

# FACT SHEET: ANTIBIOTICS



## Station 1

### Category:

- Antibiotics are a group of medical drugs.
- They are prescribed by healthcare professionals to treat infections, such as ear or lung infections.

### How is it consumed?

- Antibiotics can be taken as a pill, capsule, or injection.
- Antibiotics are most commonly taken for 7 to 14 days.

### What are the effects of antibiotics on the body?

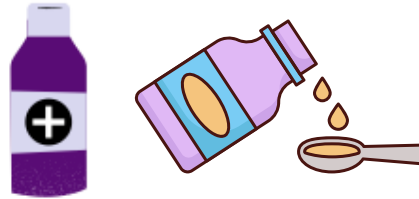
- Antibiotics can sometimes cause side effects like upset stomach, diarrhea, or feeling very tired.
- Antibiotics work by killing the bacteria causing the infection.

### Staying Safer:

- Only take antibiotics if a healthcare professional gives them to you.
- Always follow the healthcare professional's instructions.

# FACT SHEET: COUGH SYRUP

## Station 1



### Category:

- Cough syrup is a medical drug that helps treat coughs and can be taken at any age. You can buy it at a store without needing a doctor's prescription.

### How is it consumed?

- It is usually taken as a liquid.

### What are the effects of cough syrup on the body?

- If someone takes too much cough syrup, it can be harmful.
- One main ingredient found in cough syrups, called DM (dextromethorphan), can cause strange effects like: seeing or hearing things that aren't real, feeling dizzy, or being confused.
- It can also make you very tired, feel sick, throw up, sweat a lot, lose balance, or have trouble speaking clearly.

### Staying Safer:

- Only take cough syrup if you really need it.
- Always read the instructions on the bottle and follow them carefully.

# FACT SHEET:

# SALBUTAMOL INHALER

## Station 1



### Category:

- Salbutamol is a medical drug used for the treatment of asthma.
- It can help people with asthma breathe better.

### How is it consumed?

- Salbutamol is a medicine that is inhaled through an inhaler, or puffer, to get into the lungs.

### What are the effects of salbutamol on the body?

- Salbutamol works by relaxing the muscles of the airways into the lungs, which makes it easier to breathe.
- Taking too much can cause a fast heartbeat, shakiness, or headache.

### Staying Safer:

- Only use a salbutamol inhaler if your healthcare professional tells you to.
- Always follow the instructions carefully and do not use more than prescribed.

# FACT SHEET: METHYLPHENIDATE



## Station 1

### Category:

- Methylphenidate (Concerta, Ritalin, or Biphentin) is a medical drug when it is prescribed to you by a healthcare professional.
- Sometimes people take it for non-medical reasons, which means that they use it without a prescription.
- It is usually given to people with Attention Deficit Hyperactivity Disorder, or ADHD.

### How is it consumed?

- Methylphenidate can be taken as a tablet or capsule for medical reasons. When used for non-medical reasons, it may be swallowed as a pill or crushed into powder and snorted.

### What are the effects of methylphenidate on the body?

- In people with ADHD, methylphenidate can increase focus and concentration.
- It is a stimulant, and when it's used for non-medical reasons it can make people feel restless, overly energetic, or have trouble sleeping.
- It can also make your heart beat faster and make your blood pressure go up.

### Staying Safer:

- Do not take it if it is not prescribed to you.
- Avoid mixing methylphenidate with other medications.

# FACT SHEET: CAFFEINE

## Station 2



### Category:

- Caffeine is a legal, non-medical drug.
- It is legal for everyone but is not recommended for use by children.

### How is it consumed?

- Caffeine is mostly consumed in coffee, tea, soft drinks, energy drinks, chocolates, or in a pill.

### What are the effects of caffeine on the body?

- Caffeine is a stimulant. This means it can make you feel very awake, but it might also cause you to feel nervous or shaky.
- Using caffeine can give you an upset stomach and make you pee more often.

### Staying Safer:

- If possible, wait until you are a bit older to use caffeine.
- If you use caffeine, don't have too much at one time.
- Avoid mixing caffeine with alcohol or other drugs.

# FACT SHEET: ALCOHOL

## Station 2



### Category:

- Alcohol is both a non-medical drug and a legal drug.
- It is not used to treat any illnesses, but it can be legally purchased by anyone 19 years old and older in NL.

### How is it consumed?

- Alcohol is consumed as a liquid. It can be mixed into different drinks.
- Alcohol is often consumed at parties and other social situations.

### What are the effects of alcohol on the body?

- Alcohol is a depressant. This means it slows down messages sent from the brain to the body.
- It can make you feel angry, sad, or happy.
- Drinking alcohol can cause you to make decisions you may not normally make.
- Long-term alcohol use can lead to memory loss and increase risks of cancer and heart-disease.

