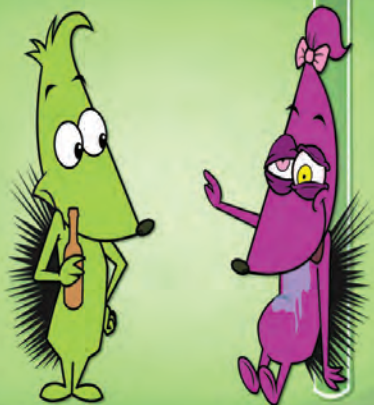


The Parent's and Carer's Guide to ...



Drugs & Alcohol

CONTENTS

Introduction	1
A-Z of Drugs & Alcohol	8
The Law	38
Treatment & Support	39
Drugs A-Z Index	40
Useful Contacts	42

..... *Demystifying the world of illegal drugs and 'legal highs'*



INTRODUCTION

Arrrgggghhhh drugs!

For many parents, the thought of their child taking drugs is one of their greatest fears and they can feel ill equipped to deal with the situation. However, the truth is that parents are in the perfect position to support their child; you don't need to be an expert in drugs or alcohol to be able to talk to your child about them.

Stay calm

It is important to remember that although illegal drugs are widely available, very few young people end up as addicts or compulsive users.



Navigating your way through the teenage years

For parents, walking through the minefield of the teenage years is fraught with anxiety. The prospect of illegal drug taking and excessive drinking is another layer to add to the parental worries.

The teenage years are a confusing and conflicting time for young people; they are caught between being a child and becoming an adult. They move from dependence on their parents and carers, to independence. They begin to find their own values, set their own goals and push against boundaries. Parents and carers need to let them start taking responsibility for their own actions and make their own informed decisions, although it's easier said than done. Try and think back to your own adolescence, the highs and the lows, your thoughts and feelings; it's a confusing time for your child.

But most importantly, remember that you are not alone; most parents that you meet are thinking and feeling exactly the same as you.

Navigation?..... I need a Map!

There is lots of information available on drugs and alcohol on the internet and through booklets like this one. Utilise all of the resources available to you and talk to your child about drugs and about alcohol. Talking about them is not going to make them go out and take them. Talk about the effects on the body; how they make people feel; and talk about the risks of taking them. There is no such thing as 'safe' drugs but remember people don't take drugs because they make them feel awful, they can feel really good at first. However there are always risks and occasionally fatalities.

Remember

Don't worry if your child knows more about drugs than you, with drugs education in schools, TV, the internet and through friends, it's actually quite likely. This doesn't mean they are taking them, or are going to take them, or that what they know is correct. Talking to your child about drugs gives you the opportunity to correct any myths and misinformation that they have.

Rights and responsibilities

There is a lot of talk about people's rights but not enough discussion about responsibilities. Discuss with your child what it means to take responsibility for their own actions. If they drink excessive amounts of

alcohol or take drugs, they have a responsibility for the impact their actions have on themselves and on others. Explore what these could be. Examples include having unprotected sex when their inhibitions are reduced due to what they have taken, which could lead to a sexually transmitted disease or unwanted pregnancy; or having to call an ambulance because the drugs or alcohol have made them ill. Alcohol and drug related admissions to emergency departments cost the tax payer millions of pounds each year and a stomach pump is a very unpleasant procedure.

Illegal drugs

The Misuse of Drugs Act 1971 regulates what are termed 'controlled drugs' and divides these drugs into three classes:

- Class A** E.g. Ecstasy, LSD, heroin, cocaine, methamphetamine, crack, magic mushrooms, PMA, amphetamines (if prepared for injection).
- Class B** E.g. Amphetamines, cannabis, methylphenidate (Ritalin), pholcodine, mephedrone
- Class C** E.g. Tranquilisers, some painkillers, gamma hydroxybutyrate, (GHB), ketamine.



What are 'legal highs'?

One of the most important messages to get across is that just because a drug has not been made illegal it does not mean its safe. There has been an increase in the availability and marketing of drugs known as 'legal highs'. This is because drug trends change all the time; drugs are big business and the drugs trade is worth billions. Drug suppliers develop new drugs that have a larger profit margin for them or replace those that are no longer fashionable.

'Legal Highs' are substances which produce the same, or similar, effects to drugs such as cocaine and amphetamines, but are not controlled under the Misuse of Drugs Act. They are however, considered illegal under current medicines legislation to sell, supply or advertise for "human consumption". To get round this producers refer to them as research chemicals, plant food or bath crystals etc and label them 'not for human consumption'. An example of this is mephedrone which was created in a lab to mimic the effects of cocaine or amphetamine. It has a slightly different chemical structure to both of these drugs so it would not fall under the Misuse of Drugs Act. Subsequently the government passed legislation so that mephedrone became a controlled substance meaning it's now illegal to possess, give away or sell it.

"Legal highs" are often advertised on the internet. They are not controlled like food or pharmaceuticals and so there is no guarantee that the purchaser is actually getting what they think they are buying. There are a

large number of 'legal highs' and they can have all kinds of names, including both brand names and chemical names, for example: Dimethocaine, Benzo Fury, 5IAI, MDAT, Silver Bullet, NRG1 and Ivory Wave.

Why is there concern about 'legal highs'?

There is concern about 'legal highs' because no-one knows what the short, medium or long term effects are going to be on people's mental and physical health. However all the risks associated with illegal substances are also there with legal highs. However they come with an added risk that the substance could be anything or mixed with anything and the dangers are unknown.

'Legal highs' and the law in schools

Under current guidance, teachers can confiscate and dispose of any 'legal highs' that they find on school property, in line with the school's policy on drugs. School staff also have the power to search any students suspected of carrying banned drugs. This power allows school staff to search for substances they reasonably believe are illegal but which may, after testing, be found to be legal.

As many 'legal highs' can look very similar to illegal drugs, such as cocaine and speed, if the police find a 'legal high' in your possession they are entitled to confiscate it for testing and to detain you for questioning, or even arrest you.

We know that mixing some drugs and alcohol can be fatal. For example mixing cocaine and alcohol (ethanol) creates a toxic substance in the body called cocaethylene (see cocaethylene in the A-Z of drugs). Mixing any drug with alcohol increases toxicity; what is not known is what toxic effects are created by mixing a 'legal high' with alcohol. In the majority of drug related deaths in Oxfordshire, alcohol has also been taken.



