

# COCAINE >>

## WHAT IS IT?

- > **FROM:** THE LEAVES OF THE COCA PLANT NATIVE TO SOUTH AMERICA
- > **TYPE:** POWERFUL STIMULANT
- > **LOOKS:** A FINE WHITE CRYSTALLINE POWDER
- > **TASTES:** BITTER 'CHEMICAL' TASTE
- > **WHAT GETS ME HIGH?** METHYL BENZOYLOXY METHYL AZABICYCLO OCTANE CARBOXYLATE
- > **TAKEN:** SNORTED AS A POWDER
- > **KICKS IN:** AROUND 5 TO 30 MINUTES WHEN SNORTED
- > **LASTS:** DEPENDS - THE HIGH USUALLY LASTS 20-30 MINUTES



## TYPES

**COKE >>** FINE WHITE CRYSTALLINE POWDER WITH A BITTER TASTE AND SMELL.. COCAINE CAN TAKE FROM AROUND 5 TO 30 MINUTES TO KICK IN. THE INITIAL HIGH FROM COCAINE DOESN'T LAST THAT LONG - AROUND 20 TO 30 MINUTES - ALTHOUGH THIS DEPENDS ON THE PURITY OF THE COCAINE & THE PERSON'S TOLERANCE. YOU MIGHT STILL EXPERIENCE SOME PHYSICAL EFFECTS AFTER THE HIGH HAS GONE, SUCH AS A FASTER HEART BEAT

**OTHER TYPES >>** THERE ARE SOME OTHER TYPES BUT THEY ARE MUCH MORE RISKY & NOT OFTEN USED BY YOUNG PEOPLE. THESE TYPES INCLUDE CRACK & FREEBASE. WE WILL HAVE A LOOK AT THIS IN MORE DETAIL LATER

## HOW IT'S USED

### SNORTING

- >> CRUSHED INTO A FINE POWDER, DIVIDED IT INTO LINES & **SNORTED** THROUGH THE NOSE
- >> THIS IS THE MOST COMMON WAY TO TAKE COCAINE
- >> SNORTING COCAINE CAN **DAMAGE YOUR NOSE** - CAUSING SCABS, SORES & NOSEBLEEDS - ESPECIALLY IF IT'S NOT BEEN CHOPPED VERY FINELY

### SWALLOWING

- >> SWALLOWED OR INGESTED BY '**BOMBING**'
- >> A 'BOMB' IS PREPARED BY WRAPPING INDIVIDUAL DOSES OF POWDER IN CIGARETTE PAPER

### SMOKING

- >> SMOKING IN A JOINT
- >> THIS METHOD IS **RARE** AS THE POWDER EASILY BURNS OUT

GENERALLY COCAINE CAN BE DETECTED IN A URINE TEST FOR UP TO 3 DAYS AFTER SNORTING IT

HOW LONG A DRUG CAN BE DETECTED FOR DEPENDS ON HOW MUCH IS TAKEN & THE TESTING KIT USED

## HOW YOU'LL FEEL

TAKING COCAINE CAN MAKE YOU FEEL:

- >> **HAPPY**
- >> **EXCITED**
- >> **WIDE AWAKE**
- >> **CONFIDENT**
- >> **ON TOP OF YOUR GAME**



IT CAN ALSO:

- >> **MAKE YOUR HEART BEAT FASTER**
- >> **RAISE YOUR BODY TEMPERATURE**
- >> **STOP YOU FEELING HUNGRY**
- >> **MAKE YOU FEEL SICK**
- >> **MAKE YOU NEED TO POO**
- >> **MAKE YOU ANXIOUS OR AGITATED**
- >> **MAKE YOU PARANOID OR PANICKY**
- >> **MAKE YOU OVER CONFIDENT OR ARROGANT - LEADING YOU TO TAKE RISKS YOU WOULDN'T NORMALLY**
- >> **MAKE YOU FEEL LOW THE NEXT DAY**

COCAINE CAN INCREASE YOUR **SEXUAL DESIRES** - SOME PEOPLE TAKE IT TO HAVE MORE INTENSE SEX - BUT TAKING LOTS OF COCAINE CAN ACTUALLY REDUCE YOUR SEX DRIVE. GENERALLY SPEAKING A USER'S SEX DRIVE SHOULD GO BACK TO NORMAL ONCE THEY STOP TAKING COCAINE EXCESSIVELY



# COCAINE >>

## KNOW THE RISKS...



### SOCIAL IMPACT

COMEDOWNS CAN LEAVE YOU FEELING EXHAUSTED & LOW - THIS MAY MAKE IT HARDER TO GET UP FOR WORK, COLLEGE OR SCHOOL OR TO JOIN IN ACTIVITIES YOU ENJOY

