

DRUGS: HOOKED ONCE, HARMED FOREVER

JUST SAY 'NO' TO DRUGS

“Although some drugs may seem harmless, they are not. Once a person gets hooked, it is often difficult to kick the habit. Many drug addicts face death or cause irreparable damage to their bodies. So before it is too late, say ‘NO’ now and live a drug-free, healthy life”

SEDATIVES

Sedatives act on the central nervous system by sedation – cause hangovers, careless sexual behavior, loss of inhibitions, accidents, brawls and slows down the proper functioning of the central nervous system and an overdose often leads to death.

ALCOHOL

A legal drug, mostly preferred and widely accepted drug but has wreaked havoc in many households and has led to violence and many deaths.

Appearance: Liquid.

Health risks: Like any drug, alcohol is highly addictive. It is deadly and slows down the body's functions. Most road accident deaths are due to alcohol abuse.

MANDRAX

Also known as Buttons or Whites. This substance was initially marketed as a sedative or sleeping pill. It was banned because it was highly addictive.

Appearance: Tablets are white, grey or yellow in color, sometimes with Mx written on it.

Health risks: Flashbacks, nausea and vomiting, stomach pains, red and puffy eyes, tiredness and depression.

HEROIN

This drug is deadly and highly addictive.

It is very expensive and less than 10% of addicts can overcome addiction.

Appearance: This drug is produced from the milk of the opium poppy plant and is often cut or mixed with other legal substances. It is sold in the form of powder, pill form or liquid.

Health risks: Heroin users die from using shared needles, hepatitis, contracting HIV/Aids, gangrene, pneumonia, body sores and ulcers, overdosing and death.

WHOONGA / SUGARS

The main drug is heroin mixed with rat poison and other substances.

Appearance: Similar to heroin.

Health risks: Highly addictive – Causes extreme body pains, severe headaches, stomach pains, night sweats. To get relief, you need take more of the drug. Users get trapped in a vicious cycle.

OPIUM

Opium is obtained from the unripened pods of the opium poppy plant.

Appearance: A brown colored solution used in the production of other legal drugs such as morphine.

Health risks: Similar to that of heroin, including brain damage and death.

OTHERS

Prescription drugs and over-the-counter medicines

These can either be stimulants or sedatives, depending on the medical condition.

Any drug, whether prescribed or over the counter can be addictive if usage is not monitored properly.

Appearance: Tablet form, powder like Grandpa or liquid like cough mixture.

Include: Ritalin used for depression and Attention Deficit Disorder.

Wellconol, Morphine and Codeine used as a painkiller or any other pain killer.

Rohypnol, Insom and Hypnor – used as sleeping pills.

HOUSEHOLD ITEMS

Include: Glue, Petrol, Benzene, Meths. These substances are very toxic and damaging.



STIMULANTS

Stimulants speed up functioning of organs like heart rate, breathing, body temperature. These drugs are addictive and can cause depression, stroke, heart attack and death.

TOBACCO

Tobacco is a legal and harmful drug which is mostly abused. Tobacco is as equally addictive as heroin and is usually the first drug that most teenagers try. It causes lung cancer, emphysema, heart disease and many other fatal conditions. The new tobacco laws make it illegal to smoke in public places and if you are caught, you will have to pay a heavy fine.

DAGGA – CANNABIS SATIVA PLANT

Also known as marijuana, ganja, zol, weed, grass, bungie, etc. This is a naturally occurring substance that can act as a relaxant and mild hallucinogenic. This is the second most abused drug after alcohol in KZN. Appearance: Green or brown (when dried), in flowering tops, leaves, stems and seeds. Health risks: Brain and lung damage.

STEROIDS

Used by athletes to enhance performance although banned in professional and amateur sports. Appearance: powder, capsule, liquid or tablet form which is available from health stores and pharmacies. Health risks: Severe health risks including cardiac problems and hormone imbalance.

POPPERS

Also known as Amyl Nitrate, liquid Gold or TNT. Appearance: Comes in small bottles and varies in the gold tinged colours. Health risks: Lowers immune function, causes headaches, nausea and vomiting, dizziness, death.

MAGIC MUSHROOMS

There are a dozen varieties of hallucinogenic mushrooms grown in the world. The effects are similar to Acid. Appearance: Looks similar to any mushroom found in the supermarket but smaller in size and brown in color. Some are sold dried or fresh. Health risks: Nausea and vomiting, dizziness, diarrhoea, stomach pains, panic attacks, overdosing.

