

Don't become another statistic...



...find out the truth about

**DRUGS**

## DRUG ABUSE WARNING SIGNS:

- \* Bloodshot eyes, pupils larger or smaller than usual.
- \* Changes in appetite or sleep patterns.
- \* Sudden weight loss or weight gain.
- \* Deterioration of physical appearance, personal grooming habits.
- \* Unusual smells on breath, body, or clothing.
- \* Tremors, slurred speech, or impaired coordination.
- \* Drop in attendance and performance at work or school.
- \* Unexplained need for money or financial problems. May borrow or steal to get it. Engaging in secretive or suspicious behaviors.
- \* Sudden change in friends, favorite hangouts, and hobbies.
- \* Frequently getting into trouble (fights, accidents, illegal activities).
- \* Unexplained change in personality or attitude. Sudden mood swings, irritability, or angry outbursts.
- \* Periods of unusual hyperactivity, agitation, or giddiness.
- \* Lack of motivation; appears lethargic or "spaced out"
- \* Appears fearful, anxious, or paranoid, with no reason

# DRUG use in South Africa

According to a report in 2012 Dr David Bayever of the government drug control organization, known as the CDA, is very concerned, quoting: "The drug problem in South Africa remains very serious with drug usage being twice the world norm in most cases... and we are only dealing with what we know about... this is only the tip of the iceberg". Bayever says that at least 15% of South Africans have a drug problem; this number however is expected to rise.

On our school outreaches, our team from War Against Drugs ministry, have come across children from as young as 8 years old already addicted to drugs. Our youth are targeted more and more and drugs in school is on a rise.

The need for rehabilitation programs which is cost effective and awareness programs in our society is of utmost importance. Help us to spread this booklet so that our children can be warned of the dangers of drug-abuse.



# TERMS

**Drug:** any substance other than food that, when put into the body, changes the way the body works or the way the person thinks or feels.

**Drug Abuse:** substance abuse involving the use of illegal drugs or misuse of medicines

**Addiction:** a state of physical or mental dependence on a drug, likely to have a damaging effect.

**Blackout:** a temporary loss of consciousness, sight or memory.

**Craving:** a strong desire for something.

**Dependence:** having a physical or mental “need” to use a drug or other substance regularly, despite the fact that it is likely to have a damaging effect.

**Flashbacks:** the experiencing of the effects of a hallucinogenic drug such as LSD, long after discontinuing use of the drug.

**Hallucinogen:** Hallucinogens are drugs that cause hallucinations. Users see images, hear sounds and feel sensations that seem very real but do not exist. Some also produce sudden and unpredictable changes in the mood of those who use them.



## HOW DO DRUGS WORK?

**D**rugs are essentially poisonous. The amount taken determines the effect. A small amount acts as a stimulant (speeds you up). A greater amount acts as a sedative (slows you down). An even larger amount poisons and can kill you.

This is true of any drug. Only the amount needed to achieve the effect differs. But many drugs have another liability: they directly affect the mind. They can distort the user's perception of what is happening around him/her. As a result, the person's actions may be odd, irrational, inappropriate and even destructive.

Drugs block off all sensations, the desirable ones with the unwanted. So, while providing short-term help in the relief of pain, they also wipe out ability and alertness and muddy one's thinking.

Medicines are drugs that are intended to speed up or slow down or change something about the way your body is working, to try to make it work better. Sometimes they are necessary. But they are still drugs: they act as stimulants or sedatives, and too much can kill you. So if you do not use medicines as they are supposed to be used, they can be just as dangerous as **illegal drugs**.



# NYAOPE or WUNGA

Nyaope (also called whoonga) is made from a cocktail of ingredients such as rat poison, heroin and sometimes antiretrovirals.

Nyaope is a white powder that sometimes takes on a creamy tint. It is thrown on marijuana (dagga) and then smoked. Addicts will go to extremes to support their habit, from begging to stealing.

Nyaope, however, is ripping apart townships and suburbs alike leaving in its wake a trail of destruction. It consumes its users while often destroying their school, work and family life.