The risks:

- Taking cocaine and alcohol creates a toxic substance called cocaethylene in your body, which can be fatal
- Stimulants can mask the effects of alcohol, so you can drink too much which can lead to alcohol poisoning
- Mixing the chemicals in drugs with the chemical ethanol in alcoholic drinks, causes reactions between the two which lead to unknown risks to your health
- Taking depressants such as benzodiazepines (Prozac) or heroin with alcohol increases the risk of fatal respiratory problems and cardiac arrest

**Have a look on YouTube at our animation
on the risks and effects of mixing drugs and alcohol.**

**[http://www.youtube.com/user/
OxfordshireDAAT#p/a/u/0/vmzEzIMYGtQ](http://www.youtube.com/user/OxfordshireDAAT#p/a/u/0/vmzEzIMYGtQ)**

And finally..... Keep talking

Always try and keep the lines of communication open with your child. It's better that they can talk to you rather than feel they have to hide things from you. If it comes to the crunch, it's important that they take responsibility for their actions while you provide support for them to be able to do so.

If you are worried about your child's drug or alcohol use, you can call Young Addaction Oxfordshire for information and advice on 01865 815476 or have a look at Oxfordshire's own drug and alcohol web site www.oxfordshiredaat.org



THE A-Z OF DRUGS & ALCOHOL

A ALCOHOL

Alcohol comes in a wide variety of forms, from spirits like vodka, rum and whisky to lager, cider, and alcopops. As alcopops are sweet and mixed with pop or fruit juice people often underestimate their strength. A lot of them are stronger by volume than lager or cider.

Safer drinking

The NHS advice on drinking limits refers to levels of drinking:

Lower Risk Drinking

These levels are the recommended daily limits per day for adult men and women who drink on a regular basis. These levels do not apply to young people. There are no recommended daily amounts for young people, and it is healthier for young people under 18 to not drink alcohol:

- No more than three to four units for men
- No more than two to three units for women.

Lower risk drinking means that in most circumstances, you have a low risk of causing yourself future harm.

Increasing Risk Drinking

Drinking at this level increases the risk of damaging your health:

- More than three to four units a day on a regular basis for men
- More than two to three units a day on a regular basis for women



Higher Risk Drinking

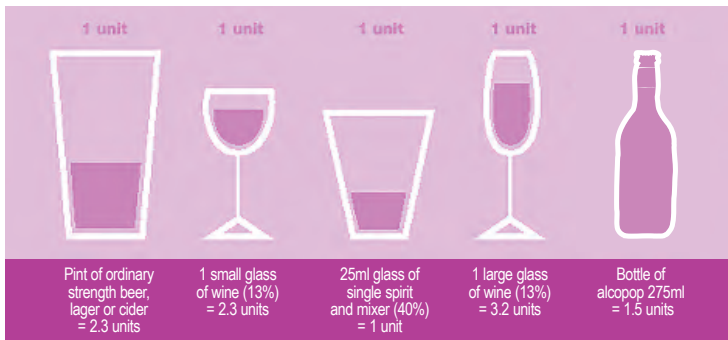
If you're drinking at this level, you're at a much higher risk and your body is probably already being damaged, even if you're not aware of it yet:

- More than eight units a day, or more than 50 units a week, on a regular basis for men
- More than six units a day, or more than 35 units a week, on a regular basis for women

What is a unit

Units are a standard way to indicate the alcohol content of any given drink. In the United Kingdom, a unit of alcohol is defined as 10 millilitres (or approximately 8 grams) of ethanol (ethyl alcohol). This is approximately the amount of ethanol an average healthy adult (not a child) can break down in an hour.

Units:



Risky behaviour

Alcohol exaggerates the mood you are in, so if you start off happy, it can make you feel relaxed and giggly. If you start off in a bad mood, it can make you feel depressed or aggressive. The majority of Emergency department admissions during the weekend are due to alcohol related injuries and the majority of anti social behaviour at a weekend is due to alcohol, which can often lead to an arrest and a criminal record.

Alcohol is a relaxant so can reduce feelings of anxiety and reduce inhibitions and lead to you making decisions you would not normally make, such as having sex or getting into a car when the driver has been drinking.

What are the risks?

- It takes about an hour for a healthy adult to process one unit of alcohol, so if you drink quickly you will get drunk. There is nothing you can do to sober yourself up, only wait for time to pass.
- Too much can make you slur your words, stagger about, slow down your reactions and make you vomit.
- Your tolerance to alcohol increases which means you have to drink more and more to get the same effects.
- People can become dependent on alcohol. Alcoholism can eventually kill.
- Alcohol is also thought to be the cause of many problems in Britain such as domestic abuse, violence on the streets, accidents such as falls and car deaths.
- You can get alcohol poisoning if you drink too much, which can be fatal.
- Drinking in pregnancy can damage the unborn child.



Be Safe

- When out drinking don't leave your drink unattended, someone may put something into it like rohypnol or GHB, better known as date rape drugs. You won't know they have been put into your drink as you cannot taste them.
- Look after each other, stay with friends and don't let a friend walk home on their own if they are drunk.
- Know how to put someone into the recovery position if they are drunk so they don't choke on their own vomit.
- Never drink and drive, or get into a car with someone who has been drinking.
- Many deaths and injuries on the roads are caused by drink drivers.

AMPHETAMINES

What are they?

Amphetamine are stimulants, the street name for amphetamine is Speed. It is generally an off-white or pinkish powder and can sometimes look like small crystals. It is often sold in wraps. Base speed is purer and is pinkish grey and feels like putty. (see Speed for more details)

Speed is a Class B substance, when it is prepared for injecting it becomes a Class A drug so carries a harsher punishment.



C CANNABIS

AKA: blow, grass, ganja, skunk, dope, draw, pot, marijuana, weed, shit, black, bhang, hashish, blast, sensi, spliff, puff, blast, bush, wacky backy

What is it?

Cannabis comes from the cannabis plant and comes in different forms. Cannabis is a mild hallucinogen.

Have a look on YouTube at our animation on the risks and effects of cannabis.

http://www.youtube.com/user/OxfordshireDAAT#p/a/u/1/JhF9YK1_Mlg



Most commonly seen as:

- ➔ 'Skunk' is a term that is often used to describe herbal cannabis. It looks like tightly packed dried herbs. Its name came from its strong smell. The way skunk is cultivated can often make it stronger than herbal cannabis (often imported) or cannabis resin (below). Although it is not possible to tell what potency the skunk you are using is.
- ➔ Hash is a black-brown lump made from the resin of the plant.

Less common are:

- ➔ Cannabis oil - which is dark and sticky.
- ➔ Sensimilla – This is a form of Jamaican weed. It is said to be all bud and no seed.

