



A DEADLY DOSE

Joshua's Story

Joshua had a lot of reasons to celebrate. He was about to turn 18, he was a month away from graduation and he had just been accepted to Indiana University on a partial football scholarship.

Joshua never got to go to college, though. On the weekend of his 18th birthday, Joshua went out to celebrate with a few friends.

Joshua never came home. His parents started to worry, and they called all of his friends. Nobody was sure where he was. Eventually, the police got involved. Finally, late that afternoon, a police officer found Joshua's body. He was lying in a park, face down. They found a small bag of cocaine in Joshua's pocket. The county medical examiner said he had died of a cocaine overdose. Later, two of Joshua's friends admitted that they'd offered Joshua cocaine that night. It was the first time he'd ever used cocaine. They saw him overdose and they left him in the park to die – they were afraid of getting in trouble. Three lives were ruined that night. Joshua died, and his two friends were arrested for providing him with drugs and for abandoning him after he overdosed.

TEST YOURSELF!

Do you know the facts about cocaine and crack?
Unscramble the words to complete the sentences.

1. After the coca plant is harvested, it's mixed with all sorts of dangerous chemicals, like _____ and rat poison. *cnearsi*
2. People who use cocaine experience short-term effects like anxiety, nausea and _____. *misoanin*
3. When you're hooked on cocaine, you start to build up a _____ for it – you have to do more and more cocaine just to feel anything. *neelotrac*
4. Some other names for cocaine include "Big C," "blow," "coke," _____, "nose candy," "rock," "snow" and "white crack." *kleaf*
5. It's a _____ to buy, sell, or use cocaine or crack. *noeffly*

Answers: 1. arsenic 2. insomnia 3. tolerance 4. flake 5. felony . B

COCAINE AND CRACK



STAY SAFE SERIES

© 2014 PRIMO PREVENTION, LLC • PO Box 371 • Reserve, LA 70084
985-359-7848 • www.primoprevention.com • PSS-DA-08

BLOWING YOUR MIND

AN UNNATURAL HIGH

Hooked on Cocaine

You can't remember the last time you were happy. All of the things that used to make you smile – like watching your favorite movies, listening to your best friend's stupid jokes, playing basketball, or practicing the guitar – none of those things can make you feel the slightest bit of happiness anymore.

Things have changed since you started using cocaine. Now, the only person that can make you smile is your drug dealer and getting your hands on more coke. That's all that matters now.

When you use cocaine you're messing with your body's ability to naturally produce dopamine, the chemical that your brain releases when you're doing something fun. That's why people who start using cocaine often end up getting hooked. Once they crash, they need more cocaine just to feel normal again. Eventually, the need for the drug takes over, and nothing else matters.



PICK YOUR POISON

The Deadly Chemicals in Crack and Cocaine.

The coca plant grows high in the Andes Mountains in South America. It's a pretty plant, with little red berries and cheerful clusters of yellow flowers. Don't let its appearance fool you, though: The coca plant may look harmless, but it's actually a killer.

After the coca plant is harvested, it's mixed with all sorts of dangerous chemicals, like arsenic and rat poison, and sold in cities as crack or cocaine. Users can snort it, smoke it, or inject it directly into their veins. It doesn't matter how you use cocaine, though. Once it's in your body, it heads directly to your brain – and that's when it starts messing you up.

THE HIGH COST OF COCAINE USE

The Short-term Effects of Cocaine on Your Body

People say they do coke to feel good, but the short-term effects of cocaine use aren't exactly appealing. People who use cocaine experience short-term effects like:

- High blood pressure and an increased heart rate
- Insomnia
- Decreased appetite
- Nausea and vomiting
- Anxiety
- Convulsions

Those who snort cocaine can expect sore throats and frequent nosebleeds – and they may lose their sense of smell. If you smoke cocaine, you're putting yourself at risk for lung and breathing problems like chronic bronchitis. People who use needles to inject cocaine end up with scars at the injection sites – and if they share needles with other users, they're exposing themselves to HIV.

THE PARTY'S OVER

Cocaine Can Land You in Jail . . . or the Morgue

Some people think of cocaine as a party drug – they think a bump of coke is a good way to loosen up at a party or a club. The truth is, cocaine is more likely to make you puke and pass out before you even get on the dance floor. Worse, you could end up dead of a heart attack or a stroke.

Even if it doesn't make you sick, cocaine can still mess up your life: It's a felony to buy, sell, or use cocaine or crack. If you get caught with coke or crack, you'll get hit with hefty fines and jail time. A drug conviction on your record can cause all sorts of problems, like applying to college and finding a job.



A BLEAK FUTURE

The Long-term Effects of Cocaine and Crack

When you're hooked on cocaine, you start to build up a tolerance for it. Of course, the more cocaine you use, the more damage you're doing to your brain and body. Long-term use can produce potentially life-threatening side effects, including:

- Seizures
- Increased risk of heart attack
- Breathing problems
- Increased risk of stroke
- Extreme weight loss
- Death

Cocaine can also change your entire personality and ruin your relationships with your friends and family. Once a person is hooked on cocaine, all they care about is getting more – nothing else matters. Some of the behavioral side effects of crack and cocaine use include:

- Aggressive, violent behavior
- Lying and stealing
- Missing work and school

COKE OR CRACK?

Which is Which?

What's the difference between crack and cocaine, anyway? Is there a difference?

"Cocaine" is the name for a white powder that's derived from the coca plant. Cocaine can be snorted or mixed with water and injected into a vein. Some other names for cocaine include "Big C," "blow," "coke," "flake," "freebase," "lady," "nose candy," "rock," "snow" and "white crack."

"Crack" is cocaine that's been mixed with ammonia, water and baking soda. These ingredients are boiled down to produce solid chunks – or "rocks" – of crack cocaine. These rocks are smoked by users. People who smoke crack experience an immediate, intense high. Crack is just as dangerous and addictive as cocaine, and users experience all of the short and long-term effects – with the added risk of lung problems.

