

<b>Drug:</b> Cocaine	<b>Effect:</b> Reaches the brain quickly which makes it highly addictive
<b>Drug:</b> Cocaine	<b>Effect:</b> Can make you feel very confident, alert, and awake
<b>Drug:</b> Cocaine	<b>Effect:</b> Can also make you over-confident, arrogant, aggressive and cause you to take careless risks
<b>Drug:</b> Cocaine	<b>Effect:</b> When effects wear off it leads to comedown where the person feels depressed (this can last for days)
<b>Drug:</b> Cocaine	<b>Effect:</b> It can lead to anxiety, paranoia and panic attacks
<b>Drug:</b> Cocaine	<b>Effect:</b> Increases the heart rate which can lead to a heart attack or heart failure
<b>Drug:</b> Cocaine	<b>Effect:</b> Reduces your appetite
<b>Drug:</b> Cocaine	<b>Effect:</b> Snorting cocaine damages the cartilage which separates the nostrils (heavy users have been known to lose this altogether ending up with one big nostril)
<b>Drug:</b> Cocaine	<b>Effect:</b> Smoking cocaine can cause breathing problems
<b>Drug:</b> Cannabis	<b>Effect:</b> Can make you feel happy and relaxed
<b>Drug:</b> Cannabis	<b>Effect:</b> Can also make you hallucinate (meaning that you see, hear or feel things differently to normal and which aren't real)
<b>Drug:</b> Cannabis	<b>Effect:</b> Can make your memory worse
<b>Drug:</b> Cannabis	<b>Effect:</b> Can make it difficult to concentrate (in young people it affects their ability to learn)
<b>Drug:</b> Cannabis	<b>Effect:</b> Can make you very anxious and paranoid
<b>Drug:</b> Cannabis	<b>Effect:</b> Can lead to serious, long term mental health problems including paranoia, panic attacks and anxiety
<b>Drug:</b> Cannabis	<b>Effect:</b> Existing mental health problems like schizophrenia are made worse as a result of use.
<b>Drug:</b> Cannabis	<b>Effect:</b> Affects blood pressure – can make it too high or too low
<b>Drug:</b> Cannabis	<b>Effect:</b> Can make you feel sick
<b>Drug:</b> Cannabis	<b>Effect:</b> Can increase your appetite and make you very hungry
<b>Drug:</b> Cannabis	<b>Effect:</b> Increases the heart rate
<b>Drug:</b> Ecstasy	<b>Effect:</b> Can make you feel more alert
<b>Drug:</b> Ecstasy	<b>Effect:</b> Heightens senses – such as sounds and colours.
<b>Drug:</b> Ecstasy	<b>Effect:</b> Develop feelings of love and affection for friends or strangers
<b>Drug:</b> Ecstasy	<b>Effect:</b> Can cause depression, anxiety, panic attacks, paranoia or psychosis
<b>Drug:</b> Ecstasy	<b>Effect:</b> Can produce brain lesions – a form of brain damage
<b>Drug:</b> Ecstasy	<b>Effect:</b> Body temperature rises which can lead to severe dehydration

<b>Drug:</b> Ecstasy	<b>Effect:</b> Low blood pressure
<b>Drug:</b> Ecstasy	<b>Effect:</b> Muscles tighten
<b>Drug:</b> Ecstasy	<b>Effect:</b> Heart rate increase
<b>Drug:</b> Ecstasy	<b>Effect:</b> Can lead to liver failure (where the organ stops working because it is so damaged)
<b>Drug:</b> Ecstasy	<b>Effect:</b> Can cause acute respiratory distress syndrome (lungs become inflamed as the air sacs (alveoli) are damaged so the gas exchange between oxygen and carbon dioxide decreases)
<b>Drug:</b> Heroin	<b>Effect:</b> Gives users feeling of warmth and well-being
<b>Drug:</b> Heroin	<b>Effect:</b> Bigger doses can make user feel sleepy or relaxed
<b>Drug:</b> Heroin	<b>Effect:</b> Overdoses can lead to a coma as result of damage to the brain
<b>Drug:</b> Heroin	<b>Effect:</b> Highly addictive so users become dependent very quickly
<b>Drug:</b> Heroin	<b>Effect:</b> Can cause respiratory failure (where you stop breathing)
<b>Drug:</b> Heroin	<b>Effect:</b> Sharing needles can risk spreading viruses
<b>Drug:</b> Heroin	<b>Effect:</b> Can lead to gangrene (death of body tissue)
<b>Drug:</b> Alcohol	<b>Effect:</b> Prevents blood clots in arteries
<b>Drug:</b> Alcohol	<b>Effect:</b> Can cause you to lose control of speech
<b>Drug:</b> Alcohol	<b>Effect:</b> Causes memory loss
<b>Drug:</b> Alcohol	<b>Effect:</b> Can increase aggressive and violent behaviour
<b>Drug:</b> Alcohol	<b>Effect:</b> Can cause high blood pressure
<b>Drug:</b> Alcohol	<b>Effect:</b> Can lead to addiction and withdrawal (the symptoms of which can be fatal)
<b>Drug:</b> Alcohol	<b>Effect:</b> Can lead to stomach cancer
<b>Drug:</b> Alcohol	<b>Effect:</b> Can lead to liver damage or cirrhosis (liver failure)
<b>Drug:</b> Alcohol	<b>Effect:</b> Can increase good cholesterol when taken in small amounts