

The Dangers of Club Drugs



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What are “club drugs”?

Club drugs are a group of dangerous drugs that can sometimes be found at dance clubs and all-night dance parties, known as raves.

There are different kinds of club drugs.

Drugs commonly associated with raves are:

- Ecstasy (MDMA)—this acts as both a stimulant and a hallucinogen. Stimulants speed up the central nervous system. Hallucinogens affect thinking, awareness and senses.
- Rohypnol (flunitrazepam) and GHB—these are depressants. They slow down the central nervous system.
- Ketamine—this is a dissociative anesthetic that also acts as a hallucinogen. Anesthetics dull pain.
- Methamphetamine (meth)—this is a stimulant.
- LSD—this is a hallucinogen.

All club drugs are dangerous.

With many of these drugs, there's no way for the user to know:

- the composition of the drug
- the quantity of each ingredient of the drug.

Because of these unknowns, the effects of club drugs can be very unpredictable.



The publisher has taken care in the preparation of this booklet, but the information it contains does not necessarily describe particular situations you may encounter. You should ask your medical treatment facility or DAPA for advice about your particular situation.

The persons whose photographs are depicted in this publication are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional.

Why do some people use club drugs?

They may use them to:

Try to escape

Some people may think using club drugs will help with problems. But drugs only make problems worse.

See what it's like

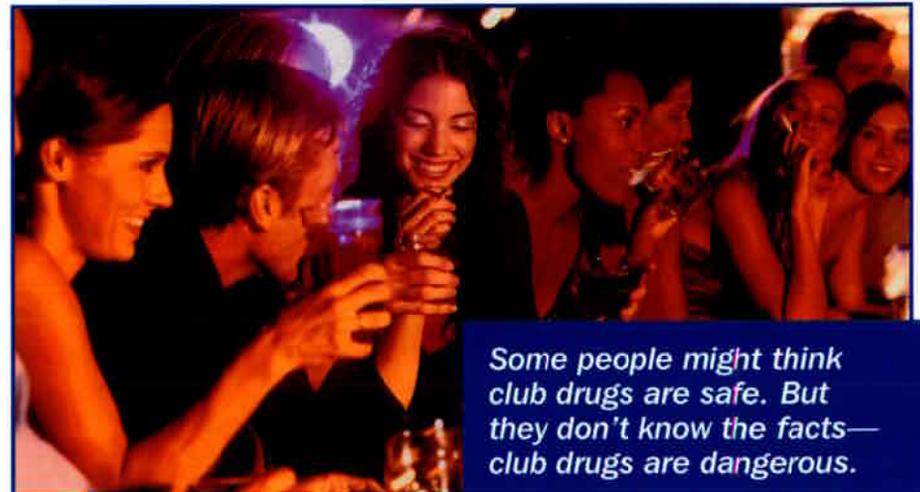
A person might use a club drug out of curiosity. He or she may mistakenly think drugs will improve his or her dancing, personality or popularity. But trying a club drug even once can be a deadly mistake.

Feel like part of a crowd

People may start using drugs because their peers do. They may have civilian friends who use drugs. But being part of a crowd that uses drugs is asking for trouble.

Commit rape or other crimes

Rohypnol (flunitrazepam), GHB and other drugs are also called “date rape drugs.” They have been slipped into drinks, causing victims to become drowsy and confused. This makes them vulnerable to sexual assault or theft. (Using drugs for this purpose is a crime in itself.)



Some people might think club drugs are safe. But they don't know the facts—club drugs are dangerous.

Club drugs can cause serious problems.

They can:

Harm your health

With many of these drugs, even one use can cause:

- seizures
- coma
- heart attack or stroke
- overdose
- death.

They can also lead you to take a sexual risk. This can result in an unplanned pregnancy or STD (sexually transmitted disease), such as HIV infection.

Get you in trouble with the law

Club drugs are illegal. You could receive a non-judicial punishment, a discharge, court martial or be sent to federal prison for making, selling, possessing or giving them to anyone.

Lead to dependence

You could develop a need for drugs. You may also develop tolerance (needing more of the drug to get the same effect). This increases the risk of a fatal overdose.

Threaten your future

Drugs cause you to lose interest in your work. This can prevent you from being promoted and from reaching your goals.