### **Side Effects of Nyaope:**

Many who are addicted tend to lead chaotic lives that revolve around getting hold of the drug and various ways of getting money to buy it - prostitution and stealing.

Severe addiction, bacterial infections of the blood vessels and heart valves, abscesses, liver or kidney damage, lung complications, infectious disease. Arthritis and other rheumatary problems; pulmonary complications, including various types of pneumonia. And finally Fatal overdose (death).

### **Withdrawal Effects:**

Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes, leg movements, extreme weight loss, and in some cases death.





# METHCATHINONE

## CAT/KHAT

*The use of Cat in Gauteng has increased under adults.*



It is a sythetic powder which contains Methcathinone. It is a psychoactive stimulant and part of the amphetamine family of drugs. Some ingredients in this mixture can include: acetone (explosive paint solvent), swimming pool acid, ephedrine, battery acid, drano, etc. It is usually snorted, but can be smoked, injected, or taken orally. The effects can last from 4 to 6 hours. Users usually goes on a binge, staying awake for days on end taking Cat. It makes you energenic and euphoric for a few hours, but the increased adrenaline raises their aggression levels and poses a danger of psychosis.

*"We would use Cat for days, staying awake and barely eating. The graving for it became so bad that we ended up dealing to support our every day habit of snorting." MB*



## Effects:

- Feelings of euphoria and increased alertness
- Dilated pupils
- Rapid breathing & increased heart rate
- Inability to stop talking
- Increased empathy and sense of communication
- Both decreased and increased sexual function and desire
- One might spend days thinking that he/she is being productive but later realize that the activity and/or product was not necessary.

## Overdose:

Overdose can result in amphetamine psychosis. Deprived of sleep and over-stimulated, the user may panic and become violent, manifesting magnified physical strength. They may feel they have bugs crawling under their skin, and suffer from other delusions and paranoia. Pupils will be enlarged, and heart rate, blood pressure, and temperature will all be increased. Teeth grinding and jaw clenching are common.



## Bath Salts

*(It's got nothing to do with  
bathsalts you throw  
into your bathtub)*

***Ivory wave, Vanilla Sky,  
Doves Red***

Street drugs called "bath salts" were linked to nearly 23 000 emergency department visits in the United States in 2011.

The synthetic drug made infamous by incidents of psychotic "zombie" attacks, is more potent and potentially addictive than methamphetamine. It also is associated with cannibalism *(a man in Miami ended up eating the face off a homeless man, and this attack was blamed on bath salts)*.

Symptoms of intoxication include euphoria, hyper-alertness, anxiety, agitation, psychotic behavior and hallucinations, loss of motor control, and elevated heart rates and blood pressure.

Bath salts are amphetamine-like stimulants that have become increasingly popular among recreational drug users in recent years. Bath salts drugs can cause heart problems, high blood pressure, seizures, addiction, suicidal thoughts, psychosis and, in some cases, death – *especially when combined with the use of other drugs.*



# DRUG WITHDRAWALS CAN BE EASIER



The "Drug Bomb" & Instant Calmag-C is a power formula which replaces the nutrients that make you feel bad when they are missing. It is the most effective DRUGLESS and NUTRITIONAL method of minimizing withdrawal symptoms available today.

Most people don't realise that replacing the nutrients that are abundantly depleted by drugs can make withdrawals very much lighter. The "drug bomb" replaces in generous quantities the nutrients that drugs will deplete.

*For further information contact Maria @ 076 336 7104*



## DAGGA



*Weed, Blunt, Grass, Marijuana, Mary Jane, Pot, Spliff, Boom, Skunk, Transkei, Ganja, Swazi, Rooi Baard, Durban Poison, Dope*

Dagga (marijuana) is usually rolled up in a cigarette called a joint or a nail. It can also be brewed as a tea or mixed with food, or smoked through a water pipe called a bong.

Dagga is the most commonly used illegal drug in South Africa. There is a link between the use of marijuana mixed with Mandrax (*a sedative drug in a form of a pill*) and crime.

Marijuana is often more potent today than it used to be. Growing techniques and selective use of seeds have produced a more powerful drug. As a result, there has been a sharp increase in the number of marijuana-related emergency room visits by young pot smokers.

