

SEARCH the risks of **AMPHETAMINES**

What are the effects of amphetamines?

Speed or other amphetamines make you happy, active, alert and self-assured. Talking will go easier and quicker. You will have the ability to keep awake longer, feelings of hunger and tiredness disappear. Physical and psychological performances seem to be better. Your heartbeat and temperature rise, pupils get bigger, muscles are more tensed so that you will get stiff cheeks, tics in your face and knispering teeth. The effects will start 15 to 20 minutes after taking a pill, until 4 to 8 hours.

What are the risks?

Amphetamines are mentally addictive: you need ever more to reach the same effect, and if you stop or decrease using, you feel sick. And in a minor phase you don't amuse yourself at a party without stimulating drugs. If used regularly you may have problems with sleeping, eating, feeling dizzy and restless, headache, heavy heartbeats, transpiration. Amphetamines increase the body temperature. Just like with XTC it can lead to overheating of the body: a very dangerous and difficult to handle situation. At bigger techno- or raveparties it is not unusual that a few people have to be brought to the emergency unit in such accidents. Using amphetamines mean an extra load for your heart.

Together with XTC, one of the biggest risks is that there are so many different sorts pills on the market, that you cannot know what the exact composition is. Sometimes the pill looks about the same as the one last time, but the dose is bigger. Or smaller, so that you take an extra one.



education

With your older children you must discuss the use of amphetamines or XTC in discotheques and at parties. Whatever your education, culture or background is, it will never be an easy debate.

Drugs are used for pleasure. You cannot simply dictate how to reach pleasure. It is, in our society of open communication, a matter of balancing effects and risks.