THE DISORIENTATING EFFECTS OF COCAINE MAY MAKE ACCIDENTS MORE LIKELY INCREASING THE RISKS OF INJURY. YOU MAY FEEL STRONG & BECOME AGGRESSIVE - INCREASING THE RISKS OF FIGHTS OR ARGUMENTS. THIS CAN HAVE AN IMPACT ON HOSPITALS & EMERGENCY SERVICES

PEOPLE FEEL CHATTY & UNINHIBITED ON COCAINE, WHICH MAKES THEM OPEN UP & TALK ABOUT THINGS THEY MIGHT NOT DO NORMALLY. YOU MAY MAKE DECISIONS YOU WOULDN'T WHEN YOU'RE SOBER

COCAINE CAN INCREASE SEXUAL DESIRE. YOU MAY DO THINGS YOU REGRET THE NEXT DAY OR BE VULNERABLE TO EXPLOITATION (PEOPLE USING YOU)

PEOPLE AROUND YOU MIGHT WORRY ABOUT YOUR COCAINE USE - THIS MIGHT LEAD TO ARGUMENTS WITH FAMILY OR FALLING OUT WITH FRIENDS, WHICH COULD LEAVE YOU FEELING ISOLATED

IT'S AGAINST THE LAW TO POSSESS COCAINE SO USING IT RUNS THE RISK OF GETTING IN TROUBLE WITH THE POLICE. DEVELOPING A HABIT CAN BE EXPENSIVE & SOME PEOPLE SHOPLIFT OR START SELLING DRUGS TO PAY FOR WHAT THEY USE

COCAINE DOESN'T JUST DAMAGE THE PEOPLE WHO TAKE IT - VIOLENCE FOLLOWS IT FROM PRODUCTION TO SUPPLY - WRECKING THE COMMUNITIES IT'S GROWN IN & CONTRIBUTING TO DEFORESTATION

MOST COCAINE COMES TO THE UK FROM SOUTH AMERICA & PEOPLE ARE OFTEN FORCED TO CARRY DRUGS INSIDE THEIR BODIES AGAINST THEIR WILL (TRAFFICKED)

IT CAN BE EASY TO NOT THINK ABOUT THE ETHICAL & ENVIRONMENTAL IMPACT OF USING COCAINE

### IMPACT ON YOUR BODY

>> AS COCAINE IS A STIMULANT IT INCREASES HEART RATE & BODY TEMPERATURE WHICH CAN BE FATAL - YOU MIGHT NOTICE YOUR HEART BEATING OUT OF YOUR CHEST OR GET PALPITATIONS

>> COCAINE IS RISKY FOR ANYONE WITH HIGH BLOOD PRESSURE OR A HEART CONDITION - BUT EVEN HEALTHY YOUNG PEOPLE CAN HAVE A FIT OR A HEART ATTACK AFTER TAKING TOO MUCH

>> THE RISK OF OVERDOSE INCREASES IF YOU MIX COCAINE WITH OTHER DRUGS OR ALCOHOL. COCAINE & ALCOHOL COMBINE TO FORM A DANGEROUS CHEMICAL CALLED COCAETHYLENE WHICH IS TOXIC TO THE LIVER & MAY INCREASE THE RISK OF HEART ATTACKS

>> OVER TIME SNORTING COCAINE DAMAGES THE CARTILAGE IN YOUR NOSE THAT SEPARATES YOUR NOSTRILS. HEAVY USERS CAN LOSE THIS CARTILAGE & END UP WITH ONE LARGE NOSTRIL & A MISSHAPEN NOSE

>> TAKING COCAINE WHEN PREGNANT CAN DAMAGE YOUR BABY, CAUSE MISCARRIAGE, PREMATURE LABOUR & LOW BIRTH WEIGHT

### IMPACT ON YOUR MIND

REGULAR USE OF COCAINE CAN LEAVE YOU FEELING:

- >> DEPRESSED
- >> RUN-DOWN
- >> TIRED
- >> ANXIOUS
- >> PARANOID
- >> PANICKY

USING LOTS REGULARLY CAN LEAD TO PSYCHOLOGICAL DEPENDENCE, HYPERACTIVITY, PROBLEMS SLEEPING & WEIGHT LOSS DUE TO A DECREASED APPETITE - ALL OF WHICH CAN HAVE A NEGATIVE IMPACT ON YOUR MENTAL WELLBEING

