

### EFFECTS

- Ketamine is a general anaesthetic that can make users feel chilled out, relaxed and can give a sensation of the body floating away.
- Can cause temporary loss of sensation
- Can cause hallucinations that can last up to 2-3 hours
- User often report feeling a 'K-hole' where mind & body feel separated
- Can make existing mental health problems much worse

### APPEARANCE & USE

- Legally produced as an anesthetic and for tranquilizing large animals by injection
- It usually comes in a liquid form in small bottles for injecting but can also be bought as a powder.
- Illegally produced version comes in a white powder which is usually snorted or swallowed

## K, Super K, Special K, Vitamin K, Ket

### THE RISKS

- Users may be incapable of moving under the influence
- Can cause panic attacks, depression & paranoia
- Because you don't feel pain you can injure yourself & not know it
- Can cause psychological dependence and repeated use can cause serious bladder damage
- Can cause high blood pressure, suppress heart function and leads to unconsciousness

### THE LAW

- Ketamine is a class C drug which means it's illegal to possess it and supply it
- Possession can get you up to two years in prison and/or an unlimited fine
- Supplying someone else, even your friends can get you 14 years in jail & unlimited fine
- For more info visit <http://www.homeoffice.gov.uk/drugs/drugs-law/>



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## KETAMINE

### EFFECTS

- Taking cocaine makes users feel confident, Wide awake and full of energy
- Effects are much like speed but usually stronger and does not last as long
- Effects of powder cocaine last for 20-30 mins'
- Crack cocaine is intense in its effect but only last from 2-10 mins
- The after effects of using cocaine and/or crack can leave users very tempted to take more to avoid a long and unpleasant 'come down'.

### APPEARANCE & USE

- Cocaine is usually an off white powder
- Crack is usually in a rock/stone form
- Cocaine is most often snorted or sniffed, but can be smoked or injected.
- Crack is most often smoked in a pipe or bong
  - Sharing needles/syringes runs the risk of the injector catching or spreading HIV and Hep C

## Coke, charlie, snow, toot, rocks, freebase

### THE RISKS

- An overdose of crack or cocaine can result in convulsions, heart failure and death.
- Regular use can lead to severe addiction
- Snorting or sniffing cocaine can lead to serious damage to the nose
- Using cocaine a lot can leave users feeling depressed, anxious and paranoid
- Regular smoking of crack can cause heart and breathing problems

### THE LAW

- Cocaine and crack are Class A drugs. Illegal to have, sell or give away.
- Possession can get you up to 7 years in prison or an unlimited fine
- Supplying someone else, including your friends can result in a life sentence
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## COCAINE & CRACK

### EFFECTS

- Alcohol can often exaggerate whatever mood you're in when you start drinking
- Alcohol is a relaxant in moderation it can reduce anxiety and inhibitions and make you feel more sociable
- It takes the body an hour to process one unit of alcohol
- Young adult males are advised not to drink more than once a week and not to consume more than 3-4 units at any one time

### APPEARANCE & USE

- Alcohol comes in a wide range of drinks including lager, ales, cider, wines, spirits & Alcopops
- Spirits contain a higher level of alcohol than wine or lager
- While alcopops may not seem it, they usually contain more alcohol by volume than beer or cider
- Check the label for units as they are a reliable guide for measuring the alcohol level you are consuming, for more info visit [www.units.nhs.uk](http://www.units.nhs.uk)

## Drink, Booze, Beer, Wine, Ale, Cider, Spirits, Alcopops, Lager & Bevvies

### THE RISKS

- Drinking too much can leave you feeling out of control (slurring words, losing balance & vomiting)
- Psychological & physical dependence can creep up on you due to increasing your tolerance and consumption
- Alcohol can make you aggressive and is often linked to violent crime and unwanted pregnancies
- Long term use can cause liver damage, stomach cancer & heart disease

### THE LAW

- Under 14 – you can't go into a pub unless it has a children's certificate
- 14-16 – you can go anywhere in a pub but can't drink alcohol
- 16-17 – you can be bought beer or cider so long as it's consumed with a meal in a restaurant
- Under 18 – it's against the law to buy alcohol in a pub, off license or supermarket
- Over 18 – you can buy and drink alcohol legally in licensed premises in Britain



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## ALCOHOL (MALE)

### EFFECTS

- Alcohol can often exaggerate whatever mood you're in when you start drinking
- Alcohol is a relaxant in moderation it can reduce anxiety and inhibitions and make you feel more sociable
- It takes the body an hour to process one unit of alcohol
- Young female adults are advised not to drink more than once a week and not to consume more than 2-3 units at any one time

### APPEARANCE & USE

- Alcohol comes in a wide range of drinks including lager, ales, cider, wines, spirits & Alcopops
- Spirits contain a higher level of alcohol than wine or lager
- While alcopops may not seem it, they usually contain more alcohol by volume than beer or cider
- Check the label for units as they are a reliable guide for measuring the alcohol level you are consuming, for more info visit [www.units.nhs.uk](http://www.units.nhs.uk)