Using club drugs also increases the risk of car crashes, falls and other causes of serious injury.

Rohypnol (flunitrazepam) and GHB are also called “date rape drugs.”

These and other drugs have been used as weapons to commit rape and other crimes.

Date rape drugs are hard to detect.

For example, Rohypnol and GHB are both odorless, colorless and tasteless. This makes them hard to detect if slipped into an alcoholic or nonalcoholic drink.

(NOTE: A form of Rohypnol that may discolor and/or form clumps in a drink now exists.)



Date rape is rape— it’s a serious crime.

If you commit rape, you could be court-martialed. If found guilty, you could be reduced to an E-1, receive a Bad Conduct Discharge, receive a Dishonorable Discharge, be sentenced to federal prison, or be sentenced to death.



Ecstasy (MDMA)

Street names:

"XTC," "Adam," "clarity," "the Hug Drug," "X," "E."

Special hazards:

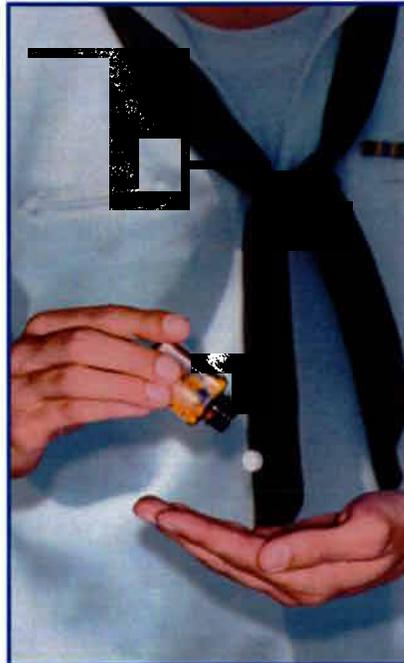
- Ingredients can vary widely in club drugs, making effects very unpredictable.
- Users may experience paranoia, depression or other psychological problems.
- Users with heart conditions are at higher risk for serious health problems.
- When combined with intense physical activity, Ecstasy can cause overheating. This can lead to kidney failure and death.
- Another drug, called PMA (paramethoxyamphetamine), is sometimes sold as Ecstasy. PMA has many of the same effects as Ecstasy. But it can be even more dangerous and has resulted in many deaths.
- It's common for people who use Ecstasy to become dehydrated. But if people using Ecstasy drink too much water, it can cause a dangerous reaction—even death.

Medical use:

none (illegal).

Possible side effects:

- anxiety or panic
- nausea or loss of appetite
- chills, sweating or fainting
- distorted thoughts, feelings or awareness
- increased heart rate and blood pressure
- depression.



Rohypnol (flunitrazepam)

Street names:

"roofies," "ruffies," "roach," "rope," "the forget-me pill."

Medical use:

