

Drug	Slang names	How is it used?	Effects on the user	Withdrawal symptoms	Possible implications for parenting
Heroin	Gear, brown, junk, smack	Can be smoked ('chasing the dragon'), snorted or injected; physically addictive	Drowsiness, poor cough reflex, itchiness; pin-prick pupils; sense of warmth, well-being and detachment	Flu-like symptoms, dilated pupils, aching limbs, restlessness, sweating, anxiety	Social, legal and financial difficulties – neglect of self and others; physical and emotional unavailability; drowsiness; children may not be a priority over drugs
Cocaine	Charlie, white, coke	Snorted or injected	Reduced appetite, indifference to pain or fatigue; dilated pupils; garrulous; feeling alert and confident	Anxiety, irritability and restlessness, nausea	Disinhibition; acute irritability and restlessness; repeated users can appear nervous, excitable and paranoid
Crack cocaine	Rocks, wash, chips, stones	Smoked in a pipe	As above, but effects are more intense, happen more quickly and are of shorter duration	Not physically addictive but very rapid compulsion to repeat the experience	Effects as for cocaine; users have a tendency to binge and use large amounts within a short space of time
Amphetamine sulphate	Speed, billy, whizz	Snorted, smoked, swallowed or injected; can be in the form of powder or tablets	Reduced appetite; increase in confidence and energy; constant chewing motion	Extreme fatigue and hunger ('borrowed energy'); tension, anxiety, depression and irritability	Irritability and restlessness; tiredness and difficulty in concentrating after effects have worn off
Methamphetamine	Crystal meth, meth, ice, tina	Snorted, injected; smoked (as ice)	Euphoria and exhilaration; disinhibition	Rise in body temperature and blood pressure; not physically addictive but users develop strong psychological dependence	Overuse can evoke paranoia, memory loss, pronounced mood swings and unpredictable and aggressive behaviour
Benzodiazepines (tranquillisers)	Temazepam, Rohypnol, Ativan, Mogadon, Librium, Valium	Tablet form of various strengths: 2mg, 5mg and 10mg	Users feel relaxed, calm and disinhibited	Withdrawal must be done under medical supervision; can lead to panic attacks and seizures; physically addictive	Drowsiness and forgetfulness; very dangerous if taken with alcohol
Ecstasy	E, doves, hug drug	