

SUBSTANCE MISUSE EDUCATION AND PREVENTION

CRACK

also known as: **BASE, FREEBASE, PEBBLES, ROCKS, STONES, WASH**



Protecting and Reassuring



Amddiffyn a Thawelu Meddwl

WHAT IS IT?

A rock of Crack is about the size of a raisin and is white/creamy coloured. It is usually smoked in a pipe, glass tube, plastic bottle or in foil. Most people take it this way and it is known as “freebasing”. Crack is occasionally injected.

WHAT THE LAW SAYS:

- Crack is a class A drug.
- Illegal to have, give away or sell.
- Possessing Crack can get you up to 7 years in jail.
- Supplying someone else with it can get you life imprisonment and/or an unlimited fine.

THE EFFECTS:

- The effects are immediate, peak for about two minutes and last for about ten minutes.
- Crack makes users feel alive, exhilarated, confident and wide-awake. It kills all feelings of pain, tiredness and hunger.
- Crack has the same short lived effects as cocaine but it is much, much stronger.
- The high can include hallucinations.

THE RISKS:

- Crack users have died from overdose.
- Cocaine in any form, including Crack, can be bad news for people with high blood pressure or a heart condition.
- Too much smoking Crack can cause breathing problems and chest pains.
- Using a lot can bring on a seizure or a fit.
- Crack can cause serious problems with anxiety and paranoia. It has also been known to cause panic attacks.
- Because Crack is so addictive, there is a strong link to crime as users need to fund their habit.
- Large or frequent use of Crack tends to reduce your desire for sex.
- Taking Crack when you are pregnant can damage your baby.
- If you have had any previous mental health problems, Crack could bring those problems to the surface again.
- Injecting any drug including Crack, can cause vein damage, ulcers and gangrene. Dirty or shared needles and sharing other injecting works can help the spread of HIV and hepatitis.
- It is easier to overdose from injecting.

PLAY IT SAFE:

Drugs can severely damage your physical and mental health. They can get you into trouble with the law and even kill you. But if you do decide to use drugs, reduce the risks by finding out as much as you can about the effects, risks, etc, and then decide if it is really worth it.

If you do decide to use drugs, keep these points in mind:

- If you're dancing wear light clothing.
- The smaller you are the less drugs you need to get the same effect, but where you are and the mood you are in will also affect the way you'll react.
- Don't score off strangers; poor quality drugs can give you bad trips.
- Mixing drugs and alcohol can be fatal.
- Never drive if you have had drugs.
- Always carry a condom; never risk unprotected sex.



FIRST AID

If your mate collapses, call 999

Get help to put them into the recovery position

Tell the medics what they have taken

IT COULD SAVE THEIR LIFE

(N.B. Police do not automatically attend all cases of overdose which are reported to the ambulance service)

**PAN FYDD YN LLAI
PWYSIG NA 999**



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**WHEN IT'S LESS
URGENT THAN 999**