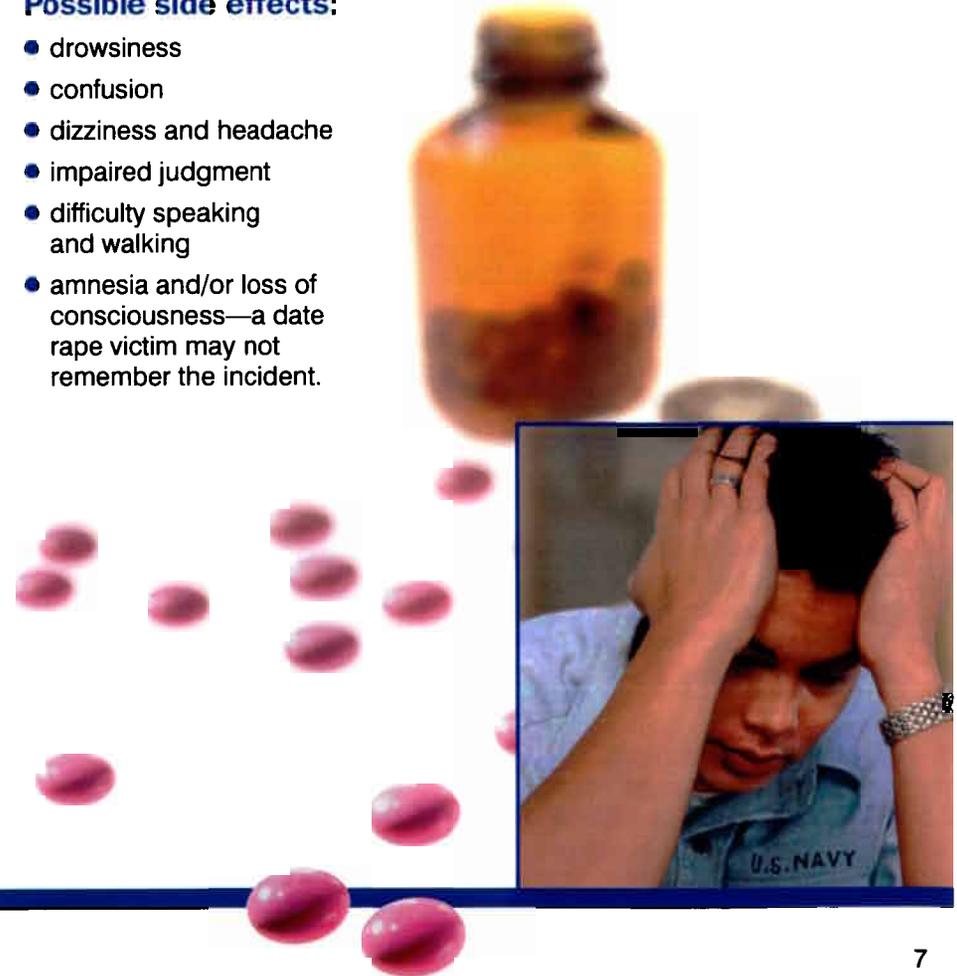
used to treat insomnia, anxiety or other conditions in some countries; no legal use in the United States.

Possible side effects:

- drowsiness
- confusion
- dizziness and headache
- impaired judgment
- difficulty speaking and walking
- amnesia and/or loss of consciousness—a date rape victim may not remember the incident.

Special hazards:

- It may be packaged in presealed bubble packs. This may fool some people into thinking it's "safe."
- Tolerance and dependence can develop.
- Rohypnol can cause coma and death, especially when combined with alcohol.



GHB (gamma hydroxybutyrate)

Street names:

"Liquid X," "scoop,"
"Georgia Home Boy,"
"Grievous Bodily Harm."

Medical use:

has been used as an anesthetic
in Europe; strictly limited
medical use in the U.S.

Possible side effects:

- drowsiness
- confusion
- tremors
- dizziness, nausea
and vomiting
- breathing problems
- amnesia and/or loss
of consciousness—
a date rape victim may not
remember the incident.

Special hazards:

- Because most GHB is made
illegally, ingredients can vary
widely. This makes effects
very unpredictable.
- Tolerance and dependence
can develop.
- GHB can cause severe
breathing problems,
seizures, coma and death.



*Mixing these drugs with alcohol greatly increases
their dangerous effects—and the risk of death.*

Ketamine

acts as both a hallucinogen
and an anesthetic.

Street names:

"K," "Special K," "Vitamin K,"
"Super K."

Medical use:

used as a surgical anesthetic
for animals (rarely for humans).

Possible side effects:

- numbness
- lack of coordination
- raised blood pressure
- vomiting
- distorted thoughts, feelings
or awareness
- depression.

Special hazards:

- Effects are highly
unpredictable—delirium,
seizures and violent behavior
are possible.
- Loss of coordination and
feeling can lead to injury
from falls or other mishaps.
- Large doses can cause a
frightening, "near-death" state
(users call this state a "K-hole").
- Ketamine can cause fatal
breathing problems.
- It may result in permanent
brain damage.



Methamphetamine (“meth”)

Street names:

“speed,” “ice,” “crystal,” “crank.”