Because a tolerance builds up, marijuana can lead users to consume stronger drugs to achieve the same high.



## Short-term

**Effects:** Loss of coordination and distortions in the sense of time, vision and hearing, sleepiness, reddening of the eyes, increased appetite and relaxed muscles. Heart rate can speed up. In fact, in the first hour of smoking marijuana, a user's risk of a heart attack could increase fivefold. School performance is reduced through impaired memory and lessened ability to solve problems.

## Long-term

**Effects:** Long-term use can cause psychotic symptoms. It can also damage the lungs and the heart, worsen the symptoms of bronchitis and cause coughing and wheezing. It may reduce the body's ability to fight lung infections and illness.



# ALCOHOL

*Booze, Sauce, Brews, Brewskis,  
Hooch, Hard Stuff, Juice*

Alcohol depresses your central nervous system (brain and spinal cord), lowers inhibitions and impairs judgment. Drinking large amounts can lead to a coma and even death. Mixing alcohol with medications or street drugs is extremely dangerous and can be fatal. Alcohol influences your brain and leads to a loss of coordination, slowed reflexes, distorted vision, memory lapses and blackouts. Teenage bodies are still growing and alcohol has a greater impact on young people's physical and mental well-being than on older people.

## Short-term

### Effects:

Feeling of warmth, flushed skin, impaired judgement, lack of coordination, slurred speech, memory and comprehension loss. Heavy drinking usually results in a "hangover", headache, nausea, anxiety, weakness, shakiness and sometimes vomiting.



## Long-term:

Tolerance to many of the unpleasant effects of alcohol and a resulting ability to drink more. This leads to a deteriorating physical condition that can include liver damage and increases the risk of heart disease. A pregnant woman may give birth to a baby with defects that affect the baby's heart, brain and other major organs.

A person can become dependent on alcohol.

If someone suddenly stops drinking, withdrawal symptoms may set in. They range from jumpiness, sleeplessness, sweating, and poor appetite to convulsions and sometimes death. Alcohol abuse can also lead to violence and conflicts in one's personal relationships.



*I thought that I could handle my booze,  
until the day my drink got spiked and I got "date-raped" ... MB*



# ECSTASY

*E, XTC, X, Adam,  
MDMA, Smarties,  
Love Drug*

Ecstasy is usually taken orally in pill, tablet or capsule form. Taking more than one at a time is called “bumping”.

Ecstasy is a synthetic (man-made) drug made in a laboratory. Makers may add anything they choose to the drug, such as caffeine, amphetamine, and even cocaine. Ecstasy is illegal and had effects similar to hallucinogens and stimulants. The pills are of different colours and are sometimes marked with cartoon-like images.

Mixing Ecstasy with alcohol is extremely dangerous and can be lethal.

The stimulative effects of drugs such as Ecstasy enable the user to dance for long periods, and when combined with the hot, crowded conditions found at raves, can lead to extreme dehydration and heart or kidney failure.



## Short-term Effects

Impaired judgement, Drug craving, False sense of affection, Confusion, Depression, Sleep problems, Severe anxiety, Paranoia, Muscle tension, Involuntary teeth clenching, Nausea, Blurred vision, Faintness, Chills or sweating.

## Long-term Effects

Prolonged use causes long-lasting and perhaps permanent damage to the brain, affecting the person's judgement and thinking ability.



**Jade, age 10, died of an ecstasy overdose after taking 5 tablets in 2002**



**Isobel Jones Reilly, age 15 died in 2012 after ecstasy overdose**

## CRACK COCAINE

*Crack, Flake, Rocks,*

## COCAINE

*Coke Snow, Charlie, Sniff*

Cocaine and crack cocaine can be taken orally, through the nose (snorted), injected with a syringe or, in the case of crack, through inhalation of the fumes from heating it.

The terms used to describe ingestion include chewing, snorting, mainlining (injection into a large vein) and smoking.

The word cocaine refers to the drug in a powder form (cocaine) and a crystal form (crack).