How is cannabis taken?

It's often smoked, mixed with tobacco in a spliff or joint. Many people also use a 'bong' or a pipe. 'Bongs' (or buckets) can be made out of anything. Cannabis can also be used to make tea and put in food, 'hash cakes'.

What are the effects?

- ☺ The effects of cannabis are almost immediate when smoked.
- ☺ Smoking a spliff can make people feel happy, relaxed, and peaceful.
- ☺ The effects vary from person to person. It can make some feel sick.
- ☺ Some people get the giggles.
- ☺ Some people get philosophical and introspective when stoned, and listening to music brings new meaning to the words.
- ☺ Some colours can appear brighter.
- ☺ Some people use cannabis to relieve muscle spasms and muscle pain such as MS (Multiple Sclerosis) sufferers. There is much debate on the benefit to certain groups of people due to medical conditions they may have.
- ☺ It affects coordination, so never drive or operate machinery when stoned.
- ☺ Some people get the 'munchies' and crave food particularly sweet food, and feel warm.

What are the risks?

- ☺ There are all the risks that go with smoking. As joints don't have filters, there could be an increased risk of lung cancer.
- ☺ Some of the short term effects can lead to you feeling paranoid, anxious, sick, thirsty, or you may lack concentration. It increases blood pressure and some people become psychologically dependant.

Longer term risks for heavy users include:

- ☺ You may feel tired and lack motivation.
- ☺ You may feel lethargic and lack energy to do things.
- ☺ Your memory is affected, and you may find it more difficult to learn.
- ☺ There may be increased risk of mental illness if there is a history of this in the family, and there is growing evidence of a possible link between cannabis and schizophrenia.

- Psychosis is rarer but can happen with prolonged heavy use.
- It reduces sperm count and suppresses ovulation in women.

How much is it?

Prices vary, but an 'eighth' of resin is about £10 and £20 for an 'eighth' of skunk. A quarter of an ounce is approximately £20-£25.

Cannabis is a Class B substance

Cannabis is a Class B drug, and is illegal. If you are caught with cannabis, the police will take action. For possession you can get up to 5 years in prison and dealing or supplying can get you 14 years in prison and an unlimited fine.

COCAINE

AKA: coke, charlie, percy, snow, c, flake, toot, white, blow

What is it?

Cocaine is a drug made from the coca plant. It is a white powder with a bitter taste, and it dissolves in water. Cocaine is a stimulant (upper). Stimulants act on the central nervous system and increase activity in the brain.

How is it taken?

Cocaine is usually snorted up the nose and can be injected.

What are the effects?

- It makes you feel wide awake and confident.
- You have a feeling of euphoria.
- It raises your body temperature, makes your heart beat faster and reduces your appetite.
- It lasts about 30 minutes.



What are the risks?

- 🕒 Like with most drugs, the feelings of well being soon wear off and you want to take more and more to get back those feelings.
- 🕒 Coke is psychologically very addictive.
- 🕒 The come down leaves you feeling anxious and depressed. Some people may get panic attacks.
- 🕒 You may not be able to sleep.
- 🕒 It can be difficult to resist the intense craving and you begin to crave more and more.
- 🕒 If you use heavily, you can lack sexual desire.
- 🕒 If there is a history of mental illness, cocaine could bring these illnesses out in you.
- 🕒 Long term use can damage your nose.
- 🕒 You can overdose on coke.
- 🕒 Mixing substances is very dangerous and can be deadly. Don't mix cocaine and heroin (speedball).
- 🕒 It will damage your finances.
- 🕒 Using cocaine and alcohol together can be particularly dangerous as they produce a toxic chemical called Cocaethylene in the body. This can result in serious physical and psychological side effects.

Injecting

If you are injecting, there is a greater risk of overdosing. Injecting brings on many other problems, e.g. blood borne viruses, vein damage, ulcers and gangrene. If you use dirty needles, you are at risk from HIV and hepatitis. If you share any injecting paraphernalia including spoons, water, filters, works and tourniquets you are at high risk of contracting Hepatitis C.

Use needle exchanges to get clean equipment; phone 01865 290800 to find your local needle exchange.

How much is it?

It costs about £20-£25 per half gram and about £40 per gram.

Cocaine is a Class A substance

Cocaine is a Class A drug and is illegal to have, give away or sell. Possession can get you 7 years in prison and supplying or selling can lead to life imprisonment and an unlimited fine.

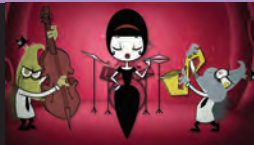
COCAETHYLENE

What is it?

Cocaethylene is a highly toxic substance created when cocaine and alcohol are taken together. It is created inside the body when the two substances mix.

Have a look on YouTube at our animation on the risks and effects of cocaethylene.

<http://www.youtube.com/user/OxfordshireDAAT#p/a/u/2/yCuvCsSpzCw>



What are the effects?

- It takes twice as long for the body to break down cocaethylene, as it does cocaine or alcohol on its own. So your body is trying to deal with the three different substances at once.
- There is 21 times the risk of sudden death when cocaine and alcohol are taken together.
- The cocaine can mask the effects of alcohol and lead you to drink more and more.
- Cocaethylene can give the user respiratory failure and problems breathing.
- It can cause a heart attack and failure as it puts extra pressure on the heart and speeds the heart rate.
- Cocaethylene can lead to low moods, tiredness and depression.

CRACK

AKA: Rock, freebase, wash, gravel, stones, Charlie, washed-up, pebbles, white, bone

What is it?

Crack is a smokeable form of cocaine. It is a stimulant and is addictive. It comes in small crystals the size of small raisins. It's called crack, because it makes a sound when it's being burnt.

How is it used?

Crack is usually smoked. It is heated and used with a pipe, tube, a dented can or foil and the vapour/fumes inhaled. This is known as freebasing. Crack can also be injected.

What are the effects?

- Very powerful feelings like cocaine, but much stronger.
- Feelings of happiness.
- You feel strong and not worried about pain.
- The effects are immediate.
- You feel alive, awake, confident and exhilarated.
- You get a dry mouth, you sweat and your heart rate increases.
- The feelings last about 10 minutes, and then you experience a massive come down.
- Low doses may heighten your sexual pleasure but high doses lower it.
- The come down makes you feel paranoid, tired, depressed and sick.
- The come down lasts much longer than the high and low feelings can last a couple of days.



What are the risks?