CAT

A mixture of harmful substances. Appearance: Colors vary depending on the mixture of substances used, but usually contains cathinone or

amphetamines mixed with things like drain cleaner and other substances. Health risks: Depression, aggression, damage to health and death.

ECSTASY, ALSO KNOWN AS 'E'

This is a powerful stimulant and mood changer that speeds up your body systems and alters your perception of the world. Appearance: Small pill or tablet form. There are over 100 brands available. Health risks: Brain damage, heat shock, dehydration, strain on these major organs – heart, liver, kidneys. Causes insomnia, anxiety, depression, paranoia and death.

LSD ALSO KNOWN AS ACID

Sold in tablets, capsule or liquid form. It is colorless, odourless and has a slightly bitter taste. Often, LSD is added to absorbent paper and divided into small decorated squares. Health risks: Dilated pupils, paranoia, delusions, flashbacks, severe depression, palpitations, overdosing and death.

COCAINE

Commonly known as coke or snow. Appearance: White powder. Health risks: Damaged nasal passages, chest pains, lung damage, bronchitis, malnutrition, heart condition, ulcers, damage to skin tissue, anxiety, paranoia, depression and death.

CRACK ALSO KNOWN AS ROCK

Crack is cocaine baked into a small rock or street quality freebase cocaine. Appearance: White small rock. Health risks: As with Cocaine, smoking crack causes chest pains, bronchitis, lung damage, increases heart rate and body temperature, decreased sleep, lack of appetite, seizures, stroke, heart attack and death.

TIK (METH/ ICE)

Appearance: White and yellow mixture. Health risks: Effects are similar to cocaine but the onset is longer, addicts suffer from paranoia, short term memory loss, wild rages and mood swings, coma and death.

KHAT

Appearance: Strong aroma, scrawny leaves resembling withered basil. Sold as dried crushed leaves or in powder form. Health risks: Addictive, damages health, suppresses appetite and prevents sleep, death.

LONG TERM EFFECTS OF DRUGS

Drug use leads to addiction – you will experience some discomfort or withdrawal symptoms when you have not used the drug. These could be – headaches, cramps, palpitations, organ damage in major organs like the kidney, liver, heart, lungs and other areas like stomach and brain. Drugs cause social problems such as being arrested for drug possession and use. This will go on your permanent record and you will find it difficult to obtain a job or further your studies.

SHORT TERM EFFECTS OF DRUGS

You may face legal action and social problems. Drugs are dangerous and lethal to anybody, irrespective of age, but the younger you are, the more harmful drugs can be to your body.

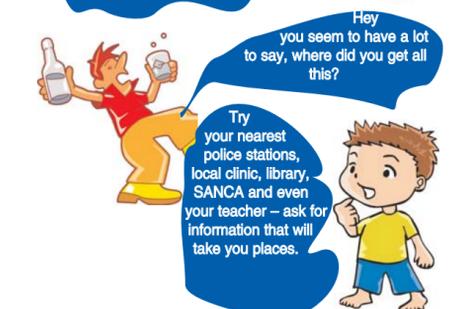
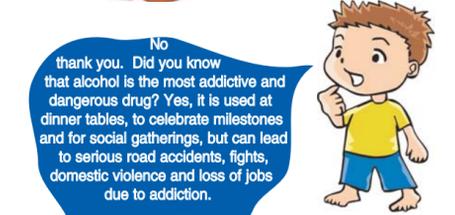
FOUR STEPS OF DEPENDENCE

- First time drug use/experimentation leads to dependence
- Occasional use
- Regular use
- Dependence

COPING WITH PEER PRESSURE

- Plan how you will deal with peer pressure and how you will respond. Saying 'No' is key.
- Get real facts on drugs from teachers, community leaders, pastors, SANCA and other health centres like community clinics and police stations.
- Act to protect yourself, say 'NO'.
- There is no such thing as a 'safe drug'.
- Remember, using drugs does not make you cool.

BE EXTRA ALERT, ESPECIALLY WHEN YOU ARE FEELING DOWN, STRESSED OR LEFT OUT. SAY 'NO' TO DRUGS THAT WILL SUPPOSEDLY 'LIFT' YOUR SPIRITS UP.



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