

FRANK

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drugs: the facts

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alcohol



What is it? A strong, colourless liquid made from fermented fruit, sugars or grain.

Legal

Legal for 16 and 17-year olds to have beer, wine or cider when having a meal with an adult in a bar or restaurant – otherwise illegal for alcohol to be sold to under-18s or for it to be bought for them.

Effects and risks

- Increased confidence and relaxation
- Slurred speech and blurred vision
- Slowed reactions
- Injury (accident or assault)
- Aggression and violence
- Liver damage, brain damage, organ failure
- Risk of alcohol poisoning and death

cannabis



What is it? A tall, bushy plant, the leaves, flowers and seeds of which can be used to make different forms of the drug.

Illegal

Class C. Illegal to have, sell or give away. Possession up to 2 years in prison; max penalty for supply 14 years.

Effects and risks

- Increased relaxation
- Giggling fits
- Vomiting
- Loss of motivation
- Feeling worried and low
- Risk of mental health problems like schizophrenia and psychosis

cocaine



What is it? A white powder made from the leaves of the South American coca plant.

Illegal

Class A. Illegal to have, sell or give away. Possession up to 7 years in prison; max penalty for supply life imprisonment.

Effects and risks

- Increased confidence and alertness
- Ch chattiness and excitement
- Lack of hunger
- Paranoia
- Damage to the nervous system
- Damage to the nose (from snorting)
- Feeling panicky and low
- Fits and breathing difficulties
- Risk of heart attack

crack cocaine



What is it? Small, funny-shaped lumps or 'rocks', made by mixing powder cocaine with other ingredients.

Illegal

Class A. Illegal to have, sell or give away. Possession up to 7 years in prison; max penalty for supply life imprisonment.

Effects and risks

- Increased confidence, excitement and alertness
- Numbed senses
- Feeling aggressive, worried and low
- Strong desire/need for more
- Powerful addiction
- Infection through shared needles
- Risk of death

ecstasy



What is it? A man-made drug containing a chemical called MDMA – mainly sold as a tablet or capsule.

Illegal

Class A. Illegal to have, sell or give away. Possession up to 7 years in prison; max penalty for supply life imprisonment.

Effects and risks

- Strong emotions and sensations
- Feelings of warmth and love
- Rush of energy
- Confusion and worry for days after
- Feeling panicky and frightened
- Overheating and dehydration (loss of water)
- Risk of death
- You never know what's in a pill or how you'll react

heroin



What is it? A powerful drug made from the opium poppy – usually comes as a brownish powder.

Illegal

Class A. Illegal to have, sell or give away. Possession up to 7 years in prison; max penalty for supply life imprisonment.

Effects and risks

- Feelings of warmth and well-being
- Dizziness and sleepiness
- Numbed senses
- Feeling sick
- Damaged veins and blood poisoning (from injecting)
- Strong desire/need for more
- Powerful addiction
- Infection through shared needles
- Risk of coma and death

LSD



What is it? A strong, mind-altering drug made from a chemical found in a fungus – normally looks like a small square transfer, or Tab.

Illegal

Class A. Illegal to have, sell or give away. Possession up to 7 years in prison; max penalty for supply life imprisonment.

Effects and risks

- Having a 'Trip'
- Strong emotions and sensations
- Seeing and hearing things (hallucinations)
- Paranoia
- Loss of muscle control
- Bad memories or 'flashbacks'
- Pressure on heart
- Risk of mental health problems

magic mushrooms



What are they? Certain wild mushrooms containing strong mind-altering chemicals.

Illegal

Class A. raw or cooked. Illegal to have, sell or give away. Possession up to 7 years in prison; max penalty for supply life imprisonment.

Effects and risks

- Strong emotions and sensations
- Giggles
- Seeing and hearing things (hallucinations)
- Loss of muscle control
- Paranoia
- Stomach pains and sickness
- Increased heart rate
- Risk of poisoning and death

speed



What is it? A bitter-tasting drug made from 'amphetamine sulphate' – usually comes as a white, grey, pale pink or yellow powder.

Illegal

Class B. Illegal to have, sell or give away. Possession up to 5 years in prison; max penalty for supply 14 years.

Effects and risks

- Increased confidence and energy
- Ch chattiness and excitement
- Lack of hunger
- Increased heart rate and body temperature
- Dehydration (loss of water)
- Feeling worried, irritable and low
- Pressure on heart

tobacco



What is it? Dried leaves of the tobacco plant containing the highly addictive ingredient, nicotine – usually sold as cigarettes.

Legal

Illegal for under-16s to be sold tobacco products.

Effects and risks

- Increased concentration
- Reduced stress, worry and boredom
- A light rush or 'buzz'
- Increased blood pressure
- Dizziness and sickness
- Bad breath
- Stained fingers and teeth
- Coughs and chest infections
- Risk of heart disease and cancer

volatile substances



What are they? Household products and substances which give off strong fumes, including butane or propane gases, glues, aerosols, lighter-fluid, nail-polish remover or paint.

Legal

But illegal for a shopkeeper to sell any substance to someone under the age of 18 if they believe it will be used to get high. Illegal for under-18s to be sold gas lighter-refills.

Effects and risks

- Sudden strong rush
- Drowsiness
- Slurred speech and blurred vision
- Spots/rashes around nose and mouth
- Bad headaches
- Vomiting, choking and suffocation
- Blackouts and brain damage
- Heart failure and sudden death

other drugs



There are other drugs out there – both legal and illegal.

- Class A – Crystal Meth
- Class B – Amphetamines, Ritalin (without prescription)
- Class C – Ketamine, Steroids, GHB, some anti-depressants and sleeping pills (without prescription)
- Others – Poppers, Khat

All of these drugs have their own effects and dangers, and drugs like Crystal Meth are very addictive. To find out more visit talktofrank.com or give FRANK a call.