Medical use:

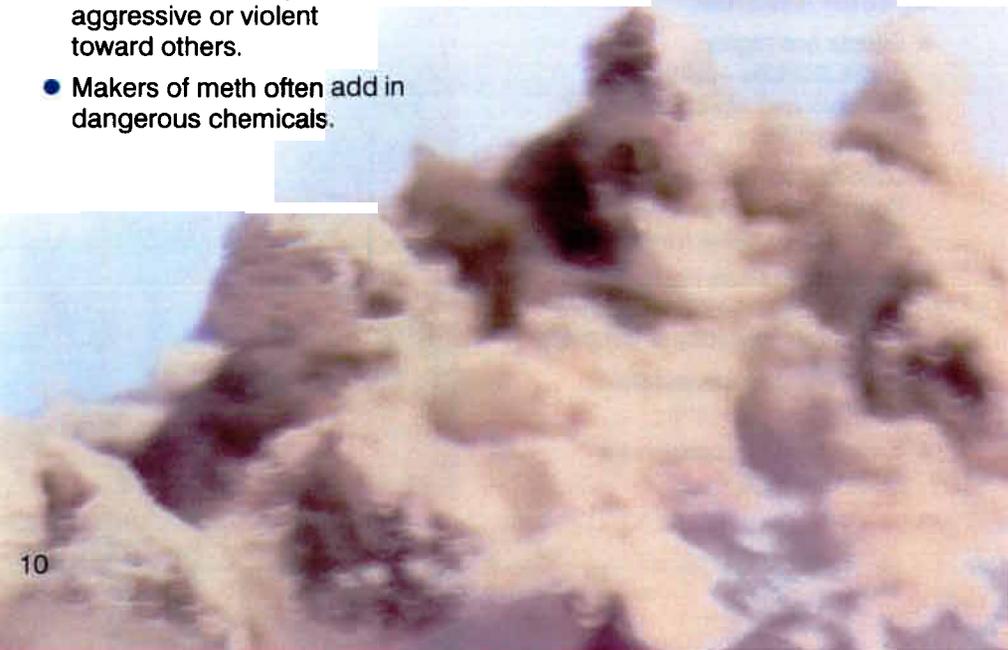
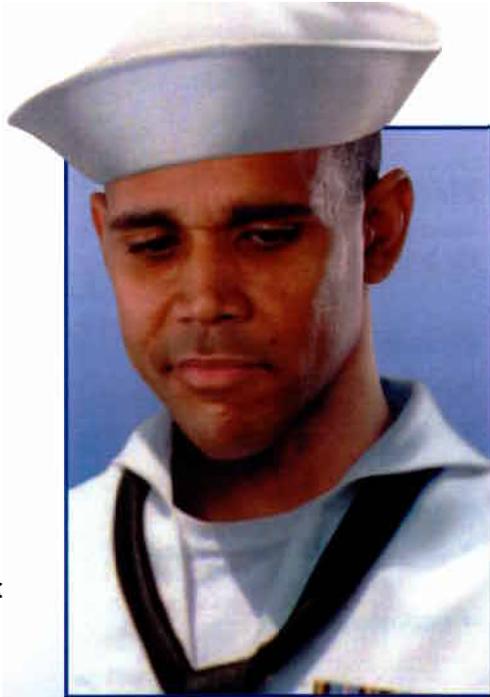
none (illegal).

Possible side effects:

- headache and blurred vision
- increased body temperature
- problems sleeping
- increased rate of breathing
- increased heart rate and blood pressure.

Special hazards:

- Methamphetamine is a stimulant that can cause depression, seizures and stroke.
- Users of meth may become aggressive or violent toward others.
- Makers of meth often add in dangerous chemicals.



LSD (“acid”)

Street names:

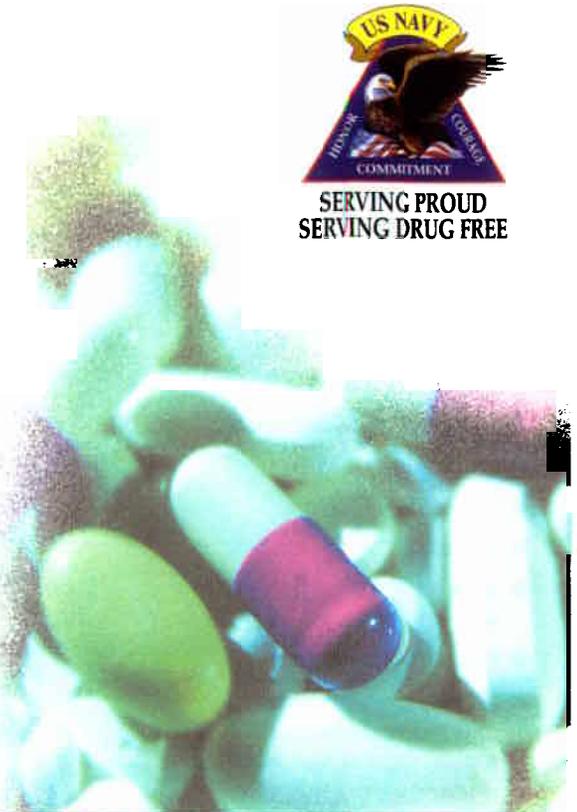
“blotter,” “white lightning,” “sugar,” “trips.”