- You could get a cough and have wheezy breathing and chest pains. As with smoking it damages your lungs.

- You can overdose on crack. High doses can raise the body's temperature, cause convulsions and respiratory arrest (breathing failure).
- If you use long term and frequently you can become restless, you can't sleep and you lose weight.
- As crack and cocaine are so expensive and the highs last such a short period of time, chasing that high costs dearly in terms of the money it will eat up. You may turn to crime to support your habit.
- If you use a lot, you may have a seizure or a fit.
- You can lose your sexual desire, if you use frequently or are a heavy user.
- Long term use can lead to mental health problems and psychosis.
- People often take other drugs to deal with the come down and then face the risks those drugs bring.

Injecting

If you are injecting, there is a greater risk of overdosing and injecting brings on many other problems, e.g. blood borne viruses, vein damage, ulcers and gangrene. If you use dirty needles, you are at risk from HIV and hepatitis. If you share any injecting paraphernalia including spoons, water, filters, works and tourniquets you are at high risk of contracting hepatitis C.

Use needle exchanges to get clean equipment phone 01865 290800 to find your local needle exchange.

How much is it?

A rock costs about £20, although slivers can be bought cheaper.

Crack is a Class A substance

Crack is a Class A drug and is illegal to have, give away or sell. For possession, you can get up to 7 years in prison and supplying or dealing can get you life and an unlimited fine.

ECSTASY

AKA: 'e' pills, xtc, mitsubishi's, brownies, disco biscuits, rolex

E

What is it?

Ecstasy is known by chemists as MDMA and in its pure form is a white crystalline powder. Ecstasy is usually sold as a tablet, it comes in all sorts of colours and some have pictures or logo's stamped on them.

How is Ecstasy taken?

It is usually swallowed in tablet form although MDMA powder is snorted.

What are the effects?

- The effects take about half an hour to kick in and can last for 3 – 6 hours (or longer especially if using MDMA powder) followed by a gradual come down.
- It gives you a 'buzz' and makes you feel alert and alive.
- It can enable you to dance for hours without feeling tired.
- Sounds, colours and emotions can feel more intense.
- Some people get really chatty.
- It tightens the jaw muscles and raises the body temperature and can produce a tingly feeling. It dilates pupils.

What are the risks?

- It can make you feel anxious, confused and give you panic attacks.
- There is growing evidence to suggest that long term use can cause depression, personality change and memory loss.
- You don't know what's in it and the effect it's going to have until you have swallowed it.
- Ecstasy affects the body's temperature control, as you can dance for hours without feeling tired, you can overheat or get dehydrated.
- There have been deaths related to taking ecstasy and the long term effects are unknown.

Be Safe

- Look after each other
- Take regular breaks from dancing
- As your body temperature rises and you become dehydrated, you will want to drink. You must sip water, but not too much; sip about a pint of water over an hour.
- If you drink too much too quickly it can be dangerous or even fatal. This is because ecstasy can cause your body to produce a hormone which prevents you from producing urine (wee), so it affects your body's salt balance which can be fatal.

How much is it?

Price of a tablet can range between 50p - £5.



Ecstasy is a Class A substance

As ecstasy is a Class A drug you can get up to 7 years in prison for possession. For dealing or supplying, you could get life in prison and an unlimited fine. It is illegal to have, give away or sell.



Gases, Glues and Aerosols

AKA: gases, thinners, volatile substances, glue, aerosols, solvents

What is it?

Gas lighter fluids, aerosol hairspray, deodorant and air freshener, tubes of glue, correcting fluid and thinners, cleaning fluids, petroleum products etc

How is it used?

Solvents are sniffed from a cloth, plastic bag or sleeve. Some put plastic bags over their heads and inhale. Gas products are squirted down the back of the throat.

What are the effects?

- ☺ It can make you feel like you are drunk.
- ☺ It makes you feel dizzy and can give you the giggles.
- ☺ It can make you hallucinate depending on what's being sniffed.
- ☺ It can make you have a huge headache and feel sleepy afterwards.
- ☺ The effect does not last long.

What are the risks?

- ☺ It can make you sick and blackout.
- ☺ It can cause heart problems and can be fatal.
- ☺ If you squirt gas down the back of your throat it can make your throat swell so you can't breathe and your heart slows to dangerous levels.
- ☺ You can suffocate.
- ☺ It's hard to get the amount right and too much can be fatal or leave you in a coma.

The Law

Solvent abuse is not illegal. In England it is illegal for shopkeepers to sell intoxicating substances if they think you are likely to be inhaling them. It is an offence for shopkeepers to sell gas lighter refills to anyone under 18.

GHB

AKA: liquid ecstasy, GBH, gammahydroxybutrate

What is it?

GHB is a liquid that does not smell of anything and comes in small bottles or capsules. It tastes slightly salty and is swallowed. Usually about a teaspoon or a capful is taken, but it varies in strength so it is difficult to judge how much you are taking.

What are the effects?

- The effects start between 10 minutes to an hour after taking it and can last up to a whole day.
- It has a euphoric effect that makes you feel happy, sexy and uninhibited.
- As more is taken, it acts like a sedative and can make you feel sleepy.
- It can make you feel disorientated and sick.
- Muscles can go numb or spasm.

What are the risks?

- It can be fatal if taken with alcohol or other drugs.
- You can lose consciousness.
- You can fit or have a seizure if used excessively.
- Because it can knock you out, it has been linked to 'date rape'. You can't smell it and when put into a drink you can't taste it, so it can be easily slipped into a drink.
- Too much can cause sickness, stiff muscles, fits and collapse.

How much is it?

The average cost in the UK is £15 for a 30ml container.



GHB is a Class C drug

GHB is a Class C drug and is illegal to have, sell or give away. You can get 2 years for possessing it and up to 14 years and an unlimited fine for supplying it or dealing to other people or friends.

HEROIN

AKA: smack, junk, brown, china white, scag, H, scat, horse, Mexican brown, gear, dark

H

What is it?

Heroin is made of morphine which comes from the opium poppy.

When heroin is pure it is a white crystalline powder, but when it is sold on the streets, it is a brown or brownish-white colour due to what it is cut with. Heroin is an analgesic (a strong pain killer).

How is it used?

It can be mixed with a solution and injected, swallowed or smoked. 'Chasing the dragon' is when heroin is smoked.

What are the effects?

