

HEROIN (Category: Opiod)

How is it used?

Addiction and Withdrawal

Short Term Affects:

Long Term Affects:

Other Dangers:

Where do I go for help?

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ROUGH WORK



Solvents

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ROUGH WORK



Ecstasy (Category Hallucinogenic)	
How is it used?	Addiction and Withdrawal
Short Term Affects:	Long Term Affects:
Other Dangers:	Where do I go for help?
<p>ROUGH WORK</p> 	

Cocaine (Category Stimulant)

How is it used?

Addiction and Withdrawal

Short Term Affects:

Long Term Affects:

Other Dangers:

Where do I go for help?

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ROUGH WORK



Heroin Fact Sheet (Teacher's Resources)

<p>How is it used?</p> <p>Heroin is an opiate with strong sedative ('downer') and painkilling effects. It comes in powder form which varies in colour from brown to white. You can inject it, sniff it or smoke it on foil or in a tobacco-based joint.</p>	<p>Addiction and Withdrawal</p> <p>Addictive: highly addictive, both physically and psychologically, so your body craves it and you feel you can't cope without it. If you use it regularly for 2 to 3 weeks you will build tolerance so you need to keep taking more to get the same buzz.</p> <p>Withdrawal: You may start to experience withdrawal after several weeks on high, frequent doses of heroin. Withdrawals start 8-12 hours after your last use and include aches, shakes, sweating, chills, sneezing and yawning and muscle spasms. These fade after about a week and are not life threatening.</p>
<p style="text-align: center;">Short Term Affects:</p> <ul style="list-style-type: none"> • Effects can start quickly and last for several hours. This depends on how much of the drug you use and how you take it • Makes you feel warm and relaxed with a hazy feeling of security • Pinpoint pupils • Pain relief • You can have nausea and vomiting the first time you use it • Dramatic mood swings • Your breathing and heart rate slow down • Constipation • Higher doses cause drowsiness – 'goofing off' • Injecting heroin causes more intense feelings 	<p style="text-align: center;">Long Term Affects:</p> <ul style="list-style-type: none"> • You build tolerance, so you need to take more to get the same buzz • Chronic constipation • Irregular periods in women • High doses can cause you to feel drowsy all the time, fall into a coma or die from breathing failure • If you smoke heroin you risk lung and heart disease • You may stop eating properly and not look after yourself
<p style="text-align: center;">Other Dangers:</p> <ul style="list-style-type: none"> • Overdose is very high particularly if you stop and start using again as your tolerance goes down • Heroin is more dangerous when you use it with other depressant drugs such as alcohol, tranquillisers, benzos or other opiates, such as methadone • Damage to veins if you inject it • You risk HIV and hepatitis if you share needles • You risk choking on vomit as your cough reflex is suppressed 	<p style="text-align: center;">Where do I go for help?</p> <ul style="list-style-type: none"> • Narcotics Anonymous • Counselling or psychotherapy • Complementary therapies, such as acupuncture • Help from your doctor to reduce, withdraw, detox or keep off heroin • Residential treatment programmes (clinics) • One to one or group family support • Contact the Drugs Helpline 1800 459 459 to find out about options in your area
<p>Pregnancy: If you use heroin while pregnant, you risk miscarriage, stillbirth, premature birth, low birth weight or cot death. Your baby may go through heroin withdrawal and need treatment after birth. You should stop using heroin gradually over a few days under medical supervision. If you stop too quickly you could lose your baby.</p>	

Ecstasy Fact Sheet (Teacher's Resources)

<p style="text-align: center;">How is it used?</p> <p>Ecstasy is a stimulant drug ('upper') that also produces mild hallucinogenic effects. Ecstasy tablets come in a variety of colours and shapes and often have a logo or design.</p>	<p style="text-align: center;">Addiction and Withdrawal</p> <p>Addictive: Not physically addictive but there is a risk of psychological addiction, when you feel you can't enjoy yourself without it. You may build tolerance to it so you might have to keep taking more to get the same effect.</p> <p>Withdrawal: If you use regularly, you may feel tired and depressed when you withdraw from ecstasy.</p>
<p style="text-align: center;">Short Term Affects:</p> <ul style="list-style-type: none"> ● Effects start after 20 to 60 minutes and last for several hours ● Pupils dilate and your jaw tightens ● You may have nausea, sweating, loss of appetite, dry mouth and throat ● You can have epileptic fits and paranoia for the first time ● Your body temperature, blood pressure and heart rate go up ● You may feel intense emotions and love for people around you ● Anxiety, panic attacks and confusion 	<p style="text-align: center;">Long Term Affects:</p> <ul style="list-style-type: none"> ● Weight loss ● Loss of interest in work ● You may get flashbacks ● Sleep problems, lack of energy and dietary problems ● Bouts of depression, personality change and memory loss
<p style="text-align: center;">Other Dangers:</p> <ul style="list-style-type: none"> • Danger of collapse, vomiting and burst blood vessels • Anxiety, psychosis, panic attacks, hallucinations, insomnia and paranoia • Liver, kidney and heart problems • Heart Failure • Death by overdose 	<p style="text-align: center;">Where do I go for help?</p> <ul style="list-style-type: none"> • Self-help support such as Narcotics Anonymous • Counselling or psychotherapy • Complementary therapies, such as acupuncture • Your doctor • Residential treatment programmes (clinics) • One to one or group family support • Contact the Drugs Helpline 1800 459 459 to find out about options in your area
<p>Notes</p>	

Solvent Fact Sheet (Teacher's Resources)

How is it used?

