

## Common Effects of Drugs – Young People’s Survival Guide for Oxfordshire

Drug	Slang	Buzz	Downside
Alcohol	Booze, drink, etc.	sociable, relaxed, happy, uninhibited	Stupid, clumsy, careless, violent, becoming an alcoholic
Anabolic Steroids	roids, juice, gear	builds up muscle with training	'roid rage', hormonal problems, health problems
Cannabis	bang, weed, skunk, hash, spliff, pollen, purple haze, northern lights, etc.	feel relaxed and more friendly, giggly, heightened sense of colour and music, loss of inhibitions	impairs mental functions so dangerous if driving, slows you down, links with depression and schizophrenia, risky for people with heart/circulation problems, losing time
Cocaine	barley, charly, clem, coke, gack, toot, etc.	quick and euphoric high	very short high, expensive, damages nasal passages and lungs, strain on heart, depression and self-loathing
Crack	Bone, Stone, Ting	very quick and euphoric high	very short, strong high that leaves you instantly craving more, addiction, paranoia, depression, anger
Ecstasy	E, love doves, disco biscuits, XTCs, fantasy	feelings of belonging, intense response to music, high energy, feeling of calm	Emptiness, insomnia, anxiety, confusion, links to brain damage, mental illness, death from dehydration
Ketamine	Special K, Ket	Euphoria, hallucinations, out of body feelings	passing out, feeling depressed or freaked out, confusion, disorientation, tranquilised, unable to feel pain
Solvents, Gases, Aerosols	glue sniffing, butane gas, aerosols, petrol, paints	relaxation, happy, warmth, hallucinations, sense of unreality, protection	dazed, unpredictable behaviour, vomiting, choking, unconsciousness, sudden death (one person dies while using solvents every week in UK)
Heroin	smack, junk, H, skag, brown, gear	sense of euphoria, happiness, relief from stress and anxiety	addiction, HIV/AIDS, constipation, incapacitation, depression, apathy, loss of periods, loss of libido, dependence, death from overdose
LSD	acid, trips, tabs, microdots, purplehaze	enhanced perception, tripping, powerful hallucinations, time slower or faster	bad trips can last for hours, serious physical injuries, psychosis, long-lasting mental effects
Magic Mushrooms	'shrooms, mushies, liberty caps	hallucinations, enhanced perception, euphoria, 'tripping'	some users complain of nausea, dizziness, vomiting, diarrhoea, bad trip
Poppers (amyl nitrate)	rock hard, TNT, kix, liquid gold	giddiness, head rush, excited	serious headaches, severe health risk for people with heart problems, anaemia, or breathing problems
Speed (amphetamines)	uppers, base, whizz, sulph, billy, fast	excited, confident, energetic, not hungry or sleepy	depression, violent mood swings, paranoia, potentially lethal when combined with e, coke or poppers