- ☞ Heroin creates a feeling of relaxation.
- ☞ It gives relief from, and stops physical and psychological pain.
- ☞ You get a rush or buzz a few minutes after taking it.
- ☞ When you take larger doses you feel sleepy and relaxed.
- ☞ When you first use it, you can feel dizzy and vomit.
- ☞ Heroin is addictive.
- ☞ You have to use more and more just to feel normal.
- ☞ After 8 – 12 hours from the last dose you start to withdraw, withdrawal causes sweating, nervousness, insomnia and often sickness.

What are the risks?

- ☞ You can overdose on heroin.
- ☞ If mixed with other drugs, including alcohol, there is a greater risk of overdose.
- ☞ Your body builds up tolerance to the drug, so you need to take more and more.
- ☞ Your moods become unstable.
- ☞ You can become constipated.

- Your sex drive can become reduced.
- People have choked on their own vomit, as heroin stops the body's cough reflex.
- You damage your veins.
- Getting off heroin can be very difficult.

Injecting

If you are injecting, there is a greater risk of overdosing and injecting brings on many other problems, e.g. blood borne viruses, vein damage, ulcers and gangrene. If you use dirty needles, you are at risk from HIV and hepatitis. If you share any injecting paraphernalia including spoons, water, filters, works and tourniquets you are at high risk of contracting hepatitis C.

Use needle exchanges to get clean equipment phone 01865 290800 to find your local needle exchange.

How much is it?

Often sold in £10 or £20 bags (0.4 gramme = £20)

Heroin is a Class A substance

As heroin is a Class A drug, possession could lead to 7 years in prison and a fine. If you are charged with supplying or dealing heroin, you could be sentenced to life in prison and an unlimited fine.

If you are worried about your child's drug or alcohol use, you can call Young Addaction Oxfordshire for information and advice on 01865 815476 or have a look at Oxfordshire's own drug and alcohol web site www.oxfordshiredaat.org

IVORY WAVE

AKA: Ivory Coast, bath salts, vanilla sky

What is it?

Ivory Wave is a brand name of a new 'legal high'. Active ingredients have previously been MDVP, Mephedrone, and 2-DPMP which is an amphetamine-type stimulant related to Ritalin. However, the ingredients of it will change depending on what is available to the dealers/producers of the drug. Generally stimulants are used to make the drug, and it is sold mainly via the internet.

How is it used?

Ivory wave comes as a white or off white powder. It is usually snorted or 'bombed' which is when the drug is rolled in cigarette paper and swallowed.

What are the effects?

- Like amphetamines, it can produce a big rush followed by a bad comedown.
- As Ivory Wave is very strong, you only need to take a very small amount to feel the effects.
- It can make you feel very alert and awake, and have trouble sleeping.

What are the risks?

- Prolonged agitation, this can last up to 5 days after heavy use.
- As Ivory Wave is very strong, people can take too much which can be dangerous
- It can cause feelings of paranoia and aggression.
- Ivory Wave is new and unregulated so you can never be sure exactly what you are taking.
- Hallucinations can happen, both whilst on the drug and during the comedown.
- It can become compulsive to use and mean that you start to binge.
- Over stimulation of the heart and body causing panic attacks and fits.
- The body can dangerously overheat and make you dehydrated very quickly.

How much is it?

It costs around £12 for 200mg of Ivory Wave.

Ivory Wave is a Legal High

Ivory Wave is technically a legal high. However as you cannot be sure what it contains, if it contains even a trace of an illegal substance such as Mephedrone or amphetamine, it is illegal to possess. If it does not contain an illegal controlled drug, it would be illegal to sell, supply or advertise it for human consumption.

K **KETAMINE**

AKA: special k, k, green, vitamin k, super k

What is it?

Ketamine is a powerful general anaesthetic often used by vets. It has powerful hallucinogenic qualities.

How is it used?

Legally produced ketamine comes in liquid form for injection, however illegally produced ketamine is a grainy white powder or tablet which is either snorted or swallowed.

**Have a look on YouTube at our animation
on the risks and effects of ketamine.**

**[http://www.youtube.com/user/
OxfordshireDAAT#p/a/f/0/mV03EH3HVQ0](http://www.youtube.com/user/OxfordshireDAAT#p/a/f/0/mV03EH3HVQ0)**



What are the effects?

- ☺ Ketamine can have similar effects to LSD.
- ☺ You can trip for up to an hour and can feel the effects for some hours after that.
- ☺ It can give you an 'out of body' experience.
- ☺ It can make you feel like your mind and body have been separated.
- ☺ It can be psychologically addictive.
- ☺ You don't feel pain.

What are the risks?

- ☺ As you don't feel pain you could be in danger of hurting yourself.
- ☺ It can be dangerous when mixed with other drugs and alcohol. With depressant drugs and alcohol it can lead to unconsciousness and suppressed breathing and heart function.
- ☺ It can cause high blood pressure especially if taken with ecstasy or amphetamines.
- ☺ It can cause panic attacks and depression.
- ☺ It's an anaesthetic so you could choke on your own vomit.
- ☺ You may be physically incapable of moving while under the influence of ketamine.
- ☺ There have been recent medical reports of serious bladder and other related problems from use.

How much is it?

The average price in the UK is £10 a gram.

Ketamine is a Class C substance.

Ketamine is a Class C drug so it is illegal to possess and to sell. For possession you can get 2 years in prison, for selling or supplying you can be sentenced to 14 years plus an unlimited fine.

KHAT

AKA: chat, quat, qat, qaadka

What is it?

Khat is a stimulant with similar effects to amphetamine and is a green leaf plant.

How is it used?

The leaf is chewed over a number of hours.

What are the effects?

- It makes you feel alert and chatty.
- It can suppress the appetite.
- Although it's a stimulant after hours of chewing it can make you feel calm.
- You can become psychologically dependant.

What are the risks?

- If you use it a lot it may cause sleep problems and insomnia, and sexual problems like impotence.
- It can make you feel anxious and depressed.
- Some people get irritable or angry and violent.

KHAT is not an illegal drug in the UK. It is in America.

L

LSD

AKA: Acid, dots, drop, l, liquid acid, micro dot, tab, smilies,
and sometimes LSD is known by the pictures on them.

What is it?

Lysergic Acid Diethylamide or LSD is a hallucinogenic drug.

It is usually sold as tiny squares of paper with pictures on it, but it can also be found as liquid or as tiny pellets.

How is it used?

It can be swallowed or absorbed through the skin.

What are the effects?

- A trip can take from 20 minutes to an hour to start and lasts around 12 hours. Once it has started, you can't stop it.
- You can have a good trip that can take you to happy places or a bad trip that can lose you in fears and paranoia.
- A trip can speed up and slow down time and movement.
- A trip can distort sound, colour and objects.
- It can make you feel happier or totally freaked out, scared and confused.
- A bad trip can be terrifying, and you can sometimes get flash backs when part of a trip is re-lived long after the trip has happened.

