



Parents Make A Difference!

Teens and Club Drugs

November 2003

In recent years, certain drugs have become popular among teens and young adults at dance clubs and "raves". These drugs are collectively termed "club drugs". Some of the drugs most often referred to as club drugs include MDMA/Ecstasy, Rohypnol, GHB and Ketamine.

Ecstasy has a stimulative effect that allows the user to remain active for long periods of time.

Ketamine produces distorted perceptions of sight and sound and making the user feel disconnected and out of control.

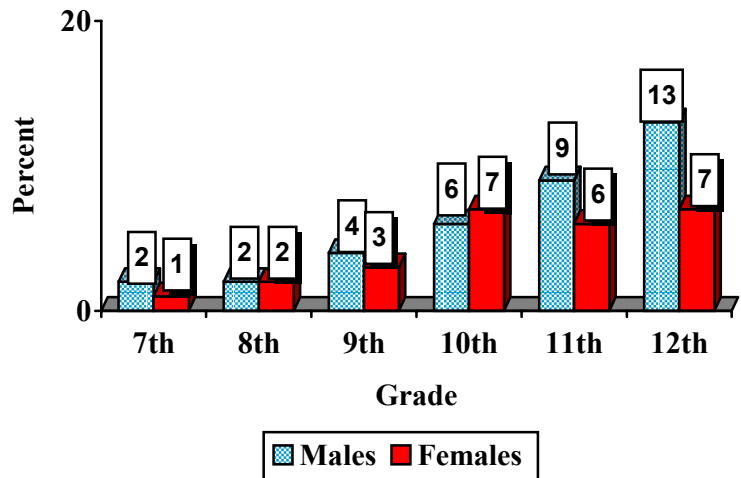
Rohypnol and **GHB** are sedatives or depressants and they have been used to incapacitate individuals to make possible sexual assaults. Users of **Rohypnol** and **GHB** report effects similar to alcohol intoxication.

Based on responses from the 5704 7th-12th grade youth who took the Southwest Wisconsin Youth Survey (SWYS), one in 20 teens have tried Ecstasy and more than half the teens have never heard of the GHB, date rape drug. The survey did not ask about Rohypnol or Ketamine.

Teens and Ecstasy

As the graph in the next column shows, SWYS found that males in 11th and 12th grade were most likely to report having tried Ecstasy. Between six and seven percent of females in 10th, 11th and 12th grade report having tried Ecstasy.

Southwest Wisconsin Teens Who Have Tried Ecstasy (e.g. XTC, X, Adam, Clarity, Lover's Speed)



SWYS also found that six percent of 12th grade males and three percent of 11th grade males report using Ecstasy at least once a month. At no grade level did more than two percent of females report using Ecstasy at least once a month.

Ecstasy is usually taken in tablet or capsule form and users report feelings of euphoria, alertness and excess energy. In clubs and at raves, these effects allow the user to dance for extended periods of time. Using Ecstasy may also lead to increased blood pressure and heart rate, nausea and faintness. In high doses, it can cause marked increases in body temperature leading to muscle breakdown and kidney and cardiovascular system failure and death.

Signs of Ecstasy Use

Physical Signs to Watch For – complaints of blurred vision, rapid eye movement, chills or sweating, dehydration, confusion, faintness, severe anxiety, trance-like state, transfixion on sights and sounds, jaw clenching or teeth grinding

Paraphernalia Associated with Ecstasy – pacifiers, lollipops, candy necklaces to offset teeth grinding. Glow sticks, mentholated vapor rub, surgical-type masks to enhance the drug's effects.

For More Information – www.clubdrugs.org, www.nationalfamilies.org, www.dea.gov, www.theantidrug.com, www.parentingteens.about.com, www.teenadvice.about.com, www.projectghb.org/english.htm, www.drugabuse.gov, (All of these were used in developing this newsletter), or call the National Drug Hotline at 1-800-662-4357.

