



The Party Season and Drugs

The party season is upon us and many people will be offered 'party drugs' over the coming weeks. The principles outlined in this article apply to any drug whether you are offered it at a party or elsewhere.

It's Party Season why shouldn't I take a party drug?

Here are two reasons to think seriously before you decide

- You really don't know what it is you're taking
This means you do not know what the risks are, it really is rolling the dice. You might be lucky, but you might not!
- You make some awful decisions when you're off your head
You do things you would usually never dream of doing. It's not always the big decisions that can end in trouble it can be seemingly small things like, deciding to walk home on your own

OK, but if I'm offered something I'm going to take it. Is there anything I can do to make it safer?

There are some easy rules to help;

- Start with half a pill or a small amount of powder or crystal, and wait two hours.
- Never double drop. You don't know what's in it.
- If you don't come up as quickly as expected, don't assume you've got dud drugs. If it's not what you think it is, it may take longer to take effect and the absorption rate for different people varies.
- Never mix your drugs. Alcohol, club drugs and prescribed drugs can all interact dangerously.
- If dancing, rehydrate with water or isotonic drinks regularly, but don't drink more than a pint in an hour.
- Take breaks from dancing.
- If you or a friend feel unwell;
 - Don't take any more.
 - Don't take other drugs.
 - Seek medical advice.

ECSTASY

One of the most popular party drugs is MDMA – Ecstasy or Molly sometimes.

A big problem with ecstasy is that it's rarely pure. Sometimes, there is no MDMA in a pill at all. They can contain a whole range of substances instead of or in addition to MDMA e.g.

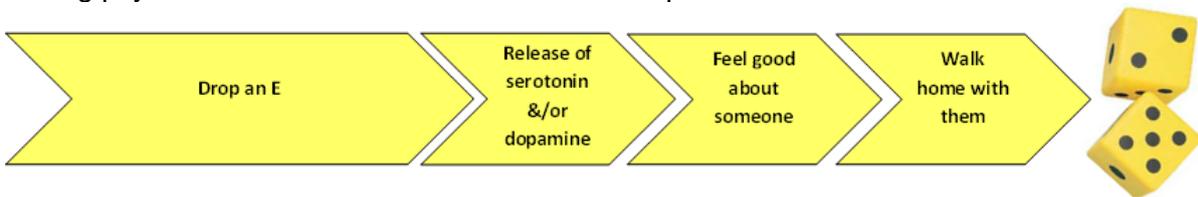
ephedrine (a stimulant), dextromethorphan (a cough suppressant), ketamine, caffeine, cocaine, methamphetamine, PMA and more recently synthetic cathinones (MCat).

It messes with your decision making

Humans have evolved a process that means we check people out before we decide whether we like and trust them.



Taking psychoactive substances short circuits this process.



Important early stages are missed and the serotonin &/or dopamine is triggered by the E.

This is why people report developing temporary feelings of love and affection for the strangers around them. The process is short circuited – you haven't checked them out, the decisions a gamble!

The come down

MDMA causes a surge in serotonin leaving the brain depleted of it afterwards. This can cause a range of negative after effects including confusion, depression, sleep problems and anxiety.

Finally

Have fun this party season but be careful and look after yourself and your friends



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