

Drug effects

Substance	If someone has a little bit	If someone has heaps	What happens over a few years of regular use
Tobacco Ciggies, smokes, durries, darts	Some people can concentrate a little more Can't taste or smell as much Fast beating heart Lasts about 15-30 minutes	They cough Feel dizzy Feel sick	Lung cancer Mouth cancer Throat cancer They can get problems with their heart They get sick easily Some parts of their body can start to rot
Glue Huffing	Feel happy Feel dizzy Don't know where they are Feeling like vomiting After that...they feel REALLY down and sleepy And after that...they get a REALLY sore head	Unco Can't see properly They throw up Their heart beats differently Sometimes people die	They get a rash around their mouth and nose Their brain can't work properly They can get problems with their heart, lungs, kidneys and liver They can get REALLY down and depressed
Cannabis Weed, pot, bud, dope, ganja	Can't think properly Laugh at lots of things Feel relaxed Fast beating heart Feel hungry Red eyes Feel like time is going slower Feel sleepy Lasts up to 5 hours	They might think that people are out to get them They might get scared and nervous	Lung cancer Mouth cancer Throat cancer They forget things really easily Some people have a bigger risk of mental health challenges
Alcohol Booze, turps, piss, sauce		Feel sick and throw up Feel tired Feel angry After that they have a really dry mouth, and really bad headaches Sometimes people die	They can have problems with their heart Their brain might not work properly They can get problems with their liver, kidney, and pancreas