## Drink, Booze, Beer, Wine, Ale, Cider, Spirits, Alcopops, Lager & Bevvies

### THE RISKS

- 1 drink too many can leave you feeling out of control (slurring words, losing balance & vomiting)
- Psychological & physical dependence can creep up on you due to increasing your tolerance and consumption
- Alcohol can make you aggressive and is often linked to violent crime and unwanted pregnancies
- Long term use can cause liver damage, stomach cancer & heart disease

### THE LAW

- Under 14 – you can't go into a pub unless it has a children's certificate
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- 16-17 – you can be bought beer or cider so long as it's consumed with a meal in a restaurant
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## ALCOHOL (FEMALE)

**EFFECTS**

- Often described as a mix between amphetamines, ecstasy & cocaine
- Users feel alert, confident, euphoric, talkative & empathetic
- Can last at least an hour and up to 3 hours
- It can reduce your appetite so that you don't feel hungry

**APPEARANCE & USE**

- A fine white or yellowish powder
- Usually snorted or swallowed in a cigarette paper
- Can be smoked or injected
- Also comes in capsules or pills
- It was originally sold over the internet as a legal alternative to illicit drugs, but was banned in 2010

**THE RISKS**

- It can over stimulate the heart and effects circulation
- It can over stimulate the nervous system causing fits & hallucinations
- It can cause anxiety, paranoia & psychological dependence
- It can cause insomnia, memory loss, teeth grinding and dehydration

**THE LAW**

- A class B drug meaning it is illegal to have, give away or sell
- Possession can get you up to 5 years in prison
- Supplying someone else, including friends, can get you up to 14 years in prison and unlimited fine
- For more info visit <http://www.homeoffice.gov.uk/drugs/drugs-law/>

**info buzz**

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**METHADRONE**

**EFFECTS**

- Speed is a stimulant making users feel wide awake and full of energy
- Clubbers use it as it gives the energy to dance for hours without getting tired
- It often stops users feeling hungry
- Too much can lead to agitation, anxiety and a prolonged comedown
- Frequent use of speed can lead to psychotic episodes

**APPEARANCE & USE**

- White powder or paste
- Can also be a tablet or pill form
- Powder is usually snorted or smoked
- Can be mixed with fluids and injected
- Crystal Meth is a very strong, addictive form of speed that comes in crystals and can be smoked

**THE RISKS**

- Overdoses from speed can cause heart failure and death
- The after effects of using speed can leave users feeling depressed and down for a number of days
- Can lead to aggression and paranoia
- Can also lead to serious mental health problems
- Speed puts a strain on your heart, so it is unadvised for people with high blood pressure

**THE LAW**

- Amphetamines are Class B drugs
- Illegal to have, give away or sell
- Prepared for injection it becomes a Class A drug
- Possession can lead up to 5 years in prison & unlimited fine
- Supplying someone else, including your friends can result in up to 14 years in prison
- For more info visit <http://www.homeoffice.gov.uk/drugs/drugs-law/>

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**AMPHETAMINE**

### EFFECTS

- Users usually feel chilled, giggly, talkative or sick
- It's hallucinogenic effects enable people to become more aware of their senses
- Cravings for food are commonly called 'the munchies'
- Longer term, heavy use is associated with mental & physical ill health
- Some people have one drag and feel dizzy and sick, sometimes called a 'whitey'.

### APPEARANCE & USE

- Most common is home grown strong weed like skunk, known for its strong smell & powerful effects
- Thai grass is also common but it's smell & effect is less powerful & considered less risky than smoking skunk
- Hash or Resin is also common usually a brown or black lump that is burned & sprinkled
- Most people mix it with tobacco into a joint or spliff, some use bongas or pipes & others make tea or cook with it to make cakes & cookies

**Dope,  
Weed, Grass,  
Blow, Draw,  
Ganja, Hash,  
Marijuana,  
Green, Skunk,  
Spliff, Smoke**

### THE RISKS

- It can make you feel anxious, panicky & paranoid and can even cause psychotic episodes
- It effects your coordination, concentration & ability to learn & retain information
- It can reduce your motivation & participation in exercise & academia
- Like tobacco it can cause lung disease & possibly cancer
- It can increase your heart rate & blood pressure
- It can affect your sperm count & reduce your fertility
- Addiction – can cause psychological dependence

### THE LAW

- Class B illegal to have, give away or sell
- Possession can get you up to 5 years in prison & unlimited fine
- Supplying someone else, including your friends can get you up to 14 years in prison & unlimited fine
- First time offenders usually get a reprimand & your parent or guardian will be contacted
- For more info visit <http://www.homeoffice.gov/drugs/drugs-law/>

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