

## 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