DRUGS GAME ANSWERS

(FACILITATOR COPY)

1) A good trip can make users feel relaxed and happy, with pleasant hallucinations. A bad trip can make you feel agitated and confused, with unpleasant and scary hallucinations. How the trip goes can be affected by your surroundings, who you’re with and how comfortable you are with them, and by your mood. If you don’t feel safe or comfortable, you’re more likely to have a bad trip. A trip can appear to involve a speeding up and slowing down of time and movements, while colour, sound and objects can get distorted. LSD can also make you feel tired, anxious, panicky and depressed.

2) No, ecstasy comes in various shapes, sizes and colours. Sometimes they even come in unique shapes such as a star. They are usually the same size as a standard tablet i.e. paracetamol or aspirin. The shape, size and colour depends on the producer the tablet can be any colour, shape or size the producer desires.

3) No, Ketamine is dissociative. It is short acting and it has been used for operating on humans and animals. Just like LSD, ketamine can cause perceptual changes as well reducing the effects of bodily sensation. Users have reported having 'out of the body' experiences.   Taken in high doses, users can become physically incapable of moving while under the influence of the drug. Because of its anaesthetic qualities, people have been known to hurt themselves and not realise until the following day.   Ketamine should not be taken with other drugs, particularly depressants, such as alcohol or diazepam. It can also cause high blood pressure, which can be particularly dangerous with drugs like ecstasy or amphetamines. Large doses could induce unconsciousness and you could die as result of respiratory failure.

4) Like traditional drugs, you cannot trust that manufacturers are using the same combinations of chemicals.  This means that one batch of NRG can be very different to another, and as such each time it is purchased the risks of adverse effects are increased due to the likelihood of new and untested chemicals being added to the mix. In research studies of the same NPS (New Psychoactive Substance, previously known as ‘legal highs’) being purchased from a number of websites, it was found that the chemicals used varied so much that they could not be classed as the same product.

5) Cannabis. Also known as Marijuana, Cannabis is the most widely-used illegal drug in Britain, although the numbers of people using it are falling. It is a naturally occurring drug made from the cannabis plant. Cannabis effects how your brain works. It can make you feel very anxious and even paranoid, it can make it difficult for you to concentrate and learn, make your memory worse and make you feel less motivated.

6) Cocaine is a stimulant drug. This means that it speeds up the system and suppresses the normal needs of the body like tiredness and hunger. Long term use of cocaine will therefore affect the users’ weight.

7) True. Ecstasy effects how the body regulates temperature and the user risks overheating if they do not drink enough fluid. Physical exercise, like dancing at clubs/raves, increases the body’s temperature. This causes sweating and the loss of body fluids. The body can overheat.   It is recommended that a person should sip 1 pint of water every hour to prevent the risk of overheating and dehydration.

8) True. Can trigger underlying mental health problems and produce paranoia and schizophrenia-like states. Can also result in a personality change.

9) False. NPS (previously known as ‘legal highs’) try to mimic the effects of other illegal drugs through combining different chemicals.  Websites used to sell these chemical products with a warning that stated 'not for human consumption’ – by‐passing previous law.  The effects on humans of the chemicals used in these products are often untested or poorly researched, and as such can be very unsafe to use as a drug.  NPS are as unsafe to use as any illicit drug. NPS are controlled under the Psychoactive Substances Act 2016.

10) B) Once the pill or capsule is swallowed, it takes about 30 to 45 minutes on average for MDMA to enter the bloodstream and reach the brain. MDMA produces its effects by increasing the activity of neurotransmitters (the chemical messengers of brain cells) including serotonin, dopamine, and norepinephrine.

11) False. Height and body weight are just two of the factors which determine how a person is affected by any particular drug, at any particular time. Some of the other factors that affect how you will react to that drug include: how much you take and how strong the drug is, whether you have used the drug before and for how long, the environment you are in, how you are feeling at the time, what other drugs you may have taken.

12) True. Long term use of crystal meth destroys nerve cells associated with memory, thinking and movement. This can result in slower motor functions, impaired memory and other symptoms similar to Parkinson’s disease.

13) False. Marijuana affects the ability to judge distances, slows reaction time and impacts judgment, coordination and concentration. A recent study found that smoking marijuana before driving nearly doubles the risk of a car crash.

14) True. Illegal drugs are classified from Class A to Class C. Class A drugs are the most dangerous with the most serious penalties for possession or dealing. Class C are the least dangerous with the lightest penalties for possession or dealing. This does not mean they are safe to use.

15) The penalty for dealing any Class A drug is up to life in prison, an unlimited fine or both. The penalty is lighter if you are caught in possession of drugs, up to seven years in prison, unlimited fine or both.

16) This is a tricky one, it can lead to violence for some people in certain situations, but primarily amphetamine is a stimulant which only speeds up the system.

17) True. It is illegal to allow people to use controlled substances such as ecstasy, cannabis or heroin in your home.

18) C) Cannabis. Overall, drug use in the UK has declined in recent years however, because of its relatively high prevalence, cannabis has remained a substantial driver of this overall drug trend. Cannabis remains the most commonly used illicit drug, while powder cocaine is the most prevalent stimulant in the UK and the second most prevalent drug overall.

19) This question should hopefully generate conversation amongst the group the sort of answer you would be looking for is:

Stay with them never leave them alone,

Change the environment,

Monitor them,

Reassure them,

Help them relax,

If in doubt, call for help.

20) Wacky Baccy, Dope, Weed, Ganj, Ganja, Green, Grass, Herb, Pot, Skunk are just a few of what you might expect.