

**What are drugs? Drugs are natural or synthetic chemical substances which can be:**

- ® Swallowed as liquids, pills, or capsules
- ® Applied to the skin as creams, gels, or patches
- ® Injected into the bloodstream
- ® Inhaled

**Used for medical purposes drugs can:**

- ® Treat or prevent disease
- ® Lessen or eliminate pain
- ® Help people live longer, healthier lives

**When abused, accidentally or intentionally, drugs can cause:**

- ® Serious illness, injury, or death
- ® Serious financial, legal, and/or social problems

**Why do people use drugs?** Young people may start experimenting with drugs to

- ® Escape pressure at home or school
- ® Fit in with their peers
- ® Get high
- ® Rebel against authority
- ® Satisfy their curiosity
- ® Act grown up, like their parents or other adult role models

**Adults may continue to use drugs or start fresh for the same reasons**

- ® To increase energy
- ® To heighten creativity
- ® To escape problems
- ® To feel better about themselves
- ® To “fit in” socially
- ® To reduce tension

The danger of experimenting with any drug is that people can become addicted; physically and/or psychologically dependent. What started out innocently can become a habit that completely takes over and may eventually destroy the life of the user, his loved ones, and even innocent people he doesn’t even know.

**Stimulants-*Amphetamine***-(Benzedrine, Dexedrine, Methedrine)

*Nicknames*-Speed, pep pills, uppers, whites, dexies, bennies

*Medical Use*  
Curb appetite and hyperactivity; to treat sleep disorders

*Desired effect*  
Improved mental and physical performance, a greater sense of well-being and/ or self-confidence, alertness, suppressed appetite

*Hazards*-Anxiety, high blood pressure, heart palpitations, dangerous let down from fatigue, depression, tolerance, psychological dependence

***Cocaine***-Crack or rock is a dangerous, potent form of cocaine which can be smoked. It is even more addicting than cocaine in its base form

*Nicknames*-Coke, snow, flake, Big C, crack, rock

*Medical Use*-Anesthetic (rarely used today)

*Desired Effect*-Euphoria, feelings of increased strength, invincibility, heightened awareness

*Hazards*-Rapid heartbeat, deterioration of nasal tissue, malnutrition, sleeplessness, hallucination, paranoia, depression, suicidal tendencies, respiratory arrest, highly addictive, can lead to cross addictions

***MDMA***-*Nicknames*-Ecstasy, E, X, hug drug, rave, roll

*Desired effects*-Increased energy, increased intimacy with others, feelings of well-being, heightened sensations

*Hazards*-Clenched jaws, possible high fever, dehydration, severe anxiety, paranoia, potential long term brain damage

**Depressants-*Barbiturates (Phenobarbital seconal)***

*Nicknames*-Downers, barbs, blues, goofballs

*Medical Use*-Treat insomnia, high blood pressure, epilepsy, mental disorders, alleviate anxiety, sedate patients before and after surgery

*Desired Effect*-Sleepiness, decreased anxiety and tension, slowed heart rate and breathing, lowered blood pressure

*Hazards*-Slurred speech, confusion, poor judgment and coordination, wide mood swings, tolerance and psychological/physical dependence

***Tranquilizers (Valium, Librium, miltown)***

*Medical Use*-Treat emotional tension, relax muscles

*Desired effect*-Slowed heart rate and breathing, relaxation, drowsiness, personality changes

*Hazards*-Psychological and physical dependence-overdose

***Alcohol-Desired Effect***-Feeling of well-being, lowered inhibitions, relaxation

*Hazards*-Intoxication, poor coordination, slowed reflexes, slurred speech, confusion, heart and liver damage after long term abuse

**Narcotics**- (Opioids, from opium or synthetic copies)

***Morphine***-*Nicknames*-M-dreamer-Miss Emma

*Medical Use*-Relieve pain

*Desired Effect*-Relieve dull, continuous pain; drowsiness, euphoria

*Hazards*-Shallow breathing, impairment of mental and physical abilities, nausea, vomiting, in an overdose can also cause coma and respiratory arrest

***Codeine***-*Nicknames*-Schoolboy

*Medical Use* -Reduce pain, suppress coughs

*Desired effect*-Euphoria, drowsiness

*Hazards*-Apathy, disorientation, tolerance, psychological/physical dependence, malnutrition, painful withdrawal, in an overdose can cause coma, convulsions, death

***Methadone***-*Nicknames*-Dolly

*Medical Use*-Treat heroin dependency

*Desired effect*-Sense of well-being without euphoria

*Hazards*-Addiction

**Hallucinogens-LSD**-*Nicknames*-Acid, sugar, California sunshine, purple haze

*Medical use*-Treat some mental disorders and alcoholism

*Desired effects*-Increased heart rate, blood pressure, mind-expanding “trips”, colors become intense, euphoria, one with the universe

*Hazards*-Distortion of the senses, mental disorders could possibly be brought on by bad trips, nightmarish hallucinations, paranoia, violence, rapid tolerance, birth defects in abuser’s children, flashbacks weeks or months later, death from accident or suicide

