



1

Volatile Substances

Effects

People say it's like being drunk. Users might feel dizzy. It can be difficult to think straight. This can last for up to 45 minutes. It can cause bad headaches.

Risks

People can be physically sick and blackout. Too much can result in a coma. There's a risk of heart problems which have been known to kill users the first time. It can make the throat swell so you can't breathe.



2

Alcohol

Effects

This drug makes a person relax so a small amount can make them feel less anxious and more sociable. This drug may make a person become irrational and aggressive.

Risks

This drug may make a person do things they might not normally do. Accidents often occur when using this drug. Large amounts of it can make people vomit and forget things. This drug is often linked to unwanted sexual activity.



3

Cocaine

Effects

This drug makes users feel wide awake, confident and on top of their game. The effects last for about 20-30 minutes. It raises body temperature and stops people feeling hungry.

Risks

Some people are over confident on this drug and so may take very careless risks. This drug is very addictive. It can be difficult to resist the craving due to changes in the brain. It can affect mental health.



Cannabis

Effects

It may make a user feel relaxed and happy. Some people get the giggles and may become more talkative. Some people get a feeling of slowing of time.

Risks

This drug can make a user anxious, panicky, suspicious or paranoid. It can make you feel tired all the time and lacking in motivation. There is a risk of developing mental health problems.



Heroin

Effects

This drug slows down body functioning and reduces physical and mental pain. It gives the user a feeling of warmth and well-being. Bigger doses can make the user sleepy.

Risks

This drug is highly addictive. Overdoses can lead to coma and even death. The risks of sharing needles put users at increased risk of getting infections such as hepatitis and HIV/AIDS.



Tobacco

Effects

This drug gets to the brain quickly. It makes the heart beat faster and causes blood pressure to rise. Users say it helps them relax and feel less hungry.

Risks

Long term use of this drug can damage the lungs, heart, stomach, bones, mouth and throat. It can make the user look older sooner and can stain fingers and teeth yellow. This drug can cause cancer.



Ecstasy

Effects

This drug gives people an energy that makes them feel alert and alive. It makes the senses more aware. Users often feel great love for those they're with and strangers around them.

Risks

This drug can cause users to panic and feel confused. Raised body temperature increases the chance of overheating and dehydration; too much fluid intake can be dangerous, even fatal. It can make users feel down after use.



Speed

Effects

This drug makes people feel wide awake and can give people the energy to do things for hours without getting tired. It can make users excited and chatty or agitated and aggressive.

Risks

This drug can make users overactive; it becomes difficult to relax or sleep. It can put a strain on the heart and immune system. It has a long come down, which makes users feel irritable and depressed. Injecting it is particularly dangerous.



Ketamine

Effects

This drug reduces feeling in the body, giving users a floating feeling as if the mind and body have been separated. It can make users physically unable to move. It can cause hallucinations.

Risks

Because users don't feel pain properly on this drug, they can injure themselves badly and not realise they've done it. It can cause serious bladder damage, panic attacks and depression. Large amounts can lead to unconsciousness and even death.