

If you decide to take drugs keep these points in mind.

If you're dancing, wear lightweight clothing.

It's a good idea to go to clubs which are well ventilated and provide free water.

The smaller you are, the less drugs you need to get the same effect, but where you are and the mood you're in also affect how you'll react.

Always carry a condom. Never risk unprotected sex.

Taking drugs is particularly dangerous if you

- are on your own;
- are ill, very tired or depressed;
- are on medication;

- have a medical condition such as asthma, diabetes, epilepsy, high blood pressure, mental illness or heart disease.

If you're using drugs during the week to avoid a come down after the weekend, you may be losing control.

Don't score off strangers, poor quality drugs can give you a really bad trip.

Mixing alcohol and drugs, or different types of drugs, can be lethal.

Never drive if you've taken drugs.

Coming down

It's not a good idea to take other drugs to help you come

down as it increases the risk of overdose. Downers are particularly dangerous when combined with alcohol.

You need to drink to rehydrate yourself but give alcohol and caffeine a miss, they'll dehydrate you even more.

Drugs and the law

Most 'dance' drugs are illegal which means you could be charged for possession.

Giving drugs to a friend can constitute supplying drugs, which could get you a prison sentence and an unlimited fine.

Even if you only get a caution, you'll still end up with a criminal record. You risk

destroying your future job prospects and losing your driving licence.

Is it worth the risk?

Drugs can severely damage your physical and mental health, get you into trouble with the law, and even kill you.

But if you do decide to use drugs, reduce the risk to your health and safety by finding out as much as you can about the effects of different drugs and then decide if it's really worth it.

For further information and confidential advice call the National Drugs Helpline free on 0800 77 66 00



Drugs and clubbing

Most people who go to clubs enjoy themselves without taking drugs.

But if you do decide to take drugs you should be aware of the dangers and what you can do to reduce the risk to your health and your safety.

It's really important to go clubbing with friends you can trust. If possible go with people who will not all be taking drugs.

Plan ahead

Find out in advance

- where you're going;
- how much money you will need;
- how you're getting home.

Drugs and dancing

Taking drugs such as Ecstasy while dancing can dehydrate you, so heat stroke is a serious risk. It can kill you.

If you're dancing and taking drugs remember to take regular breaks.

Sip a pint of water an hour and the odd sugary drink (if you're not dancing you don't need to drink as much), and eat salty snacks to help your body retain fluid.

If you feel sick or dizzy or have cramps in your legs or back, chill out and sip some water.

Remember water is not an antidote to drugs, it's an antidote to overheating.

Look after each other

Look after each other's drinks to make sure they don't get spiked.

If anyone has a bad trip and starts to panic, stay with them and reassure them until they are OK again. If they don't calm down - get help.

If your mate is feeling sick go with them to the toilet. Don't let them lock themselves in a cubicle.

If you see your mate going off with someone you're not sure about, try to stop them, or at least find out where they are going.

First Aid

If one of your mates collapses call an ambulance immediately.

Get help to put the person in the recovery position.

It's vital that you tell the medics what your friend has taken. You could save their life.

Sometimes strobe lights and certain drugs can bring on a fit. If you see this happening, get help. Wait until the person has stopped fitting and then put them in the recovery position.

