

“Acid” or **Lysergic Acid Diethylamide (LSD)** may cause unpredictable behavior. A user might feel numbness, weakness, nausea, increased heart rate, sweating, lack of appetite, "flashbacks" and sleeplessness.

The Bottom Line

Teens and young adults may think Ecstasy, GHB, Rohypnol, and other club drugs are harmless. However the bottom line is simple: even experimenting with club drugs is unpredictable and dangerous. For more information, visit the National Institute on Drug Abuse's special web site at <http://www.clubdrugs.org>.

Adapted from: *Club Drugs Aren't "Fun Drugs,"*
Alan L. Leshner, Ph.D., Director, National Institute on Drug Abuse,
National Institutes of Health
http://www.drugabuse.gov/Published_Articles/FunDrugs.html



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Dangerous substances known collectively as club drugs are gaining popularity. Because some of these drugs have been associated with sexual assaults, they are referred to as "date rape drugs."

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Why Club Drugs are Dangerous...

Although users may think club drugs are harmless, research has shown that these substances can produce a range of unwanted effects, including hallucinations, paranoia, amnesia, and, in some cases, death. When used with alcohol, club drugs are even more likely to cause harmful effects.

Some people have been known to have extreme - even fatal - reactions the first time they use club drugs. And studies suggest these drugs may contain added substances that can be even more dangerous.

Because some club drugs are colorless, tasteless, and odorless, they are easy for people to slip into drinks. Some of these drugs have been associated with sexual assaults, and for that reason they are referred to as "date rape drugs."

A Dictionary of Club Drugs

"X," "Adam," and "MDMA" are street names for **Ecstasy**, which is a stimulant and a hallucinogen. Young people may use Ecstasy to get energy to keep dancing. Use also leads to dangerous rises in body temperature, dehydration and hypertension. Chronic abuse of Ecstasy appears to damage the ability to think and regulate emotion, memory, sleep and pain.

"G," "Liquid Ecstasy," "Georgia Home Boy" or Gamma-hydroxybutyrate (**GHB**) may be made in homes by using recipes with common ingredients. At lower doses, GHB can relax the user, but, as the dose increases, the sedative effects may result in eventual coma or death.

"Roofie" or "Roche" (**Rohypnol**) is tasteless and odorless. It mixes easily in carbonated beverages. Rohypnol may cause individuals under the influence of the drug to forget what happened. Other effects include low blood pressure, drowsiness, dizziness, confusion, and stomach upset.

"Special K" or "K" (**Ketamine**) may be used as an anesthetic to produce loss of consciousness before and during surgery. Use of a small amount of ketamine results in loss of attention span, learning ability and memory. At higher doses, it can cause delirium, high blood pressure, depression and severe breathing problems.

"Speed," "Ice," "Chalk," or "Meth" (**Methamphetamine**) is often made in home laboratories. Methamphetamine use can cause serious health concerns, including memory loss, aggression, violence, psychotic behavior, and heart problems.