

MDMA/ ECSTASY

& young people

MDMA/Ecstasy is a psychoactive drug often cut with other substances, making it far more toxic and increasing the chances of a bad reaction.

Contamination happens and can cause death.

WHY PEOPLE USE IT?

- ▶ Increased empathy
- ▶ Heightened sensations, music and colours can seem more intense
 - ▶ Energy rush
 - ▶ Euphoria.

Some people have reported signs of addiction.

IMMEDIATE RISKS

- ▶ Fits and seizures
- ▶ Dangerously high body temperature and dehydration
- ▶ Stroke or heart attack, the heart will beat faster and works harder than normal
- ▶ Enhanced sexuality, increasing the risk of unprotected sex
- ▶ Problems with controlling mood and emotions, panic attacks.



THINK AGAIN

THERE IS NO SAFE WAY OF TAKING MDMA/ECSTASY - but if you decide to take it:

- ▶ **Avoid mixing** with other drugs or alcohol.
- ▶ Only take a small amount to **control the effects**.
Go slow - wait at least two hours before taking more.
- ▶ Try to be in a **safe environment** with friends to look after you in case you experience any problems.
- ▶ **Sip water slowly and regularly** - drink no more than a pint of water or non-alcoholic beverage every hour.
- ▶ Take breaks from dancing and **cool down**.

If you think you are having a bad reaction or you have taken contaminated MDMA seek emergency medical help.

MDMA/ECSTASY IS A CLASS A DRUG

(illegal to possess, sell or give away)

Want to learn more?

FRANK

 talktofrank.com

 0300 123 6600


Know the Score


 knowthescore.info

 0800 587 587

Contact us:

Young People/The East Riding Partnership

 ads-uk.org/services/young-peoples-service

 (01482) 336675

Youth and Family Support

 www2.eastriding.gov.uk/ypsm