COCAINE CAN BRING PREVIOUS MENTAL HEALTH PROBLEMS TO THE SURFACE - IF A RELATIVE HAS HAD MENTAL HEALTH PROBLEMS THERE MIGHT BE AN INCREASED RISK FOR YOU

### THE LAW

>> THIS IS A CLASS A DRUG, WHICH MEANS IT'S ILLEGAL TO HAVE FOR YOURSELF, GIVE AWAY OR SELL

>> POSSESSION CAN GET YOU UP TO 7 YEARS IN PRISON, AN UNLIMITED FINE OR BOTH

>> SUPPLYING SOMEONE ELSE, EVEN YOUR FRIENDS, CAN GET YOU LIFE IN PRISON, AN UNLIMITED FINE OR BOTH

>> LIKE DRINK-DRIVING, DRIVING WHEN HIGH IS DANGEROUS & ILLEGAL. IF YOU'RE CAUGHT DRIVING UNDER THE INFLUENCE, YOU MAY RECEIVE A HEAVY FINE, DRIVING BAN, OR PRISON SENTENCE

IF THE POLICE CATCH PEOPLE SUPPLYING ILLEGAL DRUGS IN A HOME, CLUB, BAR OR HOSTEL, THEY CAN POTENTIALLY PROSECUTE THE LANDLORD, CLUB OWNER OR ANY OTHER PERSON CONCERNED IN THE MANAGEMENT OF THE PREMISES

# COCAINE >>



## IS IT ADDICTIVE?

COCAINE IS VERY ADDICTIVE. THIS IS BECAUSE REGULAR USE CHANGES THE WAY THE BRAIN RELEASES DOPAMINE - A BRAIN CHEMICAL THAT MAKES YOU FEEL HAPPY

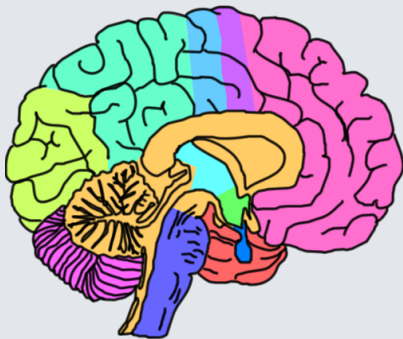
PEOPLE ENJOY THIS HAPPY FEELING & THE DESIRE TO CONTINUE EXPERIENCING IT CAN OVERRIDE THEIR AWARENESS OF THE RISKS

BECAUSE THE EFFECTS OF COCAINE DON'T LAST AS LONG AS SOME OTHER SUBSTANCES USERS CAN FEEL COMPELLED TO CONTINUE USING DOSE AFTER DOSE UNTIL THERE IS NONE LEFT IN A BINGE PATTERN

THIS SORT OF USE INCREASES THE RISK OF DEPENDENCE & BUILDING UP A TOLERANCE - MEANING YOU NEED TO TAKE MORE TO GET THE SAME EFFECTS

COCAINE IS MOSTLY KNOWN FOR CAUSING PSYCHOLOGICAL DEPENDENCE BUT USERS CAN SOMETIMES CONTINUE TO USE COCAINE JUST TO OVERCOME THE NEGATIVE AFTER EFFECTS OF USING

AFTER INHALING COCAINE IT PASSES INTO THE BLOODSTREAM & REACHES THE BRAIN WITHIN SECONDS



HOW LONG THE EFFECTS LAST & THE DRUG STAYS IN YOUR SYSTEM DEPENDS ON:

- > HOW MUCH YOU'VE TAKEN
- > YOUR SIZE
- > WHETHER YOU'VE EATEN
- > WHAT OTHER DRUGS YOU MAY HAVE ALSO TAKEN

AS A POWERFUL CENTRAL NERVOUS SYSTEM STIMULANT COCAINE CAUSES ITS EFFECTS BY DISABLING MECHANISMS

THAT MOP UP & RECYCLE THE NORADRENALIN, SEROTONIN &

DOPAMINE RELEASED IN THE BRAIN

THIS LEADS TO A TEMPORARY INCREASE IN THE AMOUNTS OF THESE NEUROTRANSMITTER CHEMICALS, WHICH STIMULATES MANY CIRCUITS IN THE BRAIN. THIS IS WHAT CAUSES THE EUPHORIA COMMONLY EXPERIENCED

DOPAMINE IS INVOLVED IN 'REWARD' PATHWAYS IN THE BRAIN, WHICH IS THOUGHT TO BE WHY COCAINE CAN BE HIGHLY ADDICTIVE.

