

Drug Awareness

The Effects on your
body and brain.



How can drugs affect me?

- Affects how your body and mind work, impacting your study habits
- Create problems with family, friends, school and work
- Puts you at risk of sexual assaults, which often occur when a person is under the influence of drugs or alcohol
- Drug use is illegal! The consequences can lead to jail or prison

Types of Drugs and their effects:

- **Rohypnol** (date rape drug or "forget me" pill) Produces a drunk, relaxed feeling that lasts 2-8 hours
- **Ecstasy** (MDMA) Effects last 4-6 hours and puts users at risk for dehydration and hyperthermia
- **Ketamine** (Special K) Looks like cocaine, a white powder substance that also comes in a liquid form. Produces a catatonic effect, leading to impaired judgment and coordination
- **GHB** (Liquid Ecstasy) Odorless and colorless; often combined with alcohol. The sedative effects can result in a coma
- **Cocaine and Crack** (coke, blow, rock, or base) Effects last 5-30 minutes and create feelings of depression when they wear down
- **Marijuana** (pot, weed, herb, ganja) Long-term effects include memory loss and learning difficulties
- **Heroin** (smack, dope, junk, brown sugar, thunder, Big H, horse) Effects lasts about 15 minutes, followed by several hours of being drowsy; dangers of shooting up include Hepatitis C, collapsed veins, HIV and AIDS
- **Inhalants** (huff, rush, poppers) Cause headaches, hallucinations, violent behavior and loss of control of bladder and bowels
- **Methamphetamine** (crystal meth, crank, glass and ice) Crystal-like powder, usually white or yellow, can also come in rock form. Short-term effects are increased activity level, suppressed appetite; long-term effects are depression, anxiety, fatigue, paranoia, aggression, insomnia and hallucinations

Who to Call for Help

UNT Substance Abuse Resource Center

940/565.2787

UNT Dean of Students Office

940/565.2648

UNT Counseling Center

940/565.2741

UNT Police Department

940/565.3000

Denton Police Department

940/349.8181

Addiction Hotline Resource Center

877/235.0400

Quick Facts (national statistics)

- 3.8 % of college students have used cocaine
- 6.3 % of college students have used amphetamines
- 6% of college students have used designer drugs
- 0.7% of college students have used steroids

If someone overdoses on drugs:

- Watch out for the signs: abnormal breathing, slurred speech, lack of coordination, big or small pupils and unconsciousness.
- Notify UNT Police Department at (940) 565-3000 or call 911 immediately.
- If a person suddenly becomes hostile or violent, be careful. Call police immediately.

Make the Right Choice, Avoid Peer Pressure:

- Your best chance to avoid addiction is not to use drugs, and avoid situations that present problems.
- If someone offers you drugs, say "NO" clear and firm.
- Walk Away: No one can make you do something you don't want to.
- Remember, choosing not to use drugs keeps you in control of your mind, your body, and your future.