

# STIMULANTS

## In Order of Commonality



**Adderall-** A drug intended to help children with attention disorders, Adderall has become the poster child of prescription drug abuse among teens. Adderall is the most popular study aid drug, which is sought out to increase focus and energy levels on exam days and for all-night sessions. Adderall has also been growing in popularity at parties. Also known as Addys, Uppers, Beans, Black Beauties, Speed, Lift Kit, Dexies, Study Buddies, Smart Pills, Zing, Pep Pills, etc.



**Ritalin-** A slightly less common, but equally dangerous relative of Adderall. Most teens get Ritalin from classmates, or from their doctor after faking the symptoms of ADHD. A 2015 report revealed 5 million students in the US have abused Ritalin or Adderall; a 33% increase from 2010. This drug is also known as Vitamin-R, R-Ball, Rids, Rit, Diet Coke, Kiddie Cocaine, Kiddie Coke, Skippy, Pineapple, Kibbles and Bits, Skittles, Smarties, Poor Man's Cocaine, etc.



**Synthetic Marijuana-** This product began selling in the 2000s, after it bypassed drug laws by using a mishmash of legal chemicals and being sold all "herbal incense". When smoked, the high from these chemicals can mimic that of marijuana; but more often users report feelings of aggression, hallucinations, and psychosis, mimicking the effects of schizophrenia. Common street names include Skunk, Black Magic, Spice, Hulk, K12, Kronic, Kush, Genie, Joker, Zohai



**Methamphetamine-** This stimulant is nearly 3 times as powerful as cocaine with a high that lasts for hours followed by a debilitating crash. Meth increases alertness, concentration and energy, elevates mood, and creates a false sense of well-being; increasing risk taking behaviors. Addiction is not uncommon after the first use. Street names include meth, crystal, Cristy, Tina, Crank, Crissy, Tweak, Glass, Ice, Shards, Go, Whizz, Chalk



**Cocaine-** A white powder that causes short bursts of energy and euphoria. A cocaine high fades quickly leaving users craving another hit, often turning casual teen cocaine abuse into a lasting addiction. Approximately 5% of 12th graders have tried cocaine at least once. 17% of teens that try this illicit substance become dependent on the drug. Common names are Coke, Blow, Rock, Crack, Yayo, Snow, Goo Goo, Booger Sugar, Sniff, Nose Candy, Bernice, Flake, etc



**Ecstasy (MDMA)-** The go-to club drug for young people, Ecstasy causes a surge in euphoria and increased energy. Ecstasy also increases the heart rate, affects mood, and triggers the release of dopamine and serotonin that likely causes the emotional closeness, elevated mood, and empathy felt by users. Effects last approximately 3-6 hours. Slang terms include X E, XTC, Molly, Rolls, Hug, Hug Drug, Love Drug, Lover's Speed, Adam, Clarity, etc.



**LSD and Mushrooms-** Use of these substances leads to an altered sense of space and time, hallucinations, and euphoria. While hallucinogenic mushrooms resemble regular mushrooms, LSD is a clear, odorless liquid on a square similar to a postage stamp, or absorbed into sugar cubes. LSD street names include Acid, Lucy, Cid, Trip, Tabs, Yellow Sunshine, Dots, Superman. Alternate names for mushrooms are Shrooms, Mushies, Caps, Buttons, Boomers.

# DEPRESSANTS

## In Order of Commonality



**Alcohol-** The most common depressant used by children and teens, alcohol consumption can begin as early as age 6-7. Alcohol use is characterized by distorted vision, hearing and coordination, altered perceptions and emotions, impaired judgement, which can lead to accidents, drowning, and other risky behaviors like unsafe sex. This is particularly hazardous for children and teens who have less problem solving and decision-making experience.



**Marijuana-** One of the most popular illicit drugs among teens. When smoked, marijuana releases a THC, a potent psychoactive chemical. Users feel relaxed, have heightened senses, increased appetite, and experience euphoria. Marijuana can also cause paranoia, impair motor functions and is highly addictive. Common names include Weed, Pot, Hash, Bud, Dab, Drough, Grass, Trees, Reefer, Herb, Mary Jane, Ganja, Hemp, Dope, Chronic, Purple Haze, Kush, etc.



**Inhalants-** One of the most resourceful ways teens get high is by breathing in gas, household cleaners, markers, and other random objects. When using an inhalant, some of the contents are often emptied onto a rag or into a bag, and it is then breathed in- this is called huffing. Huffing causes lightheadedness and a very brief feeling of euphoria. Street names include Huff, Poppers, Whippets, Nitrous, Laughing Gas, Moon Gas, Bold Rush, Air Blast, Oz, Discorama, etc



**Cough Medicine-** Know as “robotripping”, drinking cough medicine with DXM causes a woozy type of high with effects such as euphoria, auditory changes, and altered consciousness. Common terms associated with the abuse of cough medicine are Dexies, Drex, Robo, Red Devils, Poor Man’s Ecstasy, Orange Crush, Tussin Velvet, Triple C, and Sizzurp, or purple drank, which consists of cough syrup with codeine, soda, and Jolly Ranchers.



**Xanax-** An anti-anxiety medication. Similar drugs include Valium, Klonopin and Ativan. Effects of taking these anti-anxiety medications include relaxation, drowsiness, and feelings of intense well-being. Between 2011 and 2015, the number of ER visits related to Xanax or similar prescriptions drugs nearly doubled. These drugs are also known as Xannies, Bars, Z-Bars, Zanbars, Handlebars, Planks, Bricks, Blue Footballs, School BUs Yellow Boys, White Boys, etc



**Prescription Opiates-** Prescription opiate abuse is on the rise, with the most common drugs abused being Vicodin, Oxycodone, Fentanyl, Hydromorphone, Lortab, etc. Effects of opiate use include feelings of euphoria, pain relief, drowsiness, and sedation. Vicodin is the 2nd most popular prescription drug among 12th graders. Slang terms include Vikes, Vics, Vicos, Hydros, Lorris, Fluff, and Scratch. Other terms include Oxy, Blues, Rush, Pinks, Whites, Greens



**Heroin-** Another opiate, Heroin is intensely addictive and blocks pain receptors in the brain, inducing a numb, euphoric state for a period of hours. In 2014, 4.2 million Americans age 12 and older had used heroin at least once in their lives. Street names include H, Smack, Dope, China White, Horse, Skag, Junk, Black Tar, Big H, Brown Sugar, Mud Dragon, Boy, Mexican Brown, Thunder, Scag, Brown Stone, etc.