## CRACK IS A FORM OF COCAINE NOT USUALLY USED BY YOUNG PEOPLE

LOOKS >> CRACK - SMALL LUMPS OR ROCKS THAT ARE YELLOW/WHITE & SHINY  
FREEBASE - CRYSTALLINE POWDER

SMELLS >> LIKE BURNT RUBBER OR PLASTIC

LASTS >> EFFECTS ARE ALMOST INSTANT HOWEVER THE HIGH ONLY LASTS AROUND 10 MINUTES - THE PEAK LASTS ABOUT 2 MINUTES FROM SMOKING IT

TAKEN >> SMOKING... CRACK OR FREEBASE CAN BE SMOKED THROUGH A GLASS PIPE, TUBE, PLASTIC BOTTLE OR IN FOIL

INJECTING... COKE & CRACK CAN BE PREPARED OR COOKED TO MAKE A SOLUTION FOR INJECTING



CRACK COCAINE IS VERY ADDICTIVE & PEOPLE CAN DEVELOP A DEPENDENCE QUICKLY

USING CRACK IS FAR RISKIER THAN USING REGULAR POWDER COCAINE - THE RISKS INCLUDE OVERDOSE & DEATH

CRACK USERS CAN LEAD VERY CHAOTIC LIVES



INJECTING IS MUCH MORE DANGEROUS THAN SNORTING OR SMOKING COCAINE

IT CAN DAMAGE VEINS & CAUSE ULCERS AND GANGRENE

SHARING NEEDLES OR OTHER INJECTING EQUIPMENT CAN SPREAD HIV & HEPATITIS

IT'S EASIER TO OVERDOSE FROM INJECTING COCAINE

SPEEDBALLING (INJECTING A MIXTURE OF COCAINE & HEROIN) CAN HAVE FATAL RESULTS

## THE LOWDOWN ON CRACK

# COCAINE >>



## HARM REDUCTION

**STAY COOL >>** AS COCAINE IS A STIMULANT & MAKES YOUR BODY WORK HARDER IT'S IMPORTANT TO CHILL OUT IF YOU FEEL HOT OR NOTICE YOUR HEART BEATING FAST OR ANY CHEST PAIN. SIP ON WATER TO KEEP HYDRATED

**PURITY >>** MOST SERIOUS PROBLEMS COME FROM USING A HIGH DOSE - PURITY CAN VARY FROM 2-70%. START WITH A SMALL AMOUNT OF POWDER & WAIT HALF AN HOUR TO SEE HOW YOU FEEL BEFORE TAKING MORE - EVEN IF YOU FEEL YOU'RE AN EXPERIENCED USER

**ADULTERANTS >>** THERE'S NO WAY TO KNOW WHAT'S IN A POWDER UNLESS YOU CAN GET IT TESTED. COCAINE CAN BE CUT WITH THINGS SUCH AS SUGAR OR STARCH OR BENZOCAINE, A LOCAL ANAESTHETIC THAT PRODUCES A NUMBING EFFECT SIMILAR TO COCAINE, BUT WITHOUT THE HIGH. PEOPLE HAVE DIED OR BEEN HOSPITALISED AFTER SNORTING WHITE HEROIN THINKING IT WAS COCAINE AS IT CAN EASILY BE MISTAKEN

**MIXING >>** ANY TIME YOU MIX DRUGS TOGETHER YOU TAKE ON NEW RISKS. USING OTHER STIMULANTS OR ALCOHOL IS PARTICULARLY RISKY. ALCOHOL COMBINES WITH COCAINE TO PRODUCE COCAETHYLENE WHICH CAN DAMAGE THE HEART & LIVER & MAY INCREASE SUICIDAL THOUGHTS. IF YOU'RE ON ANTI-DEPRESSANT MEDICATION THAT BOOSTS SEROTONIN YOU ARE AT GREATER RISK OF DEVELOPING POTENTIALLY FATAL SEROTONIN SYNDROME

**SNORTING >>** THE EFFECTS COME ON FASTER BUT WEAR OFF QUICKER LEADING TO YOU USING MORE & MORE - IT CAN ALSO CREATE A NASTY DRIP & TASTE TO THE BACK OF THE THROAT, & MAY DAMAGE THE LINING OF THE NOSE. REDUCE THE RISKS BY USING CLEAN STRAWS & DON'T SHARE WITH OTHER PEOPLE. ALTERNATE NOSTRILS & RINSE YOUR NOSE OUT WITH WATER AFTER YOU'VE USED. CUT COKE UP ON A CLEAN SURFACE - THE FINER YOU CUT IT THE BETTER. KEEP AN EYE ON HOW MUCH YOU ARE USING IN EACH LINE & HOW MANY YOU HAVE

