

## Useful contacts

National Institute on Drug Abuse for Teens  
<https://teens.drugabuse.gov>

Frank  
[www.talktofrank.com](http://www.talktofrank.com)



# Drug Awareness





A drug is a medicine or other substance which changes our mental and/or physical state. They can be ingested or introduced into the body in other ways such as injected or through inhalation. We are surrounded by them, some are legal, such as alcohol, nicotine and tobacco. Some are prescribed by doctors, including anti-depressants, pain killers and tranquilisers, and even those considered illegal are often readily available. So totally avoiding all drugs is unrealistic. What we need to do is be fully aware so that we can make informed choices

### Categories

- Depressants - *Barbiturates, benzodiazepines, alcohol, cannabis, marijuana*
- Stimulants - *Caffeine, cocaine, amphetamines, nicotine, sugar*
- Opiates - *Codeine, morphine, opium, heroin*
- Hallucinogens - *LSD, DMT, magic mushrooms, mescaline, PCP, salvia divinorum*
- Solvents - *Glues, gases, aerosols*

Illegal drugs have different classifications, which are set by the government relating to how dangerous their effects are considered to be, Class A drugs being the most harmful.

### Classifications

- Class A - *Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms, injected amphetamines*
- Class B - *Amphetamines, cannabis, marijuana*
- Class C - *Tranquilisers, painkillers*

There are circumstances that make us more vulnerable to being introduced to drugs or dealing with addictions. These may include:

- |                           |                                  |
|---------------------------|----------------------------------|
| <b>Social environment</b> | <b>Engaging in gang culture</b>  |
| <b>Media influence</b>    | <b>Suffering from depression</b> |
| <b>Peer pressure</b>      | <b>Stress</b>                    |

But whether illegal or not, all drugs carry different consequences. Some of the negative effects may include:

- |                                |                              |
|--------------------------------|------------------------------|
| <b>Memory loss</b>             | <b>Addiction</b>             |
| <b>Criminality</b>             | <b>Paranoia</b>              |
| <b>Making impaired choices</b> | <b>Changes in appearance</b> |
| <b>Mood swings</b>             |                              |

If you observe any of these changes in a friend or family member or are experiencing your own issues with drugs you can get more information and help from the two organisations below. Do not suffer in silence.