

The Truth About Club Drugs

Slang--Ecstasy: E, X, XTC. GHB: Liquid Ecstasy, Liquid X, Grievous Bodily Harm, Georgia Home Boy. Ketamine: K, Special K, Ket, Vitamin K, Kit Kat. Rohypnol: Roofies, R-2.

Club drugs affect your brain. The term "club drugs" refers to a wide variety of drugs often used at all-night dance parties ("raves"), nightclubs, and concerts. Club drugs can damage the neurons in your brain, impairing your senses, memory, judgment, and coordination.

Club drugs affect your body. Different club drugs have different effects on your body. Some common effects include loss of muscle and motor control, blurred vision, and seizures. Club drugs like ecstasy are stimulants that increase your heart rate and blood pressure and can lead to heart or kidney failure. Other club drugs, like GHB, are depressants that can cause drowsiness, unconsciousness, or breathing problems.

Club drugs affect your self-control. Club drugs like GHB and Rohypnol are used in "date rape" and other assaults because they are sedatives that can make you unconscious and immobilize you. Rohypnol can cause a kind of amnesia—users may not remember what they said or did while under the effects of the drug, making it easier for others to take advantage of them.

Club drugs are not always what they seem. Because club drugs are illegal and often produced in makeshift laboratories, it is impossible to know exactly what chemicals were used to produce them and where they came from. How strong or dangerous any illegal drug is varies each time.

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THE DEAF TEEN CHALLENGES ON CLUB DRUGS AND INHALANTS



ORANGE COUNTY DEAF ADVOCACY CENTER

Club drugs can kill you. Higher doses of club drugs can cause severe breathing problems, coma, or even death.

Know the law. It is illegal to buy or sell club drugs. It is also a federal crime to use any controlled substance to aid in a sexual assault.

Get the facts. Despite what you may have heard, club drugs can be addictive.

Stay informed. The club drug scene is constantly changing. New drugs and new variations of drugs appear all of the time.

Know the risks. Mixing club drugs together or with alcohol is extremely dangerous. The effects of one drug can magnify the effects and risks of another. In fact, mixing substances can be lethal.

Look around you. The vast majority of teens are not using club drugs. While ecstasy is considered to be the most frequently used club drug, less than 2 percent of 8th – 12th graders use it on a regular basis. In fact, 94 percent of teens have never even *tried* ecstasy.(1)

How can you tell if a friend is using club drugs? Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be using club drugs:

- Problems remembering things they recently said or did
- Loss of coordination, dizziness, fainting
- Depression
- Confusion
- Sleep problems

The Truth About Inhalants

Slang--Glue, Kick, Bang, Sniff, Huff, Poppers, Whippets, Texas Shoe-Shine

Inhalants affect your brain. Inhalants are substances or fumes from products such as glue or paint thinner that are sniffed or "huffed" to cause an immediate high. Because they affect your brain with much greater speed and force than many other substances, they can cause irreversible physical and mental damage before you know what's happened.

Inhalants affect your heart. Inhalants starve the body of oxygen and force the heart to beat irregularly and more rapidly--that can be dangerous for your body.

Inhalants damage other parts of your body. People who use inhalants can lose their sense of smell; experience nausea and nosebleeds; and develop liver, lung, and kidney problems. Chronic use can lead to muscle wasting and reduced muscle tone and strength.

Inhalants can cause sudden death. Inhalants can kill you instantly. Inhalant users can die by suffocation, choking on their vomit, or having a heart attack.

Get the facts. Inhalants can kill you the very first time you use them.

Stay informed. Inhalants include a large group of chemicals that are found in such household products as aerosol sprays, cleaning fluids, glue, paint, paint thinner, gasoline, propane, nail polish remover, correction fluid, and marker pens. None of these are safe to inhale--they all can kill you.

Be aware. Chemicals like amyl nitrite and isobutyl nitrite ("poppers"), and nitrous oxide ("whippets") are often sold at concerts and dance clubs. They can permanently damage your body and brain.

Know the risks. Chronic inhalant abusers may permanently lose the ability to perform everyday functions like walking, talking, and thinking.

Look around you. The vast majority of teens aren't using inhalants. According to a 1998 study, only 1.1 percent of teens are regular inhalant users and 94 percent of teens have never even tried inhalants.

How can you tell if a friend is using inhalants? Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be using inhalants:

- Slurred speech
- Drunk, dizzy, or dazed appearance
- Unusual breath odor
- Chemical smell on clothing
- Paint stains on body or face
- Red eyes
- Runny nose

Seeking help

What can you do to help someone who is using club drugs or inhalants? Be a real friend. Encourage your friend to seek professional help. For information and referrals, call the Orange County Deaf Advocacy Center for referrals to deaf friendly and accessible rehabilitation centers.