***PCP***-*Nickname*-Angel dust, crystal, bad grass

*Medical use*-Anesthetic for veterinary use

*Desired effect*-Euphoria, often combined with other drugs to enhance the effect

*Hazards*-Rapid tolerance, distortion of senses, hallucinations, wild behavior, psychosis, convulsions, coma, death from accidents or suicide

Other hallucinogens (with effects similar to LSD, though less potent) ***Mescaline-psilocybin, DMT, STP***

***Cannabis*** (alters mood and perception)-Marijuana

*Nickname*-Mary Jane, weed, grass, pot ,dope

*Medical use*-Used experimentally to treat people suffering from glaucoma or to relieve severity of chemotherapy

*Desired Effect*-Feeling of well-being, intoxication, increased heart rate, appetite

*Hazards*-Depression, paranoia, drowsiness, slowed reflexes, distorted time, space, and perception; lung cancer, moderate tolerance, psychological dependence, a “gateway” drug to harsher drugs

**Inhalants-Solvents** (gasoline, paint thinner, airplane glue, lighter fluid), ***Aerosols*** (shoe polish, insecticides, spray paint, hair spray)

*Nicknames*-Poppers, huffers, sniffing

*Desired effect*-Illusions, hallucinations, intoxication

*Hazards*-Impaired judgment, mental disturbances, panic, respiratory failure, permanent brain, liver, lung damage, convulsion, death

***Anabolic Steroids-Desired Effect***-Increased strength and body weight-*Hazards*-Liver damage, high blood pressure, sterility, respiratory arrest, stroke

***Nicotine-Desired effect***-Relaxing, calming, soothing effect

*Hazards*-Shortness of breath, increased heart rate, blood pressure-physical and psychological

***Caffeine-Desired effect***-Feeling of alertness, increased energy *Hazards*-Increased blood pressure, increased stomach acid, nervousness, anxiety.

**Some people naively believe:**

**The Truth is:**

®I can use drugs when I want without getting hooked, or give them up whenever I choose.

®I am not hurting anybody else, so it doesn't matter.

®I'll fit in if I "do drugs."

® I can forget my problems with drugs.

®Drugs will enhance my life, not endanger it.

®Some people can; others get hooked after the first try and ruin their lives, others die the first "go round".

®Drug abuse can hurt friends and family members emotionally, physically, and financially. The user gradually loses interest in anything but his chosen drug and hurts loved ones by withdrawing from them, manipulating them, lying to them, stealing from them, embarrassing them, abusing them, or causing them grief in other ways through traffic accidents, family violence, and divorce. Society pays for the accidents and for the loss of productivity in the work place.

® Drugs may help a person fit in by creating a false sense of self-confidence. But when the high goes away, depression may set in. The original problem is still there.

® For a time problems may be pushed to the background but when the intoxication, euphoria, or high fade the problems are still there, maybe worse.

® Certain drugs take total control of the user. Everything-relationships, career, finances, etc.-revolve around the daily need for more and more drugs. The user loses contact with his old life and is forced to do things he never would have done to support his habit. His life is not enhanced. It is ruined, and he could end up in jail, incapacitated or dead.



## Drug Policy & Information Statement



### Policy Statement

In support of the Drug-free workplace act of 1988, 4 CFR part 85, Subpart F, Southwestern has adopted the following policy statement as condition of enrollment and/or employment:

As a condition of enrollment/employment, the unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance or alcohol is prohibited at any time.

The university will comply with all applicable legal sanctions under local, State, and Federal law for unlawful possession, use, or distribution of illicit drugs and alcohol.

The university will distribute literature describing the health risks associated with the use of illicit drugs and the abuse of alcohol.

All students/employees found in violation of this policy will be referred to the office of the Dean of Student Services.

Students/employees are required to notify their resident director/supervisor of any known criminal drug statute conviction or a violation occurring at the university no later than five days after knowledge of such conviction or violation.

The penalty for violation of any of the above statements may be termination from enrollment/employment, with referral given to the appropriate authorities for thorough prosecution.

The University will conduct a biannual review of its program to first determine its effectiveness and implement changes if they are needed; and secondly to ensure that the sanctions developed are consistently enforced.

Good news.

Help is available for the drug abuser from many sources.

Pastors, counselors or family physicians can recommend and refer the abuser to treatment programs like Teen Challenge, which work on getting to the root of a person's problem-what caused them to turn to drugs in the first place-to permanently end the pattern of abuse and help them begin a new life.

The best course of action for someone who's never experimented with drugs is to stay away from them. For someone who has experimented without negative results, the best policy is to leave them alone in the future. For someone who's crossed the line from experimentation into addiction, the best choice is to seek professional help. There is hope!

Southwestern A/G University, in accordance with high Christian standards of living, is committed to maintaining a drug-free environment.

Effects of drug abuse vary from one person to another, but the truth is that abusing drugs is dangerous and costly.

