Club Drugs

Quick Facts

- Club drugs can damage the nervous system in your brain, impairing senses, memory, judgment, and coordination.
- Some common effects include loss of muscle and motor control, blurred vision, and seizures.
- Because club drugs are illegal and often produced in makeshift laboratories, it is impossible to know exactly what chemicals were used to produce them and where they came from.
- Higher doses of club drugs can cause severe breathing problems, coma, and even death.
- They make it easier to be taken advantage of by a sexual predator.

Specific Drugs and Their Effects

MDMA (Ecstasy)

- Called MDMA (3,4-Methylenedioxymethamphetamine) by scientists, it is a synthetic chemical that can be derived from an essential oil of the sassafras tree.
- MDMA is also one of the easiest illegal drugs to obtain.
- Its effects are similar to those of amphetamines and hallucinogens.
- Distributed almost anywhere, it has become very popular at social events like raves, hip hop parties, concerts, etc. frequented by both adults and youth.
- While not all “event” attendees use Ecstasy, the drug often makes the circuit of these parties and can set up dangerous circumstances that can affect everyone there.

Effects

The following effects start within 20 minutes of taking Ecstasy and can last for 4-6 hours or longer:

- Increased heart rate
- Increased body temperature
- Anxiety
- Feeling hot or unwell
- Becoming confused, not able to talk properly
- Headache
- Vomiting
- Not Sweating
- Racing heart or pulse when resting
- Fainting or collapsing
- Loss of control over body movements

Overdose

- Feelings of well-being (happiness, love)
- Sweating
- Loss of appetite
- Tremors
- Problems urinating

GHB (known as a daterape drug)

- GHB, or Gamma Hydroxy Butyrate, is a central nervous system depressant.
- Very small amounts of GHB are found in the human body. GHB is often billed as a “natural” supplement, or as an anabolic steroid that helps build muscle mass though this claim was never proven.
• GHB is made from a substance called GBL, which, when ingested, turns into GHB in the body and has the same effects.
• GBL is a solvent found in nail polish and floor cleaning products.
• GHB takes effect within 10-20 minutes, but doesn’t peak for almost an hour.
• BD (1,4 butanediol) also converts to GHB in the body.

**Effects of GHB**
- Easily slipped into someone’s drink.
- The person is open to suggestion.
- Physically weak.
- May pass out, leaving them vulnerable to the person who spiked their drink.

**Rohypnol**
- Rohypnol is the brand name for flunitrazepam, and it is also a central nervous system depressant.
- It is in the same drug family as Valium, Halcyon, and Xanax, but is 10 times as strong.
- Rohypnol is produced by Hoffman-LaRoche Inc. in both Europe and Latin America as a sleep aid, but it is illegal in the United States.

**Effects of Rohypnol**
- Causes person to blackout.
- Loss of memory.

**Effects of GHB and Rohypnol**
- The effects of Rohypnol begin within a half-hour, but don’t peak for almost two hours.
- The feeling the user gets from GHB and Rohypnol are the same—first they feel an intoxication similar to alcohol (the user feels relaxed, sociable, affectionate and playful, and disinhibited), followed by a feeling of drowsiness.
- Higher doses can lead to a sleep from which the user cannot be woken.
- The effects can last from 4-24 hours.