*"The worst I remember from our "rock" days is the intense high of your first time that you try to chase every time you light the pipe, which you just can't reach. Afterwards you'll get heavy paranoia and the worst case of spotties (trying to look for spots on the floor that might have dropped so you can smoke again). If you can't smoke anymore we would smoke a mandrax weed pipe just to get off the high" Maria*



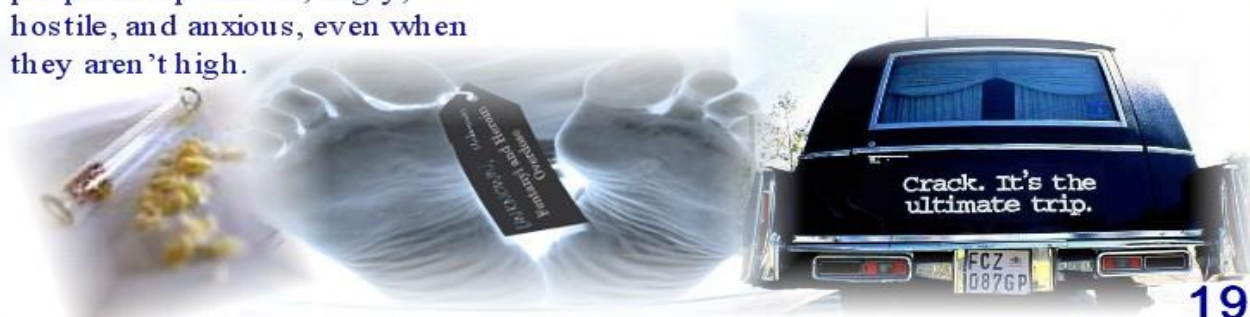
## Short-term:

Cocaine causes a short-lived intense high that is immediately followed by the opposite - intense feelings of depression and edginess and a craving for more of the drug. People who use it often don't eat or sleep properly. They can experience greatly increased heart rate, muscle spasms and convulsions. The drug can make people feel paranoid, angry, hostile, and anxious, even when they aren't high.

## Long-term Effects:

Cocaine can cause irritability, mood disturbances, restlessness, paranoia and auditory (hearing) hallucinations.

Coming down from the drug causes severe depression, which becomes deeper and deeper after each use. This can get so severe that a person will do almost anything to get the drug - even commit murder, and if they can't get it, the depression can get so intense it can drive the addict to suicide.






## CRYSTAL METH (TIK)

*Meth, Crystal, Crank, Tweak, Go-fast, Ice,  
Glass, Kryptonite, Tik*

Crystal meth (Tik) and meth are inhaled, smoked or injected. Low doses are in pill form.

Crystal meth is a form of methamphetamine that resembles small fragments of glass or shiny blue-white rocks. On the street it is known as “ice”, “crystal”, “glass”, “tik”, and other names.

It is a highly powerful and addictive man-made stimulant that causes aggression and violent or psychotic behaviour. Many users report getting hooked (addicted) from the first time they use it. It is one of the hardest drugs to treat.





## Short-term:

Negative effects can include disturbed sleep patterns, hyperactivity, nausea, delusions of power, increased aggressiveness and irritability. Can cause decreased hunger and bring on weight loss. In higher doses has a greater “rush”, followed by increased agitation and sometimes violence. Other effects can include insomnia, confusion, hallucinations, anxiety and paranoia. Can cause convulsions leading to death.

## Long-term:

Increased heart rate and blood pressure, damage to blood vessels in the brain, leading to strokes or irregular heart beat and cardiovascular (involving the heart and blood

vessels) collapse or death.

Can cause liver, kidney and lung damage. Users may suffer brain damage, including memory impairment and an increasing inability to grasp abstract thoughts.



# INHALANTS

*POPPERS, GLUE,  
WHIPPETS*

*LOUGHING GAS, RUSH*

Glue sniffing became popular with young adolescents who experimented with model aeroplane glue and found that by sniffing the vapours a feeling of euphoria and exhilaration was achieved.

Since the initial popularity of glue, other inhalants have become popular including gasoline, typewriter correction fluids, paints, lighter fluid, cleaning fluids, hairsprays and a variety of other aerosols.