What are the risks?

- There is little evidence to suggest LSD causes any long term damage, however if you are susceptible to mental illness then it could make problems worse.
- Don't take LSD if you are in a bad mood, you could harm yourself.

How much is it?

Prices depend over the UK, but the average is between £1- £5 a tab.

LSD is a Class A substance

LSD is a Class A drug, so is illegal to have, sell or give away. Possession can lead to 7 years in prison and dealing or supplying friends could lead to a life sentence and an unlimited fine.

MAGIC MUSHROOMS

AKA: mushies, liberties, liberty cap, shrooms, psilocybe semilanceata, Amani agaric

What are they?

There are two types of magic mushrooms that grow in the wild and produce effects like LSD. Psilocybins are small tan coloured mushrooms and bruise blue when touched. Amanita Muscaria are like the red and white spotted toadstools you see in fairy tales, but there are some species like this that are deadly poisonous.

How is it used?

They are eaten raw or dried.

What are the effects?

- Both types give you a trip, good or bad.
- Both types can take from 30 minutes to two hours to have an effect, with the strongest part of the trip lasting between 4 – 10 hours, with up to 6 hours of after effects.
- Both types can distort colour, sound and objects and can slow or speed up time and movement.
- Both types can make you feel emotionally sensitive.
- Amanita's can give you an out of body experience, and make you feel like you can smell words and taste colours.

What are the risks?

- If you eat the wrong type of mushroom you can be poisoned and die.
- Taking magic mushrooms may complicate any mental health problems you already have.

How much is it?

Around £5 for a handful.

Magic Mushrooms are a Class A substance whether they are fresh or prepared. Possession can get you up to 7 years in prison and a fine, and supplying or selling can get you life in prison and an unlimited fine.

MEPHEDRONE

AKA: Miaow, Meow, MCAT, Meph, 4MMC

What is it?

Mephedrone is a cathinone, which is a type of stimulant related to amphetamines.

Have a look on YouTube at our animation on the risks and effects of mephedrone.

http://www.youtube.com/user/OxfordshireDAAT#p/a/f/1/LHWc-Wfj6_I



How is it used?

Mephedrone can be found as a white or off white powder, and it can be swallowed and snorted.

What are the effects?

- The effects are similar to MDMA.
- It makes you feel alert, talkative and feel empathy.
- The chemicals in these new drugs have, in most cases, not been used as drugs before, so have had no tests performed on them to show that they are safe.

What are the risks?

- It can cause anxiety and paranoid states and over stimulate the heart and nervous system to cause fits.

- Severe nosebleeds have been reported after snorting.
- It is sometimes mixed by the drug dealer with other cathinones and caffeine.
- Reports say that it can be compulsive to use and can create a state of psychological dependence.

How much is it?

Mephedrone is around £10-£15 per gram.

The Law

Mephedrone is a Class B substance. For possession you can get up to 5 years in prison and dealing or supplying can get you 14 years in prison and an unlimited fine.

METHYLAMPHETAMINE

AKA: Crystal Meth, methamphetamine, Ice, Yaba, Glass, Christine

What is it?

Methylamphetamine is most commonly known as methamphetamine. It is a psycho stimulant drug and part of the amphetamine group.

How is it used?

It can be found as a powder, tablet or in crystal form and can be swallowed, snorted or injected; unlike other amphetamines it can also be smoked.

What are the effects?

- As with other amphetamines, it affects the brain and nervous system. It brings on a feeling of exhilaration and an intense rush and can last between 4 and 12 hours.
- It reduces tiredness and suppresses the appetite.
- It may heighten your sex drive.

What are the risks?

- With the intense effects it becomes very addictive and you may need to take more and more to gain the same effect.
- It is psychologically and physically addictive.
- Use in the UK is not wide spread at present so there is little research evidence, but reports have indicated that it can induce psychosis.
- If you use it long term and frequently you can become restless, you can't sleep and you lose weight.
- In cases of overdose - a stroke, or lung, kidney and stomach damage can develop, and you could go into a coma.
- Other effects can include agitation, paranoia, confusion and violence.

Injecting

If you are injecting, there is a greater risk of overdosing and injecting brings on many other problems, e.g. blood borne viruses, vein damage, ulcers and gangrene. If you use dirty needles, you are at risk from HIV and hepatitis. If you share any injecting paraphernalia including spoons, water, filters, works and tourniquets you are at high risk of contracting hepatitis C.

Use needle exchanges to get clean equipment phone 01865 290800 to find your local needle exchange.

How much is it?

We have not seen much evidence of methamphetamine in the UK, but the average cost seems to be £25 for half a gram.

Methamphetamine is a Class A substance

It is a Class A drug so is illegal to have, give away or sell. You can get 7 years for possession and life for supplying or dealing.

NAPHYRONE

AKA: NRG-1, Energy1, Rave

What is it?

Naphyrone is a stimulant drug which is known as NRG-1 and has similar effects to Mephedrone. Naphyrone is usually a white powder. It was a legal high until July 2010 when it was classified as a Class B drug by the government.

How is it used?

The drug is consumed either by sniffing the powder or swallowing it wrapped in a cigarette paper, a technique known as 'bombing'.

What are the effects?

- NRG1 is more toxic than most similar drugs such as mephedrone, which makes it easier to overdose on.
- It has been reported by users that longer term use can lead to psychosis.

The Law

Naphyrone is a Class B drug which means it is illegal to possess. For possession you can get up to 5 years in prison and dealing or supplying can get you 14 years in prison and an unlimited fine.

PMA

AKA: chicken yellow, chicken fever, Mitsubishi turbo, red

What is it?

Mitsubishi, killer, para-methoxyamphetamine, double stacked.

PMA is often sold as ecstasy. It's sold in tablet form and the effects are similar to ecstasy but are much stronger. Tablets are often thicker than an ecstasy tablet hence the term 'double' and can be more dangerous.

How is it used?

It is taken orally as a tablet.

What are the effects?

- Similar to ecstasy, feeling alert, awake being able to dance for hours without feeling tired.
- The effects take longer to start than ecstasy.
- Feeling in tune with your surroundings with colours seeming more intense.
- Can cause muscle spasm and make you feel sick.
- Increases the body temperature, blood pressure and pulse rates possible fatally.
- You get a rush or buzz a few minutes after taking it.
- When you take larger doses you feel sleepy and relaxed.
- When you first use it, you can feel dizzy and vomit.

