

THE END OF A GOOD TIME

How GHB and Rohypnol can Ruin Your Party

GHB is a clear liquid that looks like water. It's sometimes called "G" or "liquid Ecstasy," and it's popular at parties because it makes your brain release a lot of dopamine. This gives G users a "rush" that makes them feel happy, alert and talkative.

That "rush" is pretty deadly, though. GHB has serious side effects, including:

- Loss of coordination and concentration
- Nausea, dizziness and vomiting
- Amnesia
- Trouble breathing
- Severe withdrawal symptoms
- Coma or death

Then there's Rohypnol, a small white pill that is usually crushed so it can be snorted or dissolved in liquid. Rohypnol, more often called "roofies," slows down your brain like a sleeping pill, only much worse. Sometimes roofies can shut down the brain completely.

Rohypnol makes people feel very relaxed – then very, very fatigued. Other side effects of Rohypnol are similar to those of GHB, such as:

- Slurred speech and loss of coordination
- Confusion and memory loss
- Difficulty breathing
- Overdose and death

SAYING "NO" TO PARTY DRUGS

Always find a safer way to have a good time, and try one of these lines to say "No" to party drugs:

- "No thanks. I'm already having fun."
- "I heard someone died after taking those pills."
- "No! Those drugs are illegal!"



THE LEGAL ISSUES

Partying Comes with a Price

Party drugs like Ecstasy, GHB, Rohypnol and Ketamine are illegal almost everywhere in the world. So if you're caught possessing, selling, or using these drugs, you can go to prison. A criminal record is enough to ruin your chances of going to college or getting a job.

TEST YOURSELF!

Fill in the blanks below to test your knowledge about party drugs.

1. ____ and ____ are often called "date rape drugs."
2. Party drugs are ____ in most countries.
3. The party drug ____ can cause hallucinations.
4. MDMA causes your body to release two chemicals, dopamine and ____.
5. ____ is a clear liquid that looks like water.

Answers: 1. GHB and Rohypnol; 2. illegal; 3. Ketamine; 4. serotonin; 5. GHB



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PARTY DRUGS



KILLING A GOOD TIME

THE PARTY'S BUSTED

Drugs that Kill the Fun

You wake up in the emergency room...with no idea what happened in the last two hours. You remember heading to a club with your friends earlier in the evening. At the club someone handed you a pill. That's when things started to get weird. You felt a rush of energy and ran out onto the dance floor.

You don't remember what happened next, but your friends told the doctor that you started vomiting on the dance floor...and then collapsed. Turns out that the little pill you swallowed was a tab of X. The doctor says you're lucky – you don't have any permanent brain damage and you didn't do anything stupid, like have unprotected sex.

Drugs like Ecstasy, Ketamine, GHB and Rohypnol are known as "party drugs." They're often abused at dance clubs and house parties, and in the blink of an eye they can erase your memory, or even stop your heart. People who abuse these drugs often think they're harmless fun – but these lethal drugs can kill the party in a hurry.



MIXED MESSAGES

Ketamine and Your Brain

You might know ketamine by names like "Special K," "Kit Kat," or "Vitamin K," but it's actually pain medication that is used on animals and humans. When ketamine is abused as a drug, it's snorted or injected like heroin. Then, it goes straight to your brain and messes with your senses and perception. Ketamine scrambles the messages that your brain tries to send to the rest of your body, so abusers often hallucinate by seeing things that aren't actually there.

Sometimes, ketamine can cause permanent damage instead of just temporary hallucinations. Some of the health risks associated with ketamine include:

- Learning disabilities
- Shortened memory
- Fatal breathing issues

THE PAIN BEHIND ECSTASY

The Real Story of Party Drugs

Have you heard of MDMA? You probably know this drug as Ecstasy, or "E" or "X" for short. MDMA is the medical term for this drug that releases the chemicals dopamine and serotonin into your brain. The energy and feelings of euphoria produced by these chemicals are why X is a popular party drug. A normal brain releases just a small amount of dopamine and serotonin, but a brain on MDMA releases all of these chemicals. So when the drug wears off, users crash...hard. They often feel depressed, upset, or even suicidal.

Ecstasy also messes with your body's ability to regulate its own temperature, which is why most deaths from MDMA use result from heatstroke. Ecstasy also dehydrates you to the point that your organs can shut down if you don't drink enough water. And this can lead to the second most common cause of Ecstasy-related death: water poisoning.

Ecstasy users often try to compensate for overheating and dehydration by drinking very large amounts of water. When you drink too much water, you disturb your body's sodium balance, and your organs begin to swell like sponges. This causes your brain to press against your skull, which bends your brain stem and stops all blood flow from the heart. Once this happens, water builds up inside your brain, which can cause death.

Other physical side effects of MDMA include:

- Nausea, chills and muscle cramps
- Anxiety and memory loss
- Blurry vision and teeth clenching
- Damage to the brain and liver



PARTY 'TIL YOU DROP

Ashley's Story

How many 20-somethings do you know who live in a nursing home? That's where Ashley lived when she died at 23. For three years, she missed birthdays, Christmases, spring break vacations and graduations. Instead, she spent those three years lying comatose in a hospital bed.

Three years earlier, Ashley was a 20-year-old sophomore at the University of West Georgia. Ashley and her friends had just finished their midterm exams and headed to a house party in town to celebrate.

Ashley knew Matt, an older, attractive guy, would be at the party. She decided that she was finally going to try talking to him that night. Her friends would be there for moral support.

The party started off well. Ashley danced with Matt a lot and was having a great time. Then, Ashley collapsed to the floor just after midnight. Her friends had no idea what was wrong, and immediately rushed her to the hospital.

The doctors found GHB in Ashley's body, a drug that Matt had slipped into her drink. It just took one sip of the laced punch to spread the poison through Ashley's body and into her brain. Ashley spent the last three years of her life in a coma. Matt ended up going to prison for giving her the deadly date rape drug.

You never know how your body will react to a party drug. There's no such thing as a "safe dose."



DANGER IN YOUR DRINK

Date Rape Drugs

You can't see, taste, or smell GHB and Rohypnol. That makes it really easy for someone to slip one of these drugs into your drink. These drugs make you completely helpless – your judgment is clouded, and you fade in and out of consciousness. When you're under the influence of one of these drugs, you can't stop someone from forcing you to do something that you might not want to do. This is why GHB and Rohypnol are commonly called "date rape drugs".

GHB and Rohypnol are commonly called "date rape drugs" for good reason.

Date rape isn't something that only girls should worry about – boys should be concerned, too. Never leave your drink unattended at a party or club, and watch out for suspicious behavior. If you suspect that your drink has been drugged, get a new one.