



Questions kids might have about drugs:



DRUGS
*are not
child's play*

What are drugs?

Drugs are substances that change the way people feel, think and behave.

What is the difference between medicines and drugs?

People take medicines if, for example, they have a headache or an illness like bronchitis. Medicines are legal, which means that you can get them through a doctor or buy them in a supermarket or a pharmacy. But when people use drugs, they are generally healthy and do so to forget their problems, feel happy and stay awake longer, among other things. Drugs are illegal, which means that if you get caught, the police will be involved and you might face criminal charges.

What do drugs look like?

Drugs are usually pills or powder, often white or light brown, but can also be plants, drinks or oils.

How do you take drugs?

In different ways. Drugs are smoked in a cigarette (such as marijuana), snorted through the nose (such

as cocaine), injected using a syringe (heroin) or taken as pills, sometimes mixed in drinks (amphetamines, ecstasy).

Are drugs dangerous?

Drugs can be very dangerous because people react differently to them. One person might use a drug and be fine, while a friend who tries the same drug might get very ill. Also, some people who use drugs become addicted, which means that they want to use drugs all the time.

What do drugs do to your body?

The effect is different from one drug to another. Marijuana often makes people who use it feel more relaxed. Amphetamines and ecstasy give users a lot of energy. Cocaine makes users very happy. And while this might sound nice, it does not last long. Many people get depressed and lonely afterwards and start feeling sick. Also, people who use drugs often seem confused, have red eyes, sweat a lot and do not care about how they look or smell.

What do you do if someone you know takes drugs?

You should tell a grown-up you trust—your parents, your teacher or someone else.