

KNOW THE SIGNS

Know the Signs.

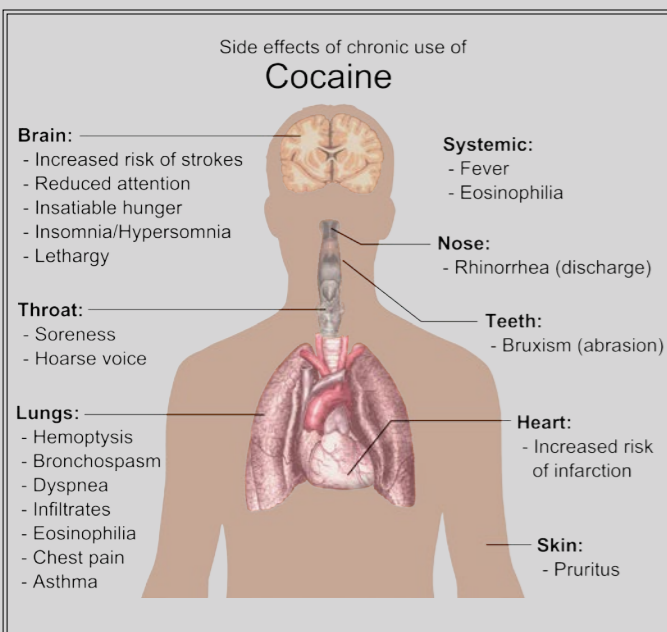
How can you tell if a friend is using cocaine? Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be using cocaine or other illicit drugs:

- Red, bloodshot eyes
- A runny nose or frequent sniffing
- A change in groups of friends
- Acting withdrawn, depressed, tired, or careless about personal appearance
- Losing interest in school, family, or activities he or she used to enjoy
- Frequently needing money

Stay in control.

Cocaine impairs your judgment, which may lead to unwise decisions around sexual activity. This can increase your risk for HIV/AIDS, other diseases, rape, and unplanned pregnancy.

Look around you. The vast majority of teens aren't using cocaine.



HOW TO HELP



What can you do to help someone who is using cocaine?

Be a real friend. "Save a life". Encourage your friend to stop or seek professional help. For information and referrals, call the National Drug Council at 949-9000.

The bottom line:

If you know someone who has a problem with cocaine/crack cocaine, urge him or her to stop or get help. If you use it—stop! The longer you ignore the real facts, the more chances you take with your life. It's never too late. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust.



WHERE TO FIND HELP



Supporting Agencies

National Drug Council
345.949 9000
email: info@ndc.ky

Cayman Counselling Services - Terry Delaney
Ph: 345.526.1378 or 345.956.5713
email: terrydcayman@gmail.com

Department of Counseling Services
Ph: 345.949.8789
email: counseling.services@gov.ky

The Wellness Centre
345.949.9355
email: info@wellnesscentre.ky



Unit 17 & 18 Caymanian Village
P.O. Box 10007 Grand Cayman KY1-1007
Tel: 345-949-9000 info@ndc.ky www.ndc.ky

Get the facts.....

COCAINE



TIPS FOR TEENS

Slang - Coke, Dust, Toot, Snow, Blow, Sneeze, Powder, Lines, Rock (Crack)



THE TRUTH ABOUT COCAINE

Get the Facts...

Cocaine affects your brain. The word “cocaine” refers to the drug in both a powder (cocaine) and crystal (crack) form. It is made from the coca plant and causes a short-lived high that is immediately followed by opposite, intense feelings of depression, edginess, and a craving for more of the drug. Cocaine may be snorted as a powder, converted to a liquid form for injection with a needle, or processed into a crystal form to be smoked.

Cocaine affects your body. People who use cocaine often don't eat or sleep regularly. They can experience increased heart rate, muscle spasms, and convulsions. If they snort cocaine, they can also permanently damage their nasal tissue.

Cocaine affects your emotions. Using cocaine can make you feel paranoid, angry, hostile, and anxious, even when you're not high.

BEFORE YOU RISK IT

Cocaine is addictive. Cocaine interferes with the way your brain processes chemicals that create feelings of pleasure, so you need more and more of the drug just to feel normal. People who become addicted to cocaine start to lose interest in other areas of their life, like school, friends, and sports.

Cocaine can kill you. Cocaine use can cause heart attacks, seizures, strokes, and respiratory failure. People who share needles can also contract hepatitis, HIV/AIDS, or other diseases.

Before You Risk It. Know the law. Cocaine—in any form—is illegal.

Stay informed. Even first-time cocaine users can have seizures or fatal heart attacks.

Know the risks. Combining cocaine with other drugs or alcohol is extremely dangerous. The effects of one drug can magnify the effects of another, and mixing substances can be deadly.

Be aware. Cocaine is expensive. Regular users can spend hundreds and even thousands of dollars on cocaine each week.



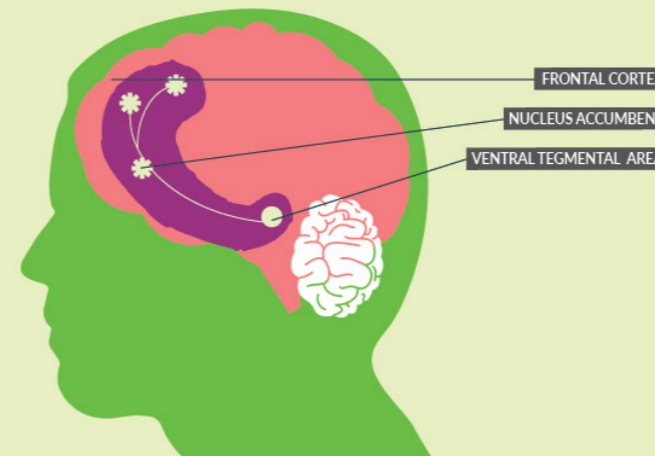
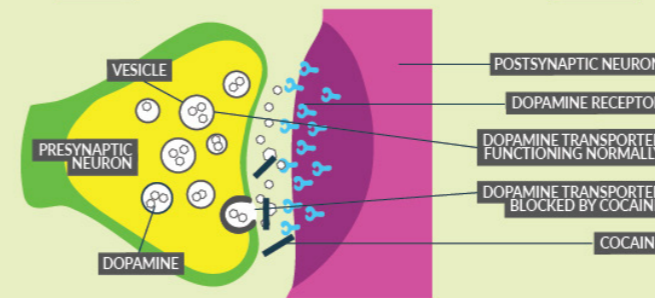
EFFECTS ON YOUR BRAIN

LONG TERM EFFECTS OF COCAINE ADDICTION

WHAT IS ADDICTION?

ADDICTION = The uncontrollable urge to use cocaine, despite negative consequences to home, work, or social life. Addictive behaviors related to cocaine use often lead to crime. But cocaine addiction is treatable.

MECHANISM OF COCAINE ACTION



- 1 Cocaine interferes with the reabsorption process of catecholamines.
- 2 Cocaine blocks dopamine pumping dopamine back into the transmitting neuron.
- 3 Nerve synapses flood with dopamine.
- 4 Users experience intense euphoria followed by a "crash" when dopamine levels are depleted.

EFFECTS OF COCAINE

ADVERSE EFFECTS OF COCAINE

BEHAVIOR



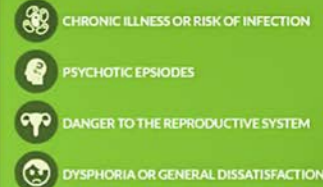
BODY RESPONSES



BRAIN



GENERAL HEALTH



PSYCHOLOGY



WORK



RELATIONSHIPS



SEX AND SEXUALITY

