



# Clubber

The Essential  
Clubber's Guide to  
Drugs & Staying Safe

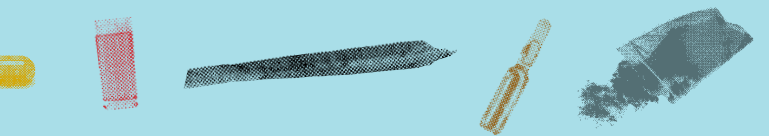




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**Millions of people all over the UK go clubbing, many using a range of legal and illegal drugs.**

Some to speed you up, some to slow you down and some just to get you as far off your head as possible. But there are risks involved in using any drug.



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Drugs can act in different ways depending on the type of substance, where you are and how you are feeling. Add that to the constant flow of new and emerging drugs coming onto the scene and extra care has to be taken.

This booklet will help guide you through some of the potential problems of a night or weekend of clubbing and provide tips on how to reduce the risks and stay as safe as possible.

# DRUGS

This section contains information on the most commonly used club drugs, split into three categories based on their effects – uppers, spaced and downers.

But remember, the effects of drugs can vary depending on how much you have taken, what is actually in the drugs, and any other drugs you may have taken.

## Pill testing kits

Pill testing kits should be viewed with caution. Although they can detect certain chemicals, they cannot tell you how much of the chemical is in the pill (dose), or what other drugs may

## UPPERS



### :: ECSTASY (MDMA)

Type: Stimulant/Psychedelic  
Effects: Feelings of empathy, closeness to other people, extra energy and a loved-up feeling.  
Problems: Anxiety, depression, insomnia, dehydration, loss of appetite.  
Form: Tablet, capsule and powder.  
Law: Illegal Class A drug.  
Caution: Ecstasy raises body temperature to dangerous levels. Stay hydrated and take breaks.

### :: COCAINE

Type: Stimulant.  
Effects: Quick and euphoric rush, increased confidence, extra alertness.  
Problems: Anxiety, depression, insomnia, paranoia. Prolonged use can lead to dependence and snorting can damage the lining of your nose.  
Form: Powder.  
Law: Illegal Class A drug.



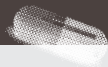
*The strength of ecstasy can vary widely. Some pills have been tested this year (2016) that contain three times as much MDMA as previously. This is not a good thing! Most of the hospitalisations - and even deaths - have been caused by these super-strong tablets. If you are determined to take a tablet, start with a quarter or a half and wait for an hour or so to see how strong it is*

be in there. Because a pill tests positive for the chemical you were hoping for, it does not make it safe.

### Snort it or eat it?

Snorting drugs will cause the effects to start within a very short time and with a higher intensity, but wear off relatively quickly. Eating your drugs, pills or powder, means the effects will come on much slower and steadier, but last for a longer period with much less of a crash at the end.

Passing around noses or straws for snorting drugs can pass around germs like hepatitis and other blood-borne viruses. Keep your nostrils healthy by flushing out your nose with clean water at the end of each session.



### :: SPEED (AMPHETAMINE)

Type: Stimulant.  
Effects: Euphoric rush.  
Increased alertness and extra energy.  
Problems. Headaches, itchy skin (known as formication), anxiety, psychosis, loss of appetite.  
Form: Powder.  
Law: Illegal Class B drug.

### :: POPPERS

Type: Stimulant.  
Effects: Rush to the head, dizziness, light headed.  
Problems: Headaches and nausea.  
Form: Liquid.  
Law: Legal to possess.  
Caution: Poppers are toxic and can also burn the skin. Be careful in a crowded club, you can accidentally swallow them or spill them onto your skin.  
Can compromise your immune system.  
Shouldn't be used in combination with Viagra.

## :: CANNABIS

- Type: Psychedelic.
- Effects: Euphoria, relaxation, changes in perception, enhancement of senses.
- Problems: Damage to airways and lungs if smoked, anxiety and sometimes panic, paranoia.
- Form: Dried herbs or a solid block of resin.
- Law: Illegal Class B drug.

## :: MUSHROOMS

- Type: Psychedelic.
- Effects: Visual, audio and time distortions, euphoria, spiritual experiences.
- Problems: Nausea, anxiety and sometimes panic, paranoia.
- Form: Fresh or dried mushrooms.
- Law: Illegal Class A drug.

