FRANK

the truth about drugs

KNOW THE SCORE
Drugs – lots of them
– lots to know about them

Acid (LSD)
Base (Speed)
Bhang (Cannabis)
Billy (Speed)
Black (Cannabis)
Blow (Cannabis)
Brown (Heroin)
Charlie (Cocaine)
Christine (Methamphetamine)
Coke (Cocaine)
Crazy medicine (Methamphetamine)
Crystal Meth (Methamphetamine)
Dope (Cannabis)
Draw (Cannabis)
Dust (Cocaine)
E (Ecstasy)
Flash (LSD)
Freebase (Crack cocaine)
Ganja (Cannabis)
Gear (Cannabis and Heroin)
Glass (Methamphetamine)
Grass (Cannabis)
H (Heroin)
Hash (Cannabis)
Herb (Cannabis)
Ice (Methamphetamine)

Junk (Heroin)
Liberties (Magic mushrooms)
Liquid Gold (Poppers)
Lucy (LSD)
Marijuana (Cannabis)
MDMA (Ecstasy)
Meth (Speed)
Mushies (Magic mushrooms)
Percy (Cocaine)
Pills (Ecstasy)
Puff (Cannabis)
Resin (Cannabis)
Rock (Crack cocaine)
Shrooms (Magic mushrooms)
Skag (Heroin)
Skunk (Cannabis)
Smilies (LSD)
Snow (Cocaine)
Split (Cannabis)
Tab (LSD)
Tina (Methamphetamine)
Toot (Cocaine)
Trips (LSD)
Wash (Crack cocaine)
Weed (Cannabis)
While (Cocaine)
Whizz (Speed)
Yaba (Methamphetamine)
Think everyone takes drugs? Most people don't. And many talk up what they've really done. So how do you know what's fact and what's fiction?

This A-Z booklet gives the lowdown on lots of the more commonly used legal and illegal drugs. It tells you about their effects and their risks and also gives you info on other things to do with drug use that you might find interesting. Like what to do if you're worried about a mate. Or what happens when you mix drugs.

There are also stories from people who've been there, done that. And details on where to go for help and advice so that, when it comes to drugs, you know the score.
Alcohol

Beer, lager, alcopops, cider, wine, spirits and shots.

In small amounts alcohol can help you relax and feel more sociable. It makes your emotions more intense, which is OK if you’re in a good mood, but not so great if you’re feeling low.

Too much alcohol and you’ll start slurring your words and get clumsy or fall over. You might start crying or getting angry – or do something you regret. Mixing with other drugs can be dangerous, and drinking too much in one go can lead to alcohol poisoning which can make you unconscious or even kill you. If you drink alcohol a lot, you can end up feeling depressed. A long-term drinking habit can cause liver, heart and stomach problems. You can also get addicted and become an alcoholic.

02 call FRANK 0800 77 66 00
Anabolic steroids (Class C)

Looks like: Tablets that are swallowed or a liquid that is injected.

Highs: Steroids help build up muscles if you take them as part of a strict exercise programme. They might also help people recover faster from strenuous exercise.

Lows: Steroids can make you aggressive, even if you are normally calm. They can also stop you growing properly.

> blakes – you can get erection problems, grow breasts, develop acne or your testicles could shrink.

> girls – you can get extra facial hair, a deep voice and your breasts could shrink.

You might start getting paranoid, confused or have trouble sleeping. Longer term, they can give you high blood pressure and liver or heart problems. After you stop taking them, you might feel tired or low for a while. There’s a risk of damaging your veins or muscles if you inject.
Buzz

It's the way you feel after taking a drug. It depends on what the drug is and how much you've taken. And it depends on how you are feeling, where you are taking it and who you're with. But you might...
1. Get high
Some drugs make you feel more alert and energetic. They increase your heart rate and blood pressure. = cocaine; crack, ecstasy; poppers; speed; tobacco.

2. Calm down
Some drugs slow you down. They can make you feel calm and sleepy. = alcohol; cannabis; gases, glues and aerosols (also known as volatile substances); GHB; tranquillisers.

3. Trip out
Some drugs affect your mind. They distort the way you see, hear, feel and smell things. = cannabis; ketamine; LSD; magic mushrooms.

4. Get knocked out
Some drugs block out physical and emotional pain. = heroin.

But if the high was the only thing that happened, wouldn't everyone be taking drugs?

See COMEDOWN (page 11) and check out the LOWS throughout this leaflet.