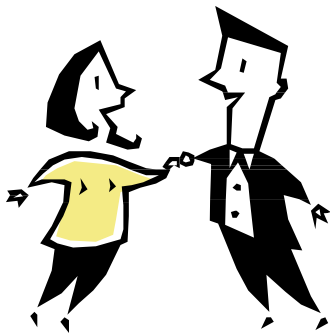


- Drastic increase or decrease in weight.
- Slurred, incoherent rapid or slow speech.
- Withdrawal from others, frequent lying, depression, paranoia.
- Dropping out of school activities.

How to Talk to A Friend Who's in Trouble:

- Plan ahead what you want to say and how to say it.
- Pick a quiet and private time to talk.
- Don't try to talk about the problem when your friend is drunk or high.
- Use a calm voice and don't get into an argument with your friend.
- Let your friend know that you care.
- Ask if there is anything that you can do to help. Find out about local hotlines and drug-abuse counseling-offer to go along with him or her.
- Don't expect your friend to like what you're saying, but stick with it - the more people who express concern, the better the chances of your friend getting help.
- Remember – it's not your job to get people to stop using drugs. Only they can decide to stop.



Talk to your friends about drugs.



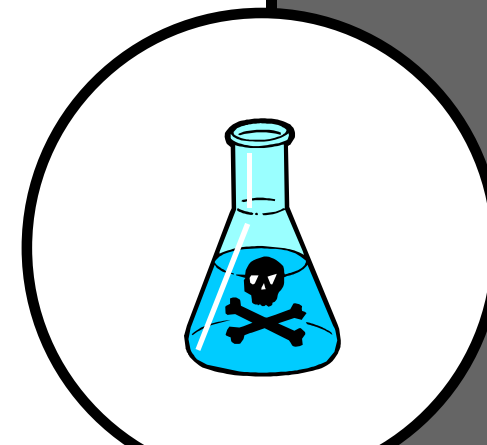
University of California, Irvine
Police Department

150 Public Services Building
Irvine, Ca 92697

Phone: 949-824-5222 (Dispatch)
Phone: 949-824-6397 (CSO program)
Phone: 949-824-7181 (crime prevention)

In case of an emergency DIAL 9-1-1

Website: www.police.uci.edu



DRUG AWARENESS AND INFORMATION

*Marijuana
and Date
Rape Drugs*

University of California,
Irvine
Police Department

www.police.uci.edu

DRUG AWARENESS

Marijuana:

- Marijuana (Grass, Pot, or Weed) is the common name for a crude drug made from the plant *cannabis sativa*.
- The Main mind-altering (psychoactive) ingredient in marijuana is THC (delta-9-tetrahydrocannabinol), but more than 400 other chemicals also are in the plant.

Effects of Smoking Marijuana:

- Immediate physical effects of marijuana include a faster heartbeat and pulse rate, bloodshot eyes, and dry mouth and throat.
- Mental effects of marijuana can impair or reduce short-term memory, alter sense of time and reduce the ability to do things that require concentration, and cause swift reactions and coordination, such as driving a car or operating machinery.
- Long-term users of marijuana may become psychologically dependent. They may have a hard time limiting their use, may need more of the drug to get the same effect, and they may develop problems with their job and personal relationships.



Marijuana.

DATE RAPE DRUGS

Rohypnol:

- Rohypnol is a strong sedative that is a member of the benzodiazepine family, which includes such drugs as Librium, Xanax, and Valium. Rohypnol is about ten times the strength of Valium, and has never been approved for use in the United States.
- Slang terms for Rohypnol include Roach, Roofies, R-2, Rib and Rope. Street prices Range from \$1 to \$5 per pill.
- Rohypnol is a small white tablet with “Roach” inscribed on one side with an encircled “1” or “2” indicating a 1mg or 2mg dose.
- Rohypnol is usually taken orally, although there are reports that it has been ground up and snorted.

Effects of Rohypnol:

- Rohypnol may make the user feel intoxicated, then sleepy – a feeling that may last up to eight hours.
- Rohypnol can cause deep sedation, respiratory distress, blackouts that can last up to 24 hours, and amnesia where the user forgets about events experienced while under the influence.
- In some cases, the drug has paradoxical effects and can cause users to become aggressive.
- The potential for overdose or *death* can occur, especially when mixed with other drugs like alcohol.

GHB:

- GHB is a central nervous system depressant that is abused for its intoxicating effects.
- In 1990 the FDA banned the use of GHB being sold in health food stores as a performance-enhancing additive to body building.
- GHB is consumed orally in capsule form or as a grainy white powder. *People often conceal GHB in Visine bottles.*
- Powder GHB is often dissolved in liquids like water or alcoholic beverages and then consumed.
- Slang terms for GHB include Grievous Bodily Harm, Easy Lay, Gook, Liquid 10, Liquid E, Soap, Scoop, Salty Water, G-riffick, Cherry Meth, Fantasy, and Zonked.
- Often substituted for Ecstasy, another club drug, a capful or teaspoon may cost the user \$3 to \$5 per dose.
- GHB is used to come down off stimulants like ephedrine, ecstasy, speed, or cocaine.



Effects of GHB

- GHB produces intoxication followed by deep sedation.
- Once ingested, the drug will begin to take effect 15 minutes to an hour, lasting one to three hours.
- GHB can cause nausea, vomiting, delusions, depression, vertigo, visual disturbances, seizures, respiratory distress, loss of consciousness, amnesia, and coma. When mixed with alcohol or other drugs, the consequences may be *life-threatening*.

Why Are Rohypnol and GHB Called “Date Rape” Drugs?

- Rohypnol and GHB have been called “Sexual Assault” drugs because of their potential to cause blackouts and amnesia at high doses.
- Many victims of sexual assault and gang rape were sedated by Rohypnol and GHB.
- The Drug Induced Rape Prevention and Punishment Act of 1996 was enacted into federal law, and makes it a crime to give someone a controlled substance without a person’s knowledge and with the intent to commit a violent crime.
- The law also stiffens the penalties for the possession and distribution of Rohypnol and GHB.

How to Protect Yourself from Rohypnol and GHB:

- When going to parties or social events, be sure to go with friends who will watch out for each other.
- Remember to always watch your drink being poured, and never leave your drink unattended.
- If you start to feel “out of it” or “woozy” tell someone you trust, then contact your local emergency room.

What To Do If You Are Raped:

- Get to a Safe place.
- Call a friend or family member that you trust.
- Don’t shower, bathe, change or destroy clothes, or straighten up the area because it will destroy evidence that you may need.
- Write down every detail you can remember.
- If you are going to report the crime to the police, do so as soon as possible. Delayed reporting can make it more difficult to find and convict the rapist.
- Do not avoid getting medical treatment because of fear.

Signs of Drug or Alcohol Abuse:

- Increased interest in alcohol or other drugs, talking about them, talking about buying them.
- Owning drug paraphernalia, such as pipes, hypodermic needles, or rolling papers.
- Having large amounts of cash or always being low on cash.