



Amphetamine

- Amphetamine is a man-made chemical, also known as speed and whizz.
- Appears as a white/yellowish powder.
- It is a stimulant which can make you feel confident, talkative and energetic.
- Can cause strain on your heart and make you feel anxious and depressed. Tolerance to amphetamine can build up, so you need to take more to feel the same effect.
- It is a Class B drug. Illegal to have, sell or give away.

Mephedrone

- Mephedrone, also known as M-cat, bubble, meow meow, is a man-made chemical similar to amphetamine.
- It is usually a white or off-white powder, found in tablets, capsule or powder form.
- It is a stimulant which can make you feel alert, confident and talkative.
- Can cause anxiety, panic attacks, irregular heartbeat. It raises blood pressure, which can put additional strain on the heart and can become habit-forming.
- It is a Class B drug. Illegal to have, sell or give away.

Cannabis

- Cannabis comes from a plant called Cannabis Sativa.
- It is normally smoked, rolled with tobacco in cigarette papers, or using a pipe or bong, it comes in a brown block called hash (the resin scraped from the plant), or the dried flowers of the plant, known as grass or weed.
- Cannabis makes you feel relaxed, trippy, tired and sleepy. But can also make you feel edgy, anxious and frightened.
- Smoking cannabis mixed with tobacco can cause lung damage and cancer.
- It is a Class B drug. Illegal to have, sell, grow or give away.

Alcohol

- Alcohol is a chemical produced by brewing grains or fruits, with water, sugar and yeast.
- It comes in various forms such as lager, wine, cider or vodka. The amount of alcohol in a drink is measured in units, which are found on alcohol packaging. Different drinks have different numbers of units.
- It slows down your brain which, in small amounts, can make you feel relaxed and sociable.
- Too much alcohol can damage your health and lead to addiction. Drinking large amounts quickly, can result in unconsciousness and sometimes death.
- It is illegal to attempt to buy, attempt to buy, or sell to anyone under the age of 18.

Tobacco

- Tobacco is the chopped up leaves of the Nicotina plant, which are usually rolled into cigarettes.
- It is a stimulant which makes your heart pump faster, increasing your blood pressure.
- Tobacco contains nicotine which is addictive.
- It contains thousands of chemicals, some of which will increase your chances of developing cancer and heart disease or having a stroke.
- Tobacco is legal but illegal to sell or give to anyone under 18.