## KETAMINE

- Type: Psychedelic.
- Effects: Visual, audio and time distortions, increased energy, feelings of spirituality, an increased heart rate, out of body experiences.
- Problems: Nausea, confusion, anxiety, sometimes panic, paranoia, loss of coordination, accidents, unconsciousness.
- Form: Powder, sometimes in tablets.
- Law: Illegal Class B drug.
- Caution: Ketamine can further damage the liver of anyone using protease inhibitors to treat HIV or Hepatitis. Ketamine has been linked to bladder problems. Symptoms include an increased need to urinate, pain when doing so and passing blood. Long-term users can suffer from abdominal pain known as 'K-Cramps'.



## :: ALCOHOL

- Type: Depressant.
- Effects: Relaxation, talkative, increased confidence and sociability.
- Problems: Dizziness, loss of coordination, confusion, aggression and violence, poisoning, addiction, accidents, anti-social behaviour, increased risk of sexually transmitted infections or unplanned pregnancies.
- Form: Liquid.
- Law: Illegal to drive while under the influence.

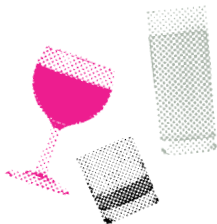
## :: BENZODIAZEPINES

*(Valium, Mogadon, Librium, etc.)*

- Type: Depressant.
- Effects: Relaxation, reduced stress and anxiety, drowsiness and sleep.
- Problems: Drowsiness, forgetfulness and confusion. Strong risk of dependence with regular use.
- Form: Tablets.
- Law: Illegal Class C drugs without a prescription

## :: GHB & GBL

- Type: Depressant/  
Psychedelic.
- Effects: At low doses similar to alcohol, relaxation, increased sociability, dizziness.
- Problems: The wrong dose, which can happen by only increasing what you use by a small amount, can cause vomiting, muscle spasms and unconsciousness.
- Caution: Those on HIV or hepatitis meds should seek specialist advice before using GHB or GBL.  
Never swallow GBL undiluted, it will burn your mouth/throat.
- Form: Liquid.
- Law: Illegal Class C drug.



# OTHER DRUGS

These are relatively new drugs which have become controlled substances under the Misuse of Drugs Act (1971)

## :: MEPHEDRONE (and all Cathinone derivatives)

Type: Stimulant.  
Effects: Euphoric rush, increased alertness and extra energy.  
Problems: Headaches, anxiety, psychosis, loss of appetite. Long-term health effects are unknown. Excessive or long-term use can lead to depression.  
Form: Powder.  
Law: Illegal Class B drug.

## :: MEXXY

Type: Psychedelic.  
Effects: Similar to Ketamine.  
Problems. Nausea, confusion, anxiety, sometimes panic, paranoia, loss of coordination, accidents, unconsciousness.

Form: Usually in white powder form, but may be found in tablets  
Law: Illegal Class B drug.

## :: MDPV, NRG1 (and Pyrovalerone derivatives)

Type: Stimulant.  
Effects: Euphoric rush. Increased alertness and extra energy.  
Problems: Headaches, anxiety, psychosis, loss of appetite. Long-term health effects are unknown. Excessive or long-term use can lead to depression.  
Form: Powder.  
Law: Illegal Class B drug.





## :: SYNTHETIC CANNABINOIDS (Spice, Mamba etc.)

- Type: Psychedelic.
- Effects: Euphoria, relaxation, changes in perception, enhancement of senses.
- Problems: Damage to airways and lungs if smoked, anxiety and sometimes panic, paranoia.
- Form: Organic matter sprayed with synthetic cannabinoids, to mimic the effects and appearance of skunk type substances.
- Law: Synthetic cannabinoids, like Spice or Black Mamba are illegal class B drugs, like cannabis.

### Caution:

As with all drugs, start low and slow. The only safe dose is none at all. Everyone's tolerance is different. The pill or powder you have bought may not be what you think. Many of the new and emerging substances will deteriorate and change colour on contact with air, making it difficult to identify what they are. So give it time to work - taking more could lead to an overdose.

Read up on any new names for drugs you hear about. Most will be sold using brand names, but try to find out what the chemical name of the drug is and check it out on the web using forums or sites like [www.wikipedia](http://www.wikipedia) or [www.erowid.org](http://www.erowid.org) which usually contain solid information.

You can never be sure of the content, strength or purity of any illegal drugs or legal highs. Even if your supply is from a trusted source, it could have been mixed with various other substances as it passes through the supply chain.