You can sniff them directly, put on to a rag or sleeve and inhale. You inhale glues from inside a plastic bag.

Addiction and Withdrawal

You can get psychologically addicted so you feel you can't cope without it. You can build tolerance so you need to take more to get the same buzz.

Short Term Affects:

- Effects last up to 45 minutes
- You feel more drunk the deeper you inhale
- Your breathing and heart rate slow down
- Loss of coordination and disorientation
- You may lose consciousness and not see properly
- Can cause a red rash around the mouth
- Nausea, vomiting and blackouts
- Your airways may swell up and lead to breathing and heart problems
- They can kill you the first time you use them

Long Term Affects:

- You risk brain, liver and kidney damage
- You may have stomach pain, nausea, vomiting
- They can kill you the first time you use them

Other Dangers:

- You are at risk of accidents while drunk.
- Do not use if you are pregnant as we don't know enough about the risks to your baby

Where do I go for help?

- Self-help support such as Narcotics Anonymous
- Counselling or psychotherapy
- Complementary therapies, such as acupuncture
- Support from your doctor
- Residential treatment programmes (clinics)
- Aftercare
- One to one or group family support
- Contact the Drugs Helpline 1800 459 459 to find out about options in your area

Notes

Cocaine Fact Sheet (Teacher's Resources)

How is it used?

Cocaine is a strong but short acting stimulant drug ('upper') which comes in a white powder. It can be used by dividing it into lines and snorting it up the nose with a tooter/snorter or straw. It can also be smoked or made into a solution to inject.

Addiction and Withdrawal

Addictive: It is very psychologically addictive so you find it hard to live without it. Your tolerance increases over time so you have to keep taking more to get the same buzz.

Withdrawal: You may feel tired, panicky, exhausted and unable to sleep, which can cause you extreme emotional and physical distress. This distress can lead to symptoms such as diarrhoea, vomiting, the shakes, insomnia and sweating. You may have long-term effects such as anorexia and depression. Once you stop using, you will have an intense craving for more.

Short Term Affects:

- Effects of cocaine start quickly but only last for up to 30 minutes
- You may feel more alert, energetic, exhilarated and confident
- Your heart and pulse rate speed up suddenly
- Hyperactivity, dilated pupils, dry mouth, sweating and loss of appetite
- Higher doses can make you feel very anxious and panicky

Long Term Affects:

- Tightness in chest, insomnia, exhaustion and unable to relax
- Dry mouth, sweating, mood swings and loss of appetite
- You may become aggressive or even violent
- You may feel depressed and run down
- Damage to nose tissue
- Digestive disorders, dehydration and anorexia
- Kidney damage
- If you use it often you may lose your sex drive
- Injecting may cause abscesses
- Smoking may cause breathing problems
- Anxiety, paranoia and hallucinations, if you use a lot
- Weight loss

Other Dangers:

- Overdose can cause epileptic fit, stroke, breathing problems and heart attack
- Damage to veins if you inject
- Risk of HIV and hepatitis if you share needles
- When you mix cocaine with alcohol, increases the risks of damage to the heart or heart attack
- Debt – cocaine is an expensive habit and you may find yourself borrowing money to buy it

Where do I go for help?

- Narcotics Anonymous
- Counselling or psychotherapy
- Complementary therapies, such as acupuncture
- Support from your doctor to withdraw or keep off coke
- Residential treatment programmes (clinics)
- One to one or group family support
- Contact the Drugs Helpline 1800 459 459 to find out about options in your area

Pregnancy: Cocaine causes high blood pressure so you increase your risk of miscarriage, premature birth or placental abruption (afterbirth coming away from the womb). It can reduce the oxygen your baby gets through the placenta. Your baby may be smaller at birth, have birth abnormalities and a higher risk of cot death.

Image references:

- “Devices” image altered from its original retrieved from:
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- “Cocaine with 50 euro” image retrieved from:
<https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjxnL2KxshZAhXSLVAKHebYD-MQjRx6BAGAEAY&url=http%3A%2F%2Fmaxpixel.freegreatpicture.com%2FForeign-designed-Controlled-Dependent-Key-Certainly-1015719&psig=AOvVaw14m0qcHFAY5Xu1HR5IFKWq&ust=1519664158551585> on the 25th of February’2018.