of time to get over the trip, and do not drive after taking any!



Opiate painkillers

aka Oxycontin, Tramadol, Codeine, Co-codamol



How do you take it?

Swallowed.

How can it affect you?

- It can make you really happy.
- It can make you feel sleepy.
- It can make you feel spaced out.
- It stops pain.
- It can make you feel sick.

How long does it last?

Up to six hours, depending on how much you take.

How would you know if someone had taken it?

- Slurred speech.
- Sleepy.

The law.

It is a class C drug. Usually only available as a prescription, and are illegal to sell or give away, with prison sentences up to 14 years.

What could go wrong?

- Your heart could stop, you could stop breathing and you could die if you take too much.
- It can damage your liver if you take too much, and for a long period of time.
- You can find it hard to move around, you might fall over and hurt yourself.
- It can make you feel lightheaded and dizzy.
- It can be really hard to stop taking.
- It can make you feel really anxious, find it hard to sleep, sweaty, not want to eat when you try to stop taking it.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- Don't use too often or mix with other drugs - it can be really dangerous if you take with alcohol, tramadol, cocaine, benzos or ketamine.
- Use small amounts at a time – you can overdose if you take too much.
- If you notice changes to your breathing, call an ambulance.



Solvents

aka hairspray, deodorant, air freshener, polish, paint, petrol, nitrous oxide (NOS), poppers etc



How do you take it?

Breathing in or sniffing.

How can it affect you?

- It can relax the body.
- It can make you hallucinate (see and hear things that are not there).
- It can make you feel dizzy.
- It can make you feel happy, sad or angry.
- It can give you spots.
- It can slur your speech.

How long does it last?

15-30 minutes.

How would you know if someone had taken it?

- Slurred speech.
- Smelling of deodorant.
- Spots around the face.
- Sleepy.

The law.

All solvents are illegal to use to get high.

What could go wrong?

- You could die (this could happen the first time you use it), your heart could stop working, you could stop breathing because of the fumes, or be sick after passing out.
- You could get dizzy.
- You could become aggressive/
- Things may look scary or you may hear scary things.
- Can make you fit (where you fall on the floor and your body shakes and you can't stop it).
- You can damage your lungs, heart or brain as the chemicals are toxic (poisonous), or hurt your baby if you are pregnant.

Make it as safe as you can!

- Don't take it if you're: feeling down, worrying a lot, having thoughts about hurting yourself or ending your life, if you're around people you don't feel safe with.
- Do not mix with other drugs or alcohol.
- If you're going to take it, do it somewhere safe, away from busy roads, or anywhere you might hurt yourself.
- Do not smoke or be around anyone smoking, as solvents are flammable and you could set yourself on fire.
- Do not inhale straight into your mouth. Use a rag or clothing to breathe through.
- Do not use in a small space. Make sure you are in a big room with an open window or go outside.