Inhalants affect the brain the brain. When substances or fumes are inhaled through the nose or mouth, they can cause permanent physical and mental damage. They starve the body of oxygen and force the heart to beat irregularly and more rapidly. People who use inhalants can lose their sense of smell, suffer nausea and nosebleeds and may develop liver, lung and kidney problems. Continued use can lead to reduced muscle mass, tone and strength. Inhalants can make people unable to walk, talk and think normally.

**22** Much of the damage is caused to the brain tissue when the toxic fumes are snuffed straight into the sinus.





## Short-term:

In addition, inhalants can kill a person by heart attack or suffocation as the inhaled fumes take the place of oxygen in the lungs and central nervous system. Someone on inhalants may also suddenly react with extreme violence.

## Long-term:

Can lead to muscle wasting and reduced muscle tone and strenght. Can permanently damage the body and brain.



# HEROIN SMACK THAI WHITE BLACK TAR H SKAG JUNK

Heroin is most abused and the most rapidly acting of the opiates. It is sold as a white or brownish powder or as the black sticky substance known on the streets as "black tar heroin."

Heroin is usually injected, snorted or smoked. It is highly addictive. Heroin enters the brain rapidly but makes people think and react slowly, impairing their decision-making ability. It causes difficulty in remembering things.

With regular heroin use, tolerance develop (more heroin is to be used to achieve the same intensity). With higher dosage, physical dependence and addiction of the drug develops. Withdrawal can occur a few hours after the last administration in regular users. Major withdrawal

symptoms peak between 48 and 72 hours after the last dose and subside after about a week. Sudden withdrawal by heavily dependent users who are in poor health is occasionally fatal.





New kid on the block “Krokodil”

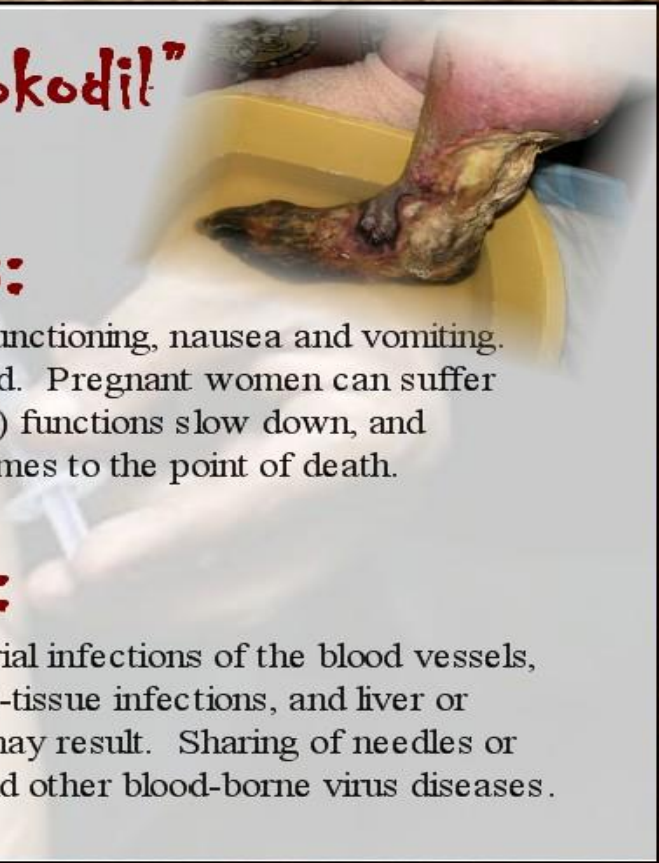
*literally consumes its consumers*

## Short-term Effects:

Abusers experience clouded mental functioning, nausea and vomiting. Awareness of pain may be suppressed. Pregnant women can suffer spontaneous abortion. Cardiac (heart) functions slow down, and breathing is severely slowed, some- times to the point of death.

## Long-term Effects:

Scarred and/or collapsed veins, bacterial infections of the blood vessels, heart valves, abscesses and other soft-tissue infections, and liver or kidney disease. Lung complications may result. Sharing of needles or fluids may result in hepatitis, AIDS and other blood-borne virus diseases.



