

If someone has A LITTLE BIT

Some people can concentrate a little bit more
Can't taste or smell as much
Fast beating heart
Lasts about 15-30 minutes

If someone has A LITTLE BIT

Feel happy
Feel dizzy
Don't know where they are
Feel like vomiting
After that...they feel REALLY down and sleepy
And after they...they get a REALLY sore head

If someone has A LITTLE BIT

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

If someone has A LITTLE BIT

Feel relaxed
They do things that they wouldn't usually do
Feel more confident
Red cheeks
Unco
Lasts about 1 hour per standard unit

If someone has HEAPS

They cough
Feel dizzy
Feel sick

If someone has HEAPS

Unco
Can't see properly
They throw up
Their heart beats differently
Sometimes people die

If someone has HEAPS

Feel sick and throw up
Feel tired
Feel angry
After that they have a really dry mouth, and really bad headaches
Sometimes people die

If someone has HEAPS

They might think that people are out to get them
They might get scared and nervous

OVER A FEW YEARS of regular use

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

OVER A FEW YEARS of regular use

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

OVER A FEW YEARS of regular use

Lung cancer
Mouth cancer
Throat cancer
They forget things really easily
Some people have a bigger risk of mental health challenges

OVER A FEW YEARS of regular use

They can have problems with their heart
Their brain might not work properly
They can get problems with their liver, kidney and pancreas

Alcohol

Booze, turps, piss, sauce

Tobacco

Ciggies, smokes, durries, darts

Glue

Huffing

Cannabis

Weed, pot, bud, dope, ganja