### Staying Safer:

- Waiting until you are of legal age to drink alcohol is a safer decision.
- Do not get into a vehicle if the driver has been drinking.

# FACT SHEET:

# METHYLPHENIDATE



## Station 2

### Category:

- Methylphenidate (Concerta, Ritalin, or Biphentin) is a medical drug when it is prescribed to you by a healthcare professional.
- Sometimes people take it for non-medical reasons, which means that they use it without a prescription.
- It is usually given to people with Attention Deficit Hyperactivity Disorder, or ADHD.

### How is it consumed?

- Methylphenidate can be taken as a tablet or capsule for medical reasons. When used for non-medical reasons, it may be swallowed as a pill or crushed into powder and snorted.

### What are the effects of methylphenidate on the body?

- In people with ADHD, methylphenidate can increase focus and concentration.
- It is a stimulant, and when it's used for non-medical reasons it can make people feel restless, overly energetic, or have trouble sleeping.
- It can also make your heart beat faster and make your blood pressure go up.

### Staying Safer:

- Do not take it if it is not prescribed to you.
- Avoid mixing methylphenidate with other medications.

# FACT SHEET: CANNABIS



## Station 2

### Category:

- Cannabis is a legal drug for those aged 19 and over in NL.
- Some people use it to help with medical problems, while others use it for fun.

### How is it consumed?

- Cannabis can be vaped, smoked, or eaten.

### What are the effects of cannabis on the body?

- Cannabis has 2 main parts: THC, which can make you feel 'high', and CBS, which can help you feel calm.
- It can make people feel hungry, sleepy, or sick to their stomach.
- Using cannabis can sometimes make people more worried or scared and can affect their mental health.
- Using cannabis long-term can make it hard to stop, even if you want to.

### Staying Safer:

- Waiting until you are of legal age to use cannabis is a safer decision.
- It is illegal to use cannabis in public spaces or drive after use.
- Avoid using cannabis with alcohol or other substances.

# FACT SHEET: CANNABIS



## Station 3

### Category:

- Cannabis is a legal drug for those aged 19 and over in NL.
- Some people use it to help with medical problems, while others use it for fun.

### How is it consumed?

- Cannabis can be vaped, smoked, or eaten.

### What are the effects of cannabis on the body?

- Cannabis has 2 main parts: THC, which can make you feel 'high', and CBS, which can help you feel calm.
- It can make people feel hungry, sleepy, or sick to their stomach.
- Using cannabis can sometimes make people more worried or scared and can affect their mental health.
- Using cannabis long-term can make it hard to stop, even if you want to.

### Staying Safer:

- Waiting until you are of legal age to use cannabis is a safer decision.
- It is illegal to use cannabis in public spaces or drive after use.
- Avoid using cannabis with alcohol or other substances.

# FACT SHEET: CAFFEINE

## Station 3



### Category:

- Caffeine is a legal, non-medical drug.
- It is legal for everyone but is not recommended for use by children.

### How is it consumed?

- Caffeine is mostly consumed in coffee, tea, soft drinks, energy drinks, chocolates, or in a pill.

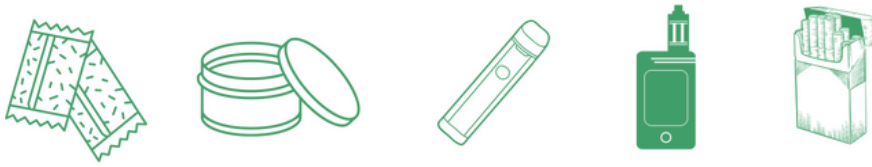
### What are the effects of caffeine on the body?

- Caffeine is a stimulant. This means it can make you feel very awake, but it might also cause you to feel nervous or shaky.
- Using caffeine can give you an upset stomach and make you pee more often.

### Staying Safer:

- If possible, wait until you are a bit older to use caffeine.
- If you use caffeine, don't have too much at one time.
- Avoid mixing caffeine with alcohol or other drugs.

# FACT SHEET: NICOTINE



## Station 3

### Category:

- Nicotine is a legal drug that does not have any uses as medication.
- The legal age to use nicotine is 19 and above in NL.

### How is it consumed?

- Nicotine can be vaped, smoked, or absorbed through pouches in the mouth.
- It can also come as a gum, a spray, a patch or lozenges.

### What are the effects of nicotine on the body?

- Nicotine is a stimulant, which means it increases how active your body and mind are.
- It can cause headaches, make you feel dizzy, and even make you feel nervous or worried.
- Using nicotine long-term can harm your heart and lungs, and irritate your mouth.
- Using nicotine often can make it hard to stop, even if you want to.

