

## GOING LOONY

### The Effects of LSD

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.

## VIOLENT REACTION

### The Not-So-Angelic Effects of PCP

Have you ever heard of phencyclidine? It's the scientific term for PCP, a.k.a. "angel dust." It may sound innocent enough, but PCP is actually one of the worst drugs that you can take.

PCP comes in liquid and powder form, and sometimes it's dyed to make colorful tablets. It can be swallowed, snorted, or injected. In any form, though, it creates a lot of trouble once it's inside your body.

The first thing that happens when you take PCP is a feeling of euphoria.

This is caused by the brain releasing a huge amount of dopamine. Then PCP messes with parts of your brain that regulate pain, memory and emotion.

Side effects can include:

- Feeling invincible
- Hostile and violent behavior
- Confusion and disorientation
- Panic, terror and paranoia
- Irregular heartbeat and breathing
- Vomiting

One dose of PCP can keep these side effects going for 6 to 24 hours. That's just one dose. Using PCP regularly can cause long-term side effects, including:

- Speech problems, like stuttering, or the inability to speak
- Severe anxiety and depression
- Psychosis, paranoia and delusions



## STAYING AWAY FROM HALLUCINOGENS

### Saying "No"

Hallucinogens can cause permanent mental problems, or even death. If someone tries to pressure you into taking LSD, PCP, or any other drug, try one of these lines:

- "No thanks. I'm already kinda crazy."
- "No way. I'm having fun and don't want to feel scared and paranoid instead."
- "That stuff can make you insane forever? I think I'll pass."

### TEST IT!

Think you know everything about hallucinogens? Unscramble the words to fill in the blank.

1. A common name for PCP is \_\_\_ dust. **ganle**
2. The psychoactive chemical found in the peyote cactus is called \_\_\_\_\_. **lesacmien**
3. PCP can make people very \_\_\_\_\_. **tioflen**
4. A bad trip can cause permanent \_\_\_\_\_. **schissoyp**
5. The euphoric feeling from PCP is caused by a massive release of \_\_\_\_\_ in your brain. **minedopa**

Answers: 1. angel; 2. mescoline; 3. violent; 4. psychosis; 5. dopamine



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# HALLUCINOGENS



## OUT OF YOUR MIND



## A BAD TRIP

### Hallucinogens Gone Haywire

Your friend hands you a little strip of paper with a joker face on it. "Try this," he says. "It's really fun." You're bored and you trust your friend, so you slip the piece of paper into your mouth.

At first, you don't feel a thing. Then your vision starts to blur a little and you start to feel weird. You feel relaxed, then euphoric and you start to laugh hysterically. It's not funny for very long though.

Your trip starts to turn bad – fast. You start hallucinating and seeing scary images of creepy people and aliens that you can't make go away. Then, the trip goes from bad to worse: the paranoia starts to creep in. You're sure your friends are out to get you! You can't get rid of this fear and you spend the next five hours curled up on the bathroom floor, crying and terrified.

This is the scary part of hallucinogens. Once the bad trip starts, there's not much you can do about it. A doctor can end your trip with a dose of anti-psychotic drugs, but there's nothing a professional can do to stop the flashbacks. A flashback can occur years after a bad trip, and then you'll relive all those scary images and feelings of paranoia.

For some people, that trip can last forever. They'll never leave the state of psychosis.

## THE HARD FACTS

### Hallucinogens and Your Brain

Hallucinogens alter your perceptions, emotions and thoughts. Some people who abuse hallucinogens will see or hear things that aren't actually there, or they might have delusions and paranoid thoughts. You never know how a hallucinogen will affect you because you don't always know what's in the drug that you're taking or how your body will react to that drug.

However, you can guarantee that a hallucinogen will mess with the chemistry in your brain. Most of these drugs contain chemicals that change the serotonin receptors in your brain so that you hallucinate and experience mood swings. Some hallucinogens can cause permanent psychosis, even if you only use them once. Others can cause you to do stupid things like run into a busy street. Some hallucinogens will even kill you.

## NATURAL HALLUCINOGENS

### Unnatural Reactions

If a drug is natural, it's safe . . . right?

Wrong. Just because a drug isn't made out of chemicals, doesn't mean that it isn't just as dangerous. There are lots of natural hallucinogens out there that come with serious consequences.

Angels' Trumpets sound like innocent flowers, but when they're smoked or swallowed they produce hallucinogens and make you feel high. They're also poisonous. If you take too much, you could end up in the hospital with convulsions, become paralyzed, or even die.

Mescaline is found in several kinds of cactus plants, such as peyote. Chewing certain parts of the cactus, or soaking them in water, produces a liquid that contains this psychoactive chemical. When you swallow the liquid, the mescaline causes chemical changes in your brain and produces hallucinations.

Some mushrooms, commonly called "magic mushrooms," contain the chemicals psilocin and psilocybin. These natural chemicals can be confused with serotonin in your brain, so when you eat these mushrooms, the chemicals attach themselves to transmitters in your brain. Then the 'shrooms mess with your perception and emotions.

Salvia Divinorum, a green, leafy plant, is a strange hallucinogen that causes people to lose touch with reality when they ingest it. No one knows what long-term damage can be caused by this drug, but it has been linked to depression, suicidal tendencies and schizophrenia.

All of these "natural" hallucinogens have other side effects too, including:

- Confusion and distortion of reality
- Dizziness and loss of coordination
- Nausea, sweating, irregular heartbeat, sleeplessness and headaches
- Long-term memory problems
- Bad trips, injuries, flashbacks and death



## TRIPPING FOREVER

### Jeremy's Story

18-year-old Jeremy was a good musician and a straight-A student. One night changed all that, though: The high school senior was found wandering the streets of his neighborhood in Spokane, Washington one July night, half-naked and screaming at cars. A neighbor called the cops and Jeremy spent the night in a jail cell, ranting and raving at the guards. He didn't eat or sleep, and asked if his mother had visited. She had visited and held a short conversation with him earlier in the night – but Jeremy didn't remember a thing.

Earlier that day, Jeremy had tried acid with one of his friends. He had tried acid once before, but now he was having a really bad trip. He made it home, but he couldn't calm down. His mind was racing, and he was hallucinating and paranoid. He was convinced that household objects were out to get him.

After a few days in jail waiting for the symptoms to pass, it became clear that the LSD induced a psychosis in Jeremy's brain, similar to schizophrenia. Now Jeremy lives in a mental institution. Some days, he can hold brief conversations with doctors or visitors. Often, however, Jeremy can't separate his paranoid hallucinations from reality.

Jeremy's doctors say that he'll probably never recover his sanity. You never know what will happen when you take a hallucinogen.