

SUBSTANCE MISUSE EDUCATION AND PREVENTION

ECSTASY

also known as: E, XTC, DISCO BISCUIT, DOLPHIN'S, ECHOES, HUG DRUG, BURGERS, FANTASY, ROLEX'S, ADAM, EVE, NEW-YORKERS, MITSUBISHI (MITZYS), DOVES



Protecting and Reassuring



Amddiffyn a Thawelu Meddwl

WHAT IS IT?

Ecstasy mostly comes in tablet form, and usually contains the chemical MDMA. However, it can sometimes contain other chemical mixtures and sometimes no MDMA will be in the tablet. The tablets can be many different shapes, sizes and colours, but are usually white. They sometimes have small pictures carved in to the top, e.g. Shark.

WHAT THE LAW SAYS:

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



THE EFFECTS:

- Ecstasy makes you feel awake and alert, and more aware of your surroundings.
- It makes colours, sounds and emotions feel more intense.
- It is often used by people who are clubbing or partying, because ecstasy can make you feel like you have more energy, so you can keep dancing for a long time. Ecstasy lasts about 3 to 6 hours.

THE RISKS:

- As ecstasy begins to work (“coming up”) you might vomit and sweat, your heart may beat very fast and your jaw muscles might start to tighten.
- After effects (“comedown”) can include tiredness, depression and sometimes flashbacks.
- Your body might overheat, especially if you are dancing a lot, which can cause dehydration.
- Some users have suffered brain, kidney and liver damage.
- You can become psychologically dependent on ecstasy.
- You don’t always know what other chemicals are mixed in the tablet.

PLAY IT SAFE:

- If you’re dancing, wear light clothing.
- Drink a few mouthfuls of water or juice regularly, but not with alcohol.
- Try to rest at regular intervals to let your body cool down.

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:

- 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 alcohol or 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**