### Staying Safer:

- Waiting until you are of legal age (19 or above) to use nicotine is a safer decision.
- Avoid using nicotine with medications or combining with other substances.

# FACT SHEET: ALCOHOL

## Station 3



### Category:

- Alcohol is both a non-medical drug and a legal drug.
- It is not used to treat any illnesses, but it can be legally purchased by anyone 19 years old and older in NL.

### How is it consumed?

- Alcohol is consumed as a liquid. It can be mixed into different drinks.
- Alcohol is often consumed at parties and other social situations.

### What are the effects of alcohol on the body?

- Alcohol is a depressant. This means it slows down messages sent from the brain to the body.
- It can make you feel angry, sad, or happy.
- Drinking alcohol can cause you to make decisions you may not normally make.
- Long-term alcohol use can lead to memory loss and increase risks of cancer and heart-disease.

### Staying Safer:

- Waiting until you are of legal age to drink alcohol is a safer decision.
- Do not get into a vehicle if the driver has been drinking.

# FACT SHEET: FENTANYL



## Station 4

### Category:

- Fentanyl is an illegal drug, but can sometimes be used legally. It cannot be bought or owned legally, unless a doctor prescribes it for pain.

### How is it consumed?

- Fentanyl can be swallowed, snorted, smoked, or injected. Doctors may give it as an injection, a patch, or a lozenge.

### What are the effects of fentanyl on the body?

- Fentanyl is a depressant, which means it slows down the body, including breathing and heart rate.
- Fentanyl is very potent, which makes it very dangerous and can easily lead to overdose or death.
- It can also make you feel sleepy, dizzy, and confused.
- Fentanyl is very addictive and can cause withdrawal if stopped suddenly.

### Staying Safer:

- Only using fentanyl if prescribed by a doctor.
- If using fentanyl, have someone with you and a naloxone kit for emergencies.
- Other drugs may have fentanyl mixed in, so have a naloxone kit available.

# FACT SHEET:

# COCAINE

## Station 4



### Category:

- Cocaine is an illegal drug at all ages.

### How is it consumed?

- Cocaine can be injected, smoked or snorted through the nose.

### What are the effects of cocaine on the body?

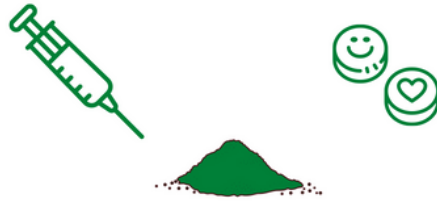
- Cocaine is a powerful stimulant. This means it can make you feel awake, restless, upset, or even angry.
- It can also make your heart beat faster and unevenly, which can cause a heart attack.
- Cocaine use can increase the chance of getting infections and harming your lungs.
- Snorting cocaine can cause nosebleeds.

### Staying Safer:

- It's safest to avoid using cocaine as it is illegal.
- If using cocaine, have a naloxone kit available in case fentanyl is mixed with it.

# FACT SHEET: ECSTASY (MDMA)

## Station 4



### Category:

- Ecstasy is an illegal drug.

### How is it consumed?

- Ecstasy can be swallowed as pills, injected, or snorted through the nose.
- It is often used at parties because it makes people feel very happy and excited.

### What are the effects of ecstasy on the body?

- Ecstasy is a psychoactive or mind-altering drug. This means it can change how feel, think, act and can make you take risks you would not normally take.
- It might cause your heart to beat faster, raise your blood pressure, and make your body too hot, which can lead to dehydration.
- After using it, you might feel confused, sad, forgetful, or worried.

### Staying Safer:

- It's safest to avoid using ecstasy as it is illegal.
- Avoid mixing ecstasy with other stimulants like cocaine.
- Have a naloxone kit available in case fentanyl is mixed with it.

# FACT SHEET: PSILOCYBIN (MAGIC MUSHROOMS)



## Station 4

### Category:

- Psilocybin is a substance found in magic mushrooms, which is an illegal drug.

### How is it consumed?

- They can be eaten as dried mushrooms or taken as a powder, which some people inhale.

### What are the effects of Psilocybin on the body?

- Psilocybin is a drug that can change how you see, hear, or feel things, making it hard to tell what's real.
- It might also make some people feel more creative. However, it can also make you feel scared, nervous, or sick to your stomach.
- Other effects include a faster heartbeat, higher blood pressure, and trouble controlling when you go to the bathroom.

### Staying Safer:

- It is safest to avoid using Psilocybin (magic mushrooms) as it is illegal.