# BEFORE THE CLUB

## :: Pre-club drinks

Mixing alcohol with drugs is dangerous. If you must drink, try and stick to drinks with a low percentage of alcohol. Avoid the high-strength lagers, shots and spirits. Alternate your drinks with soft drinks, fruit juice or lemonade.

## :: Drugs and the law

Under a new law, all psychoactive substances (i.e. drugs) are illegal - apart from alcohol, tobacco, and caffeine. So if it doesn't look like booze, fags, or coffee, the police can pull you. So

is picking up drugs for yourself and your mates to share.

If you are stopped by the police and tell them the drugs are for you and your mates, that would be considered possession with intent to supply, a very serious offence.

If you are in a car in which the police find drugs and no one claims ownership, everyone in the car could be charged with possession or supply.

*All psychoactive substances (i.e. drugs) are illegal - apart from alcohol, tobacco, and caffeine...*

## :: On the door

Many clubs insist on a search. You can refuse, but the club also has the right to refuse you entry.

Only the outside of clothes, pockets and bags can be searched. The search must be conducted by a member of staff of the same sex. They cannot search inside clothes without your permission and can never conduct intimate searches, such as inside underwear or strip-searches.

Necking all your drugs at once to get around the search is dangerous, you could also still be standing in the queue when your drugs start to

come up. Make sure you bring some warm clothes for waiting in the queue and for going home.

Don't buy drugs in the club. You can't be sure what you are buying in a dark club if you are off your face.

# IN THE CLUB

## :: Look after each other

Know what drugs your mates have taken so you can tell the medical staff

if they are

taken ill.

If anyone starts to have a bad

trip, take

them somewhere quiet

and reassure them it's just

the effects of the drugs

and the feelings will wear

off.

Don't let a friend leave with strangers. Try to find out who they are and where they are going first.

## :: Getting caught with drugs in the club

Any club that allows its premises to be used for the consumption of drugs can be closed down. So it's not surprising they keep a close eye on what's going on inside. If you are going to blatantly snort powders and neck tablets you will be well on

*Know what drugs your mates have taken...*

top. If you are lucky, you will only have your drugs confiscated and have a very long wait outside the club for your mates to come out, rather than ending up with a criminal record.

## :: Uppers and heatstroke

### (Hyperthermia)

Uppers can raise your body temperature and decrease the release of heat by constricting blood vessels near the skin, combined with physical exertion it can cause your body to overheat. If it reaches extreme levels it can permanently damage your organs or prove fatal.

Signs of heatstroke are:

- > Headaches
- > Dizziness
- > Hot dry skin
- > Nausea (this can also be caused by your drugs starting to kick in)

If you start to feel ill stop what you are doing, get some fluids and take some time out. Go to the chillout area and try and get some fresh air. If the symptoms don't improve, get medical help straight away.

### ⚡ **Water Intoxication (hyponatraemia)**

While it is important not to become dehydrated when out clubbing, taking on too much fluid can also cause its own problems. It can upset the balance of sodium in your body and cause your brain to swell, which is extremely dangerous.

You should try to sip about a pint of fluid an hour. Try to include some fruit juice or Isotonic sports drinks.

### ⚡ **Mixing drugs**

Mixing drugs is dangerous as the effects of the two drugs together are

unpredictable. Your body can only process so much at once. Putting extra pressure on it by asking it to do too much can lead to a dangerous build-up of drug levels in your body which could have serious consequences.

If you drink alcohol and take cocaine, your body produces a third substance called Cocaethylene. This is highly toxic and can cause heart problems.

Mixing alcohol or prescription drugs with illegal drugs is asking for trouble.

Those on HIV or hepatitis meds should seek specialist advice before using GHB/GBL or Ketamine. They can cause serious interactions with prescribed medication.

# ▶ AFTER THE CLUB

## ⚡ Driving home

It's simple – DON'T DRIVE IF YOU HAVE BEEN TAKING DRUGS! They affect your vision, coordination, concentration, perception and spatial awareness, and reaction times. You will be affected for a long time after you have taken drugs.

