

Stimulants Workbook

What are stimulants?



**Let’s look at what you already know….**

1. Do you know what a stimulant drug is?
2. Can you think of some examples of stimulant drugs?

Stimulant fact file

**Answers**

1. Stimulants are:
* Drugs which tend to speed up the action of the central nervous system (this includes the brain and the spinal cord. It controls most of your body functions)
* They increase the activity in your brain
* They tend to give people a ‘rush’ – a burst of energy
1. Examples of stimulants include:
* Caffeine
* Tobacco
* Amphetamines
* Ecstasy
* Cocaine
* Crack

Stimulants match-up

Here are a list of different stimulant drugs. Can you match up the facts to the correct drug?
WARNING: some of the drugs have more than one fact associated with them.

**Ecstasy**

A man-made stimulant. It usually comes a white, grey, yellowish or pinky powder or as a putty-like substance.

Made from the leaves of a plant shrub. In Britain most people sniff the powder up their nose. It can also be made into a solution and injected or dabbed onto the gums.

**Cocaine**

**Amphetamines**

Usually sold on the streets as tablets/ pills which can be swallowed or crushed and snorted.

This is the chemical name. It is sold on the streets as a powder. It is also the chemical ingredient in an ecstasy tablet.

**MDMA**

The most impure street drug.

This is created from powdered cocaine and another substance (usually baking soda). It is boiled to a solid form and usually sold as lumps or rocks.

**Nicotine**

This is the main active ingredient in tobacco. It is a colourless chemical that is most commonly sourced from the tobacco plant. Small amounts are also present in tomatoes, potatoes and green peppers!

**Crack**

Stimulants match-up

**Answers**

**Nicotine**

This is the main active ingredient in tobacco. It is a colourless chemical that is most commonly sourced from the tobacco plant. Yes, that’s right Small amounts are also present in tomatoes, potatoes and green peppers! Although this is very small amounts and will not harm your body.

**Cocaine**

Made from the leaves of the coca shrub which grows in the mountainous regions of South America.

In Britain most people sniff the powder up their nose. It can also be made into a solution and injected or dabbed onto the gums.

**Crack**

This is created from powdered cocaine and another substance (usually baking soda). It is boiled to a solid form and usually sold as lumps or rocks.

Crack cocaine can be smoked or injected.

**Ecstasy**

Usually sold on the streets as tablets/ pills which can be swallowed or crushed and snorted.

Ecstasy pills come in all sorts of colours and some have designs or logos stamped onto them.

This is the chemical name. It can be taken on its own as MDMA powder. The powder can be dabbed onto the gums, snorted or bombed.

It is also the chemical ingredient in an ecstasy tablet.

**MDMA**

**Amphetamines**

A man-made stimulant. It usually comes a white, grey, yellowish or pinky powder or as a putty-like substance called base.

Powder can be:

* Snorted up the nose
* Mixed in a drink
* Rubbed on the gums
* Swallowed in pill form
* Prepared for injection

Base is usually swallowed or bombed (wrapped in a cigarette paper and swallowed).

The most impure street drug. Did you know that the purity of street powders is less than 15% and the rest is mixed with other powders:

* Glucose
* Laxative
* Dried baby milk
* Paracetamol or aspirin
* Vitamin C



Stimulant effects

Below are some of the side effects of taking stimulant drugs.

If you were to experience these effects, would you like or dislike the effect?

Can you organise the side effects into the positive and negative table on the next page.

**High body temperature**

**Dehydration**

**Racing heartbeat and breathing**

**Headache**

**Sense of well-being/ euphoria**

**Confidence**

**Lower appetite**

**Sweating**

**Confusion**

**Energy**

**Paranoia**

**Mood swings**

**Feeling alert/ focused**

**Anxiety**

**Increased love and affection for people**

**Nausea**

**Euphoria**

**Hallucinations (seeing or hearing things)**

**Tingling feelings**

**Panic attacks**

**Being ‘in-tune’ with surroundings and music**

**Increased sexual arousal**

|  |  |  |
| --- | --- | --- |
| **POSITIVES** | **NEUTRAL** | **NEGATIVES** |
|   |  |   |

Side effects table



Risks

Can you think of some of the risks of taking stimulant drugs?

Here are some of the main risks of taking stimulants.

Did you get any of these?

* Risk of fits, heart attacks and stroke (especially if you have underlying heart problems)
* There is no way of knowing what the pill has been cut with!
* There is no way of knowing how strong a pill is- risk of overdosing.
* You can become dehydrated because stimulants raise body temperature so you lose water. This can be LIFE THREATENING.
* If you are snorting the substance then this can damage the cartilage in your nose- risk of deviated septum and misshaped nostrils.
* Risk of infection from snorting and injecting
* Long term use is associated with an increased risk of mental health problems including anxiety, depression and paranoia.

Harm Reduction

Can you think of any ways that you can use stimulants more safely?