What are the risks?

- The risks are similar to those of ecstasy but stronger.
- The risk of overheating is much greater with PMA than with ecstasy, so if you feel you are overheating get help immediately.

Be Safe

- Look after each other.
- Take regular breaks from dancing.
- As your body temperature rises and you become dehydrated, you will want to drink. You must sip water, but not too much; sip about a pint of water over an hour.
- If you drink too much too quickly it can be dangerous or even fatal. This is because PMA can cause your body to produce a hormone which prevents you from producing urine (wee), so it affects your body's salt balance which can be fatal.



How much is it?

Prices vary over the UK, around £3-£8 a tablet.

PMA and PMMA are Class A substances.

As PMA is a class A drug, you can get up to 7 years for possession and a life sentence for dealing or supplying, even to friends.

S

SPEED

AKA: Amphetamine sulphate, phet, billy, Whizz, base, paste, dexamphetamine, dexies, sulph

What is it?

Speed is the street name for amphetamine and is a stimulant.

Speed is an off-white or pinkish powder and can sometimes look like small crystals. It is often sold in wraps. Base speed is purer and is pinkish grey and feels like putty.

How is it used?

Speed is either dabbed onto the gums or sniffed like cocaine. It is sometimes rolled in a cigarette paper and swallowed, this is called a speedbomb. It can be dissolved in water and injected.

What are the effects?

- Speed makes you feel wide awake, excited and chatty.
- It can give you energy and the ability to dance for hours, and stop you feeling hungry.
- You can't sit still or sleep.
- The come down can make you feel irritable and depressed and can last a couple of days.
- Speed can make you feel panicky.

What are the risks?

- Speed puts a strain on your heart and an overdose can be fatal.

- ☞ Taking a lot can affect your immune system so you become more susceptible to illnesses.
- ☞ Speed can make you feel anxious, depressed, irritable and aggressive. It can make you feel paranoid.
- ☞ If you are susceptible to mental illness it can make your condition worse.

Injecting

If you are injecting, there is a greater risk of overdosing and injecting brings on many other problems, e.g. vein damage, ulcers and gangrene. If you use dirty needles, you are at risk from HIV and hepatitis. If you share any injecting paraphernalia including spoons, water, filters, works and tourniquets you are at high risk of contracting hepatitis C.

Use needle exchanges to get clean equipment, phone 01865 290800 to find your local needle exchange.

How much is it?

Prices can vary from £8-£12 per wrap.

Speed is a Class B substance.

Speed is a Class B drug so is illegal to have, sell or give away. Possession can get you up to 5 years in prison and dealing can get you up to 14 years.

Speed prepared for injecting becomes a Class A drug so carries a harsher punishment.

THE LAW

The Misuse of Drugs Act 1971 regulates what are termed 'controlled drugs' and divides these drugs into three classes: The Government has also announced that it will introduce a new system of temporary bans on new 'legal highs' while the health issues can be considered by the Advisory Council for the Misuse of Drugs (ACMD).

CLASS A DRUGS

Penalty for Possession

Penalty for Dealing

Up to 7 years in prison or an unlimited fine or both.

Up to life in prison or an unlimited fine or both.

CLASS B DRUGS

Penalty for Possession

Penalty for Dealing

Up to 5 years in prison or an unlimited fine or both.

Up to 14 years in prison or an unlimited fine or both.

CLASS C DRUGS

Penalty for Possession

Penalty for Dealing

Up to 2 years in prison or an unlimited fine or both.

Up to 14 years in prison or an unlimited fine or both.

Offences under the Misuse of Drugs Act can include:

- Possession of a controlled substance unlawfully.
- Possession of a controlled substance with the intent to supply it.
- Supplying or offering to supply a controlled drug (even where no charge is made for the drug) This means that if you give some away to a friend, or you offer to buy for your mates who give you their money, you could be charged with supplying drugs.
- Production, cultivation or manufacture of controlled drugs.
- Allowing premises you occupy or manage to be used unlawfully for the purpose of producing or supplying controlled drugs, e.g. allowing cannabis to be smoked on your premises.

TREATMENT & SUPPORT

SERVICES IN OXFORDSHIRE

Confidential help and support is available to young people and their parents and carers. If you are worried about your child, you can speak to Young Addaction Oxfordshire on the contact details below.

Young Addaction Oxfordshire can provide a variety of support services for young people over the age of 11. Services can be confidential and are provided wherever a young person feels most comfortable; this could be at school, a youth centre, at home, a GP surgery or in a cafe.

Addaction provide support for young people:

- experiencing problems with their own drug or alcohol use.
- affected by their parent, carer or siblings drug or alcohol use.
- they will work with local services where young people's alcohol use is impacting on them and their communities.

Young Addaction Oxfordshire. Tel: 01865 815476. oxfordshire@addaction.org.uk
www.addaction.org.uk

FAMILIES AND CARERS

In Oxfordshire we have a dedicated service for families and carers of drug and alcohol users. The Families & Carer's service provides support such as:

- One to one support work.
- Group support sessions across the county.
- Peer support networks.

This service is provided by SMART, you can call them on 01865 403210 or look on the web site for more information at www.oxfordshiredaat.org

A-Z INDEX

- Acid
Alcohol page 8
Amani agaric – *See Magic mushrooms*
Amphetamines – *see Speed* page 11
Base – *see Speed*
Bhang – *see Cannabis*
Billy – *see Speed*
Black – *see Cannabis*
Blast – *see Cannabis*
Blow – *see Cannabis*
Bone – *see Crack*
Brown – *see Heroin*
Brownies – *see Ecstasy*
Bush – *see Cannabis*
C – *see Cocaine*
Cannabispage 12
Chat – *see Khat*
Charlie – *see Cocaine or Crack*
Chicken Fever – *see PMA*
Chicken Yellow – *see PMA*
China White – *see Heroin*
Christine – *see Methylamphetamine*
Cocaine.....page 14
Coke – *see Cocaine*
Cocaethylenepage 16
Crackpage 17
Crystal Meth
Dark – *see Heroin*
Dexamphetamine – *see Speed*
Dexies – *see Speed*
Disco Biscuits – *see Ecstasy*
Dope – *see Cannabis*
Dots – *see LSD*
Double stacked – *see PMA*
Draw – *see Cannabis*
Drop – *see LSD*
'E' pills – *see Ecstasy*
Ecstasypage 19
Flake – *see Cocaine*
Freebase – *see Crack*
Gammahydroxybutrate – *see GHB*
Gases, Glues and Aerosolspage 20
GBH – *see GHB*
GHBpage 21
Ganja – *see Cannabis*
Gear – *see Heroin*
Glass – *see Methylamphetamine*
Gravel – *see Crack*
Green – *see Ketamine*
H – *see Heroin*
Hashish – *see Cannabis*
Heroin.....page 23
Horse – *see Heroin*
Ice – *see Methylamphetamine*
Ivory wavepage 25
Junk – *see Heroin*
K – *see Ketamine*
Ketaminepage 26
Khatpage 28
Killer – *see PMA*
L – *see LSD*
Legal Highspage 4