It's illegal to drive if either:

- you're unfit to do so because you're on legal or illegal drugs
- you have certain levels of illegal drugs in your blood (even if they haven't affected your driving)

The police can stop you and use a roadside drug kit if they think you've been using drugs. If convicted, the penalties are:

- a minimum 1-year driving ban
- an unlimited fine
- up to 6 months in prison
- a criminal record

Your driving licence will also show you've been convicted of drug driving. This will last for 11 years

## ⚡ Sex and Viagra

Some drugs give you a loved-up feeling and increase sexual desire, but can also make it difficult to get an erection. Some of you may consider using Viagra or another anti-impotence drug to try and overcome this. But combining uppers (ecstasy, speed or cocaine) with Viagra can have an increased effect on body temperature, blood pressure and heart rate. Using Poppers with Viagra can also compromise your immune system, increasing the risk of sexually transmitted infections. Poppers are dangerous for anyone with chest or heart problems, anaemia or glaucoma.

Viagra's ability to prolong sex increases the risk of breaks in the skin, increasing the risk of passing on sexually transmitted infections. Always carry condoms and use them.

## :: Handling the come-down

The best way to ensure a bad come-down is to take more drugs or drink alcohol. You won't get any higher, but you will regret it later on. Taking downers to ease the landing will only put off the inevitable for a few hours.

When you get back from the club, try to resist the temptation

to keep the party going by taking more drugs. Treat it as a different part of the experience. This is the best time of the night. Relax. Change into fresh, loose-fitting clothes. Turn the lights down low. Put on some chilled tunes. Get a cup of tea - the best come-down drug there is! Crash on the sofa and chat with your friends. Chill out.

*Keep clubbing as a special weekend treat...*

## :: Look after yourself

If you enjoy going clubbing, and want to continue doing it, be good to yourself. Don't drink or do drugs through the week. Get plenty of rest and sleep. Eat well. A healthy, balanced diet through the week is

like putting money in the bank to spend at the weekend. Stay fit. Walking, swimming or sports will strengthen your

heart and lungs, vital if you want to do the full aerobic workout on the dance floor. Keep clubbing as a special weekend treat, don't let it take over your life. The more varied social life you have outside the club nights will make those sessions all the more enjoyable. Clubbing is great, but it's not the top and bottom of everything. Enjoy life. The more you have going on in your life, the more special your night's clubbing will become.

# OVERDOSE

Using any drug carries risk. These risks increase if you are mixing drugs or combining them with alcohol, and can result in an overdose. This can still happen even some time after you have taken the drugs.

The symptoms for people who are overdosing on uppers or downers are different but some people can display symptoms of both.

## OVERDOSE SYMPTOMS CAN INCLUDE

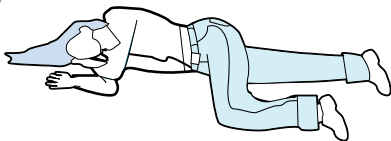
:: **Uppers** - Chest pain or tightness, shortness of breath, hot to the touch and red in the face, sudden collapse.

:: **Downers** - Looks pale, blue lips, shortness of breath, sudden collapse, not waking in response to stimuli, snoring deeply (this is a sign of difficulty breathing, not deep sleep).

If this happens in a club, take them to a cool quiet place and get help straight away, most clubs will have a designated first aider who will help them until an ambulance arrives.

If it happens away from the club, put them in the recovery position and call an ambulance, you do not have to give your name, and the police have a policy of not attending overdose calls, unless there is any danger to the medical staff, a death, or child safety issues.

Always tell the medical staff who attend what drugs they have taken, and if possible give samples to the medical staff this could save someone's life.



These organisations and websites can provide further drug information and advice.

## **TheSite.org**

TheSite.org provide fact sheets and articles on all the key issues facing young people, including drugs and alcohol.

[www.thesite.org](http://www.thesite.org)

## **Release.org.uk**

Release is the national centre of expertise on drugs and drugs law - providing free and confidential specialist advice to the public and professionals.

[www.release.org.uk](http://www.release.org.uk)

## **Addaction**

UK - wide treatment agency, helping individuals, families and communities to manage the effects of drug and alcohol misuse.

[www.addaction.org.uk](http://www.addaction.org.uk)

## **Urban 75**

A resource for people who want to access drug information and make their own, informed decisions.

[www.urban75.com](http://www.urban75.com)

## **Bluelight**

Open information and discussion boards and forums about drugs and harm reduction.

[www.bluelight.ru](http://www.bluelight.ru)

## **Talk to Frank**

National drugs awareness site for young people and parents/carers.

[www.talktofrank.com](http://www.talktofrank.com)

Helpline 0800 77 66 00