# LSD

## STREET NAMES

LSD

Tab

Heavenly Blue

Microdot

Acid

Purple Ohm

Supermans

Sunflowers

Madhatters



**LSD** is sold in tablets, capsules or in liquid form. It is commonly added to absorbent paper and divided into small decorative squares. Each square is a dose. LSD is still one of the most potent mood-changing chemicals. It's effects are unpredictable. A tiny amount can produce 12 hours or more of effects. Extreme changes in mood, anywhere from a spaced-out "bliss" to intense terror, are also experienced. The worst part is that the LSD user is unable to tell which sensations are created by the drug and which are part of reality.

*"You will never know what the next "trip" is going to be like. One time I almost killed my husband with a pair of scissors because he asked questions that I didn't wanted to answer and I'm not a violent person by nature." MMB*



## Short-term Effects:

Dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth and tremors. People can experience severe, terrifying thoughts and feelings, fear of losing control, fear of insanity and death and feelings of despair while using LSD.

## Long-term Effects:

Flashbacks, or recurrences, of an LSD “trip” can be experienced long after the drug is taken and its effect has apparently worn off. The “trip” itself usually begins to clear up after about 12 hours, but some users manifest long-lasting depression or psychoses. Panic attacks.

# PRESCRIPTION DRUG ABUSE

**A**buse of prescription drugs has become a more serious problem than most street drugs. Painkillers, tranquilizers, antidepressants, sleeping pills and stimulants may appear “safe” due to being prescribed by doctors, but they can be just as addictive and potent as the heroin or cocaine sold on the street. The painkiller OxyContin, for example, is as powerful as heroin and affects the body in the same way.



Continued use of painkillers, depressants (“downers”), stimulants (“uppers”) or antidepressants can lead to addiction - and painful withdrawal symptoms for those who try to quit.

Just a few of the effects of these drugs are given here.



**Painkillers:** OxyContin, Fentanyl, morphine, Adcodol, Doloxene, Demerol, Acurates, are a few of a long list of painkillers. Effects can include slowed breathing, nausea and unconsciousness. Abuse can lead to addiction.

**Depressants:** These drugs, which slow down your brain and nervous system functions, includes Valium, Pax, Ativan, Lexotan, Brozam, Azar, Mogadon, Rohypnol, Normison, Domicum, Dormanoks, Stillnoks, Pax, Zopymed, etc. Effects can include heart problems, weight gain, fatigue and slurred speech. Continued use can lead to addiction.

**Stimulants:** These drugs speed up your heart rate and breathing, similar to “speed” or cocaine. They include Ritalin, Adderall, Concerta and drugs known as bennies”. Effects include increased blood pressure and heartbeat, hostility and paranoia.

**Antidepressants:** Prozac, Paxil, Zoloft and Celexa are some of the commonly used antidepressants. Effects can include irregular heartbeat, paranoid reactions, violent or suicidal thoughts and hallucinations. Long-term use can lead to addiction.



## DEALER SCHEMES....

Beware of what dealers will tell you.  
They will tell you things like:

"It will make you feel on top of the world.  
You will be grownup. You will be in with the crowd. You will be cool.  
You will feel special. You will be confident. You will be like a rebel. Be a  
risk-taker. It will help you forget all your problems. It will help you escape  
from all your problems."

....but

...they will not tell you that it is harmful to your body and you might end  
up in *jail* or in *rehab* or worse.....**death!**



War Against Drugs Ministry is a Non-Profit Organization who runs with a drug-awareness program for Primary Schools, and High Schools, companies, churches, camps, etc. An intense 6-hour training seminar on the dangers of drug abuse is also run by the ministry. For further information or bookings please feel free to contact us at the details provided on the back of this booklet.

#### **REFERENCES:**

Government drug Control organization; *World Health Organisation* ;  
Drugfreeworld.org ; *Health 24* ; United Nations 2013 World Drug Report;  
*Coalition against drug abuse*, Scripps Research Institute, *the federal Drug Enforcement Administration*

#### **FOR HELP CONTACT:**

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