Here are some suggestions:

* Start low and go slow- try taking half a pill and waiting 30 minutes to check its effects. You might not need any more.
* If possible, avoid having alcohol and drugs together
* Try and buy drugs from a trusted dealer
* Don’t plan too much for the day after using
* Make powder as fine as possible
* For snorting: alternate nostrils to reduce damage to your nose
* For snorting: don’t use notes! Use paper, straws or post-it notes instead to reduce risk of infection
* For snorting: if you get an infection then go to the doctors ASAP
* For snorting: if the septum is bleeding then take a break
* Try to rack lines on a clean surface (NOT a toilet)
* If you are regularly using amphetamines: take a multivitamin and calcium supplement and check your body weight.



The Law

Below are a list of stimulant drugs. Can you match them up with the correct drug classification?

Cocaine

Class A drugs

Crack cocaine

Class B drugs

Caffeine

MDMA

Class C drugs

Ecstasy

Amphetamines

Not classified

Class C drugs

Not classified****

Nicotine

Not classified****

Not classified****

Now let’s look at the punishment for **possession** and **supply** of different drugs. Do you know how long you can get in prison for possession and supply of the following?

**CLASS A DRUGS.** Possession: Supply:

**CLASS B DRUGS.** Possession: Supply:

**CLASS C DRUGS.** Possession: Supply:



The Law

**Answers**

Here are the answers! How did you do?

* Ecstasy
* MDMA
* Cocaine
* Crack cocaine

Class A drugs



* Amphetamines



* Tobacco
* Caffeine

**Neither of these are illegal substances.**

Not classified****

**Possession and supply**

**CLASS A DRUGS.**

Possession: Up to 14 years in prisons and/or an unlimited fine. Supply: Up to life in prison and/or an unlimited fine

**CLASS B DRUGS.**

Possession: Up to 5 years in prison and/or an unlimited fine. Supply: Up to 14 years in prison and/or an unlimited fine.

**CLASS C DRUGS.**

Possession: Up to 2 years in prison and/or an unlimited fine Supply: Up to 14 years in prison and/or an unlimited fine

Stimulants and me

Here are some questions to help you think about your own stimulant use.

How old were you when you started using stimulants? . . . . . . . . . . . . .

In the box below, see if you can answer these questions:

* What stimulant do you use?
* How much?
* How often?

 Now think about who you use with? (E.g. on your own, with friends, family)

Stimulants and me

Why do you take stimulants?

|  |  |
| --- | --- |
| **BEST**  | **WORST** |
|  |   |

What are the best and worst things about taking stimulants for you? Complete the table below.

Stimulants and me

Are you happy with your drug use?

Would you like to change anything about it?

What would be the benefits and downsides of using less or stopping altogether? Complete the table below.

|  |  |
| --- | --- |
| **BENEFITS OF CUTTING DOWN/ STOPPING** | **DOWNSIDES OF CUTTING DOWN/ STOPPING** |
|  |   |

Overdose

The first signs that an overdose is on the way are:

* A sudden rise in body temperature
* A flushed face
* Hot skin but no sweating
* Muscle cramps
* Stiffness in the arms and legs
* Feeling like you need a wee but not

Much coming out

This means the stimulant has increased the heart rate but closed down the blood vessels so that heat builds up in the body and can’t escape.

**If this happens call 999 for an ambulance immediately.**

It will help to;

* Try and cool the person down
* Loosen clothing
* Put cold wet towels on the head and round the neck
* If there’s any ice to hand rub it round the neck
* Don’t give the person anything to eat or drink except sips of cold water
* If they pass out put them in the recovery position
* If they start to have a fit leave them to jerk around, ensure they don’t hurt themselves in the process but try not to touch them until they’ve stopped twitching
* When they come round take it slowly
* Give them space and don’t make any sudden movements as they will still be wired, freaked out and they may become violent

**When the medics arrive, tell them exactly what has happened. Don’t mess around, you won’t get into trouble and this could save their life.**

Quiz

**TRUE OR FALSE**

For each of the following statements, answer TRUE or FALSE.

1. Driving under the influence of drugs is illegal.
2. Getting a drugs conviction will not affect your ability to get a job.
3. Passing drugs to a friend is supplying in the eyes of the law.
4. The police can prosecute the landlord or owner of the premises if they catch people taking drugs in the house or the club.
5. A survey in London found traces of cocaine on 50% of bank notes in circulation.
6. Coca Cola originally contained cocaine.
7. Stimulant drugs slow down your central nervous system.

 **Turn over for the answers**

Quiz

**Answers**

1. **TRUE**

Like drinking and driving, driving when under the influence of drugs is illegal – in fact you can still be unfit to drive the day *after* using ecstasy, especially if you’ve been up all night dancing. You can get a heavy fine, be disqualified from driving or even go to prison.

1. **FALSE**

A drug conviction could stand between you and your ideal job.

1. **TRUE**

Passing drugs among friends is supplying in the eyes of the law. You could receive up to the maximum prison sentence and fine for supply.

1. **TRUE**

Allowing other people to take drugs in your house or any other premises is illegal. The police can prosecute the landlord, club owner or house owner.

1. **FALSE**

A survey in London found traces of cocaine on 99% of bank notes in circulation.

1. **TRUE**

Coca Cola was originally sold as a ‘valuable brain tonic and cure for all nervous afflictions’ and until 1904 contained small quantities of cocaine.

1. **FALSE**

Stimulant drugs speed up your central nervous system. This is why they give you a ‘buzz’.