**AVOID >>** YOU CAN BE AT INCREASED RISK OF BAD REACTIONS TO COCAINE IF YOU HAVE A HEART CONDITION OR HIGH BLOOD PRESSURE. IT CAN LOWER THE THRESHOLD FOR SEIZURES SO IF YOU HAVE EPILEPSY IT'S BEST AVOIDED. COCAINE CAN EXACERBATE EXISTING MENTAL HEALTH CONDITIONS

**SETTING >>** DON'T USE ALONE & KEEP AN EYE OUT FOR YOUR MATES. USE IN A SAFE AREA WHERE MEDICAL HELP CAN BE ACCESSED. BE CAUTIOUS OF PEOPLE YOU DON'T KNOW AS YOU MIGHT FEEL MORE CONFIDENT OR LOSE INHIBITIONS

**EMERGENCY >>** IF YOU OR A MATE STARTS TO FEEL UNWELL OR HAVE CHEST PAINS GO TO A CALM, QUIET PLACE. IF THEY DON'T START TO FEEL BETTER AFTER A FEW MINUTES CALL 999. DON'T DELAY - IF YOU LEAVE IT TOO LONG IT COULD BE TOO LATE!

## TIPS TO QUIT

**MOTIVATE YOURSELF >>** LOOK AT THE GOOD & BAD THINGS ABOUT USING COCAINE & MAKE A LIST. REMIND YOURSELF OF THE REASONS WHY YOU WANT TO CUT DOWN

**HAVE A PLAN >>** DO YOU WANT TO CUT DOWN OR STOP COMPLETELY? FOCUS ON YOUR GOAL & HOW YOU CAN ACHIEVE IT & REWARD YOURSELF EACH WEEK - MAYBE BUY SOME NEW CLOTHES WITH THE MONEY YOU SAVE BY NOT BUYING COCAINE

**SMALL MANAGEABLE STEPS >>** CAN YOU DELAY HAVING COCAINE, HAVE A FEW LINES LESS OR NOT USE EVERY NIGHT OUT

**KEEP A RECORD >>** AS WELL AS KEEPING TRACK OF YOUR PROGRESS A DIARY CAN HELP IDENTIFY AREAS OF HEAVY USE WHICH MIGHT HELP YOU THINK ABOUT WHAT TRIGGERS YOU TO USE

**AVOID RISKY SITUATIONS >>** IF GOING TO CERTAIN PLACES OR HANGING OUT WITH CERTAIN MATES MAKES IT MORE LIKELY YOU WILL USE TRY AVOIDING IT FOR A WHILE. IF YOU USE BECAUSE YOU FEEL STRESSED, SAD OR ANGRY LOOK FOR HEALTHIER WAYS TO DEAL WITH THOSE EMOTIONS

**COPING WITH CRAVINGS >>** CRAVINGS DON'T LAST VERY LONG. IF YOU CAN GET THROUGH THEM THE URGE TO USE WILL PASS. DISTRACT YOURSELF WITH ACTIVITIES YOU ENJOY OR TRY SOMETHING NEW - PUT OFF ACTING ON YOUR CRAVING, IT WILL GET EASIER EVERY TIME

**WITHDRAWAL SYMPTOMS >>** YOU MIGHT NOT GET ANY BUT IF YOU DO THEY WON'T LAST LONG. TAKE CARE OF YOUR BODY BY EATING & SLEEPING WELL. EXERCISE IS GREAT FOR FILLING UP YOUR TIME & INCREASING FEEL GOOD CHEMICALS IN YOUR BRAIN

**HAVE A BACK-UP PLAN >>** BE PROUD OF ANY CHANGE YOU MAKE & DON'T BEAT YOURSELF UP IF THERE ARE BACKWARDS STEPS NOW & AGAIN. WORK OUT WHAT WENT WRONG & LEARN FROM IT. IT'S NOT EASY BUT YOU CAN DO IT!

**DON'T DO IT ALONE >>** SPEAK TO FRIENDS & FAMILY ABOUT YOUR PLAN - MAYBE YOUR MATES WANT TO REDUCE TOO & YOU CAN ENCOURAGE EACH OTHER. WE ARE WITH YOU ARE HAPPY TO WORK WITH YOU TO HELP WITH ANY OF THE ABOVE - GET IN TOUCH

01743 294700

[srpinfo@wearewithyou.org.uk](mailto:srpinfo@wearewithyou.org.uk)



[wearewithyoushropshire](https://www.facebook.com/wearewithyoushropshire)



[wearewithyoushropshire](https://www.instagram.com/wearewithyoushropshire)



[@WithYouShrops](https://twitter.com/WithYouShrops)

**we are  
withyou**  
SHROPSHIRE