

A1. Parents Quick Guide to Street Drugs

A list of the most common drugs and substances potentially experimented with, used and abused by young people.
This may be the first step on a rocky path to future misuse and abuse.

	Alcohol	Cocaine/Crack	Cough Medicine	Ecstasy/MDMA	Heroin
Street Names	Booze, dop.	Blow, Coke, Nose Candy, Rock.	Syrup.	X, XTC, E.	Dope, Skunk, Ungah.
Looks Like	Liquid (Types include wine, beer, spirit coolers, ciders etc.)	White Chrystal Powder, Chips, Chunks or Rocks.	Liquid, pills.	Branded tablets (Nike Swoosh, Playboy bunnies).	White or dark brown powder or tar like substance.
How it's used/abused	Alcohol is drunk excessively. Binge drinking.	Cocaine can be snorted or injected. Crack can be smoked.	Swallowed.	Swallowed.	Injected, smoked or snorted.
What Teens Have Heard	Makes a boring night fun. Makes them 'look' or feel mature, hip etc.	Keeps you amped up; you will be the life of the party.	Causes a trippy high with various phases.	Enhances the senses and you will love everyone.	Full on euphoria, but super risky.
Dangerous Because	Impairs reasoning, clouds judgement. Long - Term heavy drinking can lead to alcoholism and liver and heart disease.	Can cause heart attacks, strokes and seizures. In rare cases, sudden death on first use.	Can cause abdominal pain, extreme nausea, liver damage.	Can cause severe dehydration, liver and heart failure and even death.	Chronic heroin users risk death by overdose.
Signs of Abuse	Slurred speech, lack of coordination, nausea, vomiting, and hang overs.	Nervous behaviour, restlessness, bloody noses, high energy.	Slurred speech, loss of coordination, disorientation, vomiting.	Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection.	Track marks on arms, slowed and slurred speech, vomiting.
Important to Know	Being a child of an alcoholic place a child at greater risk for developing alcohol problems. Children unsupervised at parties or clubs place children at greater risk of consumption.	Cocaine is one of the most powerfully addictive drugs.	The "High" from cough medicine is caused by ingesting a large amount of dextromethorphan (DXM) a common active ingredient found in many cough medications.	Can be addictive. Has become a popular club drug because of its stimulant properties which allow users to dance for extended periods of time.	Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known.

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	Inhalants	Marijuana	Methamphetamine	Performance enhancing drugs	Prescription Pain Relievers
Street Names	Snappers, Poppers, Huffing, Glue, Thinners, Solvents.	Dagga, Boom, Dope, Grass, Hash, Herb, Mary Jane, Pot, Reefer, Skunk, Weed.	Ice, Speed, Tik, Meth.	Juice, Rhoids.	Codeine and host of others.
Looks Like	Paint thinners, glues, petrol etc.	A green or grey mixture of dried, shredded flowers and leaves of the hemp plant.	White or slightly yellow Chrystal like powder, large rock like chunks.	Tablet, liquid or skin application.	Tablets and capsules.
How it's used/abused	Inhaled through nose or mouth.	Smoked, brewed into tea or mixed into foods.	Swallowed, injected, snorted or smoked.	Swallowed or injected or applied to skin.	Swallowed.
What Teens Have Heard	A cheap, 20 minute high.	Often easier to get than alcohol.	Can keep you going for days.	Will guarantee a spot on the starting line up.	A free high, straight from the medicine cabinet.
Dangerous Because	Chronic exposure can produce significant damage to the heart, lungs, liver and kidneys. Can induce death.	Can cause memory and learning problems, hallucinations, delusions and depersonalisation.	Chronic long term use or high dosages, can cause psychotic behaviour (including paranoia, delusions, hallucinations, violent behaviour, insomnia and strokes).	Boys can develop breasts; girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes.	A large single dose can cause severe respiratory depression that can lead to death.
Signs of Abuse	Slurred speech, lack of coordination, nausea, vomiting, and hang overs.		Nervous, physical activity, scabs and open sores, decreased appetite, inability to sleep.		Medicine bottles present without illness. Disrupted eating and sleeping patterns.
Important to Know	Missing household items, a drunk, dazed or dizzy appearance.	Contrary to popular belief, marijuana can be addictive.	Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and cause environmental harm.	Teens who abuse performance enhancing drugs before their adolescent growth spurts risk staying short and never reaching their full height.	Abusing prescription painkillers is just dangerous and addictive as using heroin.

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	Prescription Sedatives and Tranquilisers	Prescription Stimulants	Tobacco
Street Names	Benzodiazepine.	Ritalin.	Cancer stick, Cigarettes, Fags, Smokes.
Looks Like	Multicoloured tablets and capsules, some can be in liquid form.	Tablets and capsules.	Brown, cut up leaves.
How it's used/abused	Swallowed or injected.	Swallowed or injected or snorted.	Smoked or chewed.
What Teens Have Heard	A great release of tension.	Keeps you attentive and focussed.	An oral fixation and appetite suppressant.
Dangerous Because	Slows down the brains activity and when a user stops using them, there can be a rebound effect and possibility leading to seizures and other harmful consequences.	Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks and lethal seizures.	Cigarette smoking harms every organ in the body and causes coronary heart disease and stroke as well as many forms of cancer.
Signs of Abuse	Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination.	Lack of appetite, increased alertness, attention span and energy.	
Important to Know	Using prescription sedatives with alcohol can slow both the heart and respiration and possibly lead to death.	Many teens abuse this prescribed medication to help them cram for exams or suppress their appetite.	Second hand smoke contributes to deaths related to cardiovascular disease.

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