Liberty – see *Magic Mushrooms*
 Liberty Cap – see *Magic Mushrooms*
 Liquid Acid – see *LSD*
 Liquid Ecstasy – see *GHB*
 LSD.....page 28
 Magic Mushroomspage 30
 Marijuana – see *Cannabis*
 Mephedrone page 31
 Methylamphetaminepage 32
 Mexican Brown – see *Heroin*
 Mixing drug and alcohol
 Micro Dot – see *LSD*
 Mitsubishi’s – see *Ecstasy*
 Mitsubishi Turbo – see *Ecstasy*
 Mushies – see *Magic Mushrooms*
 NRG-1
 Naphyrone – see *NRG-1* page 34
 Para-methoxyamphetamine – see *PMA*
 Paste – see *Speed*
 Pebble – see *Crack*
 Phet – see *Speed*
 PMA.....page 34
 Pot – see *Cannabis*
 Psilocybe Semilanceata – see *Magic Mushrooms*
 Puff – see *Cannabis*
 Qaadka – see *Khat*
 Qat – see *Khat*
 Quat – see *Khat*
 Red Mitsubishi – see *PMA*
 Rock – see *Crack*
 Rolex – see *Ecstasy*
 Scag – see *Heroin*
 Scat – see *Heroin*
 Sensi – see *Cannabis*
 Shit – see *Cannabis*
 Shrooms – see *Magic Mushrooms*
 Skunk – see *Cannabis*
 Smack – see *Heroin*
 Smilies – see *LSD*
 Snow – see *Cocaine*
 Solvents – see *Gases, Glues and Aerosols*
 Special K – see *Ketamine*
 Spliff – see *Cannabis*
 Speedpage 36
 Stones – see *Crack*
 Sulph – see *Speed*
 Super K – see *Ketamine*
 Tab – see *LSD*
 Thinners – see *Gases, Glues and Aerosols*
 Toot – see *LSD*
 Vitamin K – see *Ketamine*
 Volatile Substances – see *Gases, Glues and Aerosols*
 Wacky Backy – see *Cannabis*
 Wash – see *Crack*
 Washed Up – see *Crack*
 Weed – see *Cannabis*
 White – see *Cocaine or Crack*
 Whizz – see *Speed*
 Xtc – see *Ecstasy*
 Yaba – see *Methylamphetamine*

USEFUL CONTACTS

Frank National Drugs Helpline

t: 0800 776600

www.talktofrank.com

School Drugs Education Consultant

t: 01865 428035

If your child has been caught with drugs at school and you would like some advice or help with mediation with the school – contact us

Oxfordshire DAAT

Commissioning drug & alcohol services

t: 01865 290800

www.oxfordshiredaat.org

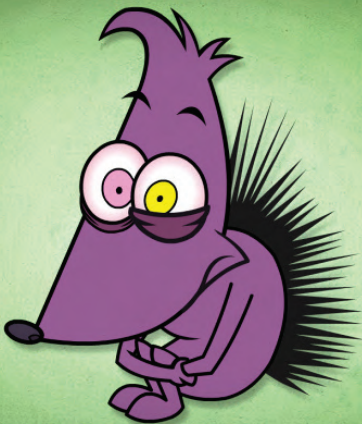
Young Addaction

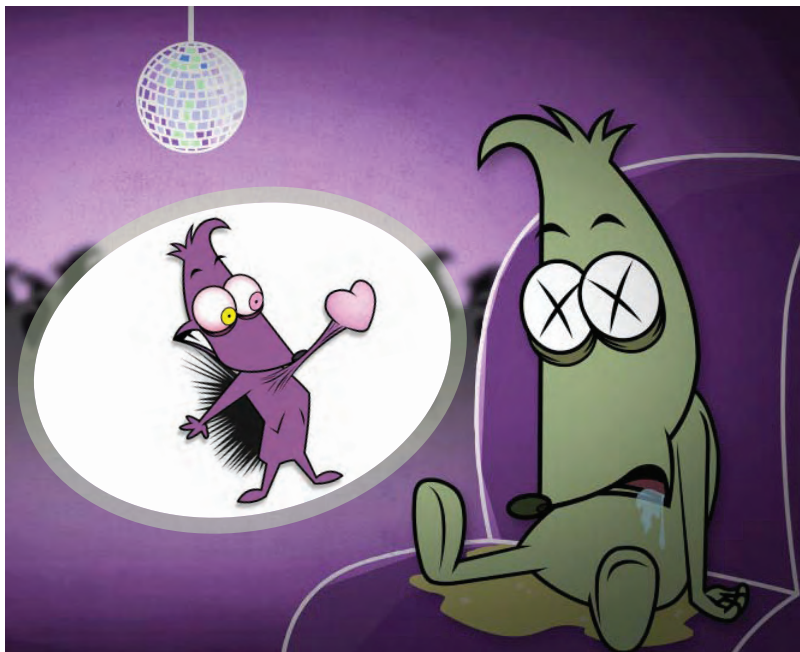
Oxfordshire's Young Person's drug & alcohol treatment service

t: 01865 815476

www.addaction.org.uk

If you are worried about your child's drug or alcohol use, you can call Young Addaction Oxfordshire for information and advice on 01865 815476 or have a look at Oxfordshire's own drug and alcohol web site www.oxfordshiredaat.org



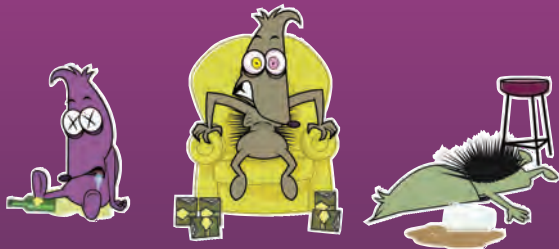


See these characters in full at <http://youtube.com/user/OxfordshireDAAT>



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