Teens and GHB

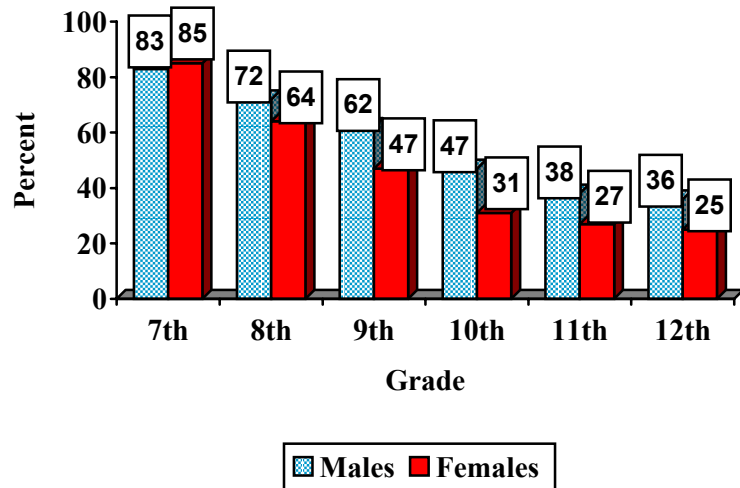
While GHB is used as a recreational drug for intoxicating and sedative effects, it has also been used for its growth hormone releasing effects which can build muscles. GHB is a central nervous system depressant that can relax or sedate the body. At higher doses, GHB can cause sleep, coma and slow breathing and heart rate to dangerous levels. SWYS found that less than one percent of teens report using GHB.

GHB has been used in sexual assaults because it renders the victim incapable of resisting and can cause memory problems making prosecution more complicated. In liquid form, GHB is colorless, odorless and relatively tasteless, so it can be easily added to a potential victim's drink without their knowledge.

SWYS asked southwest Wisconsin teens, "Have you ever used the drug GHB (e.g. Date Rape Drug, Roachies, LA Roche, Mexican Valium, Forget Me Pill)?" Less than two percent reported using the drug and 51% said that they had never heard of it.

The graph in the next column represents teens in southwest Wisconsin who report they have never heard of the date rape drug, GHB. Without an understanding of what GHB and date rape in general can do, it is difficult for teens to protect themselves.

Southwest Wisconsin Teens Who Have Never Heard of the Date Rape Drug, GHB



PARENTS MAKE A DIFFERENCE!

Parents can make a difference with respect to teens and club drugs by becoming informed on club drugs, their effects and their dangers. Also, they can learn the signs that their teen might be using club drugs or other drugs. Finally, parental monitoring, family love and support, eating meals as a family, establishing and enforcing consequences for violating family rules, communicating your values regarding appropriate teen behavior and support school codes have all been linked to reduced drug use by teens.

Protecting Your Teen From Date Rape Drugs Be Sure Your Teens Understands

Not to accept open drinks from people they do not trust.

At clubs and parties only accept drinks in unopened containers.

Never leave their drink unattended or turn their back on their table.

Make an arrangement with a friend to go home from the party/club with them. Not allow someone else to take them or their friends home, especially if they or their friends feel sick or disoriented.

Keep their eyes and ears open. If there is talk of date rape drugs or if their friends seem "too intoxicated" given what they have taken, get out.

"Parents Make a Difference" is a product of the Southwest Wisconsin Youth Survey (SWYS), a program of the University of Wisconsin-Extension, local school districts and UW-Platteville. This series is adapted from the UW-Extension "Whose Kids?...Our Kids!" series. This issue was written by Tom Schmitz, UW-Extension Grant and Lafayette County and edited by Ruth Schriefer and Deb Ivey, UW-Extension Iowa County and Christina Kenney, UW-Extension Grant County. Thanks are extended to the 5,704 7th to 12th graders from southwest Wisconsin who participated in the 2001 SWYS survey. Contact UW-Extension for further information, or by phone Grant County (608) 723-2125; Lafayette County (608) 776-4820; and Iowa County (608) 935-0391 or on the web at http://www.uwex.edu/ces/cty/grant/tap/parent_resources.html