Medical use:

none (illegal).

Possible side effects:

- increased heart rate and blood pressure
- extreme mood swings
- chills
- severe anxiety or panic
- convulsions
- distorted reality
- heavy sweating
- problems sleeping
- depression.



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Special hazards:

- Users of LSD may suffer a mental breakdown and need long-term professional help.
- LSD puts a user at increased risk of violence or suicide.
- Users may also suffer “flashbacks”—recurrences of bad experiences from the drug—days or even months after using it.



Other dangerous drugs

may be considered club drugs. Some of these include:

Marijuana

This drug is not harmless. It can harm a person's body and mind.

- **Possible side effects:** paranoia (strong fears), lower body temperature, increased blood pressure, faster heart rate, loss of coordination.
- **Special hazards:** Long-term use may lead to lung disease, brain changes, reproductive problems.

Inhalants

Examples of inhalants include amyl and butyl nitrite ("poppers"), and nitrous oxide ("whippets").

- **Possible side effects:** double vision, loss of coordination, severe headaches, vomiting, irregular heartbeat.
- **Special hazards:** These harmful chemicals can cause heart problems, brain damage, sudden death.

Cocaine

This is a highly addictive, unpredictable stimulant.

- **Possible side effects:** insomnia, anxiety, tremors, paranoia, faster heart and breathing rates.
- **Special hazards:** It can cause depression, seizures, heart attacks, coma, sudden death.



There are healthy alternatives to using drugs.

Seek new, rewarding experiences.

Avoid raves or other places where drugs may be used. Instead, try:

- biking or jogging
- writing, playing music or drawing
- going to a recreation center
- volunteering
- joining a club or team where you're stationed
- off-duty education.

These activities are also good ways to meet new friends.



The fact is, most sailors do not use drugs.



U.S. Navy Core Values

Honor
Courage
Commitment



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Get help

if you are a crime victim or have a drug problem.

If you think you may have been sexually assaulted:

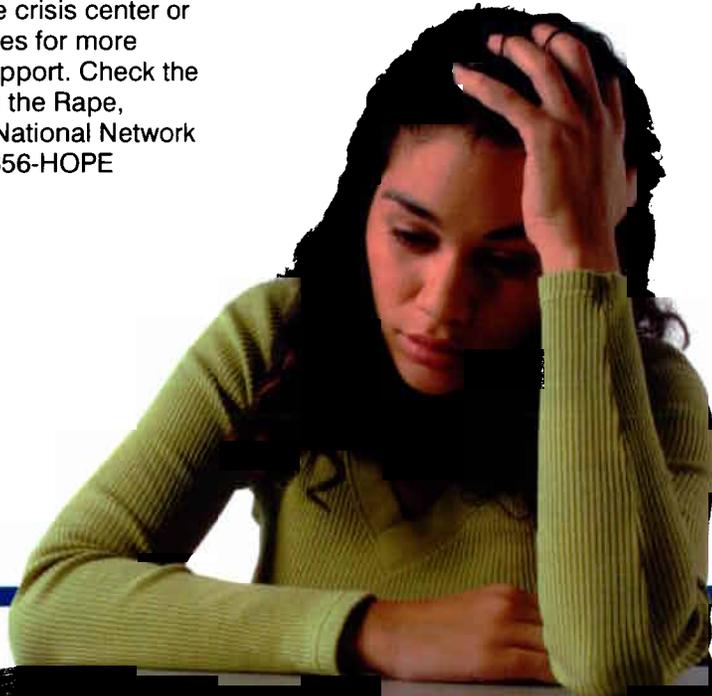
- Seek medical help immediately. Go to the nearest hospital or call 9-1-1 or your local emergency number.
- If it's determined you were sexually assaulted, call the local or military police.
- To preserve evidence, do not shower, douche, urinate, brush your teeth or change clothes before getting help.
- If you think you may have been drugged, tell the medical personnel. Tests to detect Rohypnol, GHB and ketamine are available.

Call your local rape crisis center or Social Work Services for more information and support. Check the phone book or call the Rape, Abuse and Incest National Network (RAINN) at 1-800-656-HOPE (1-800-656-4673).

If you have a drug problem, get help from:

- your Command DAPA
- family and friends
- your chain of command
- a counselor or Medical Officer
- a chaplain
- hotlines
- self-help groups
- hospitals or mental health centers.

Check the yellow pages for organizations in your area. Or call the Center for Substance Abuse Treatment's National Helpline at 1-800-662-4357.



Watch out for club drugs.

They can:

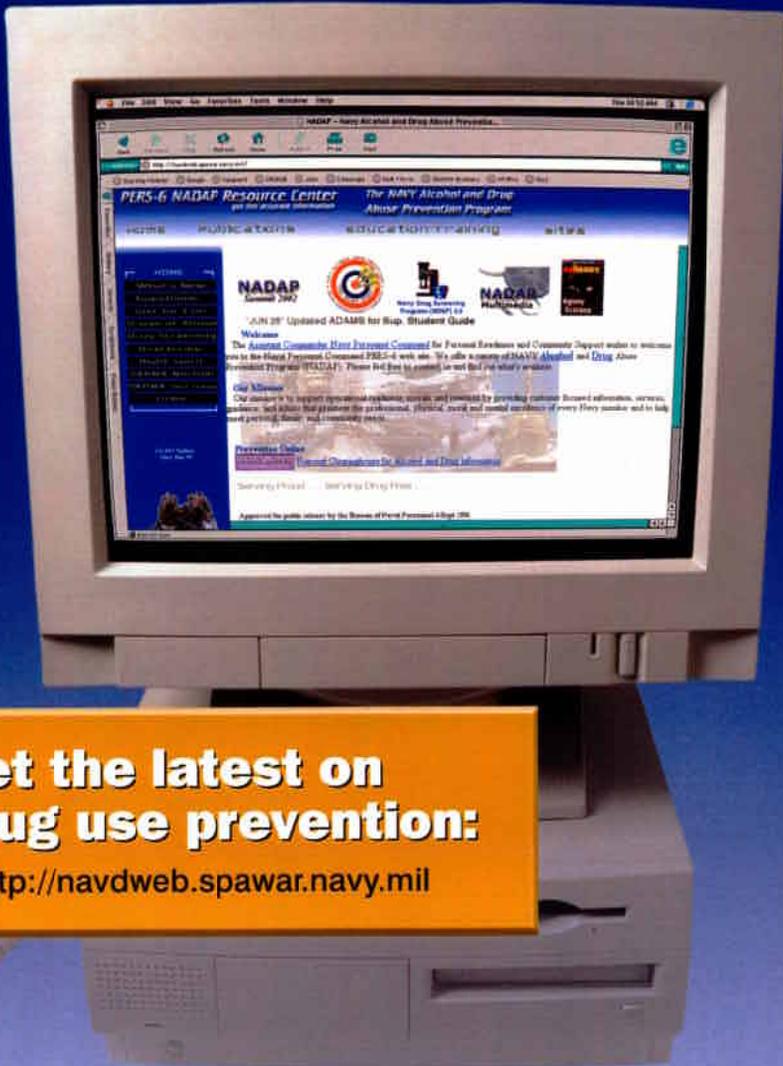
Get you in trouble
with the law, at home and at work

Leave you vulnerable
to sexual assault and other crimes

Harm or kill you
—even with one-time use.



For more information about club drugs (and other dangerous drugs), check the Navy Alcohol and Drug Abuse Prevention website: <http://navdweb.spawar.navy.mil>



Get the latest on drug use prevention:

- <http://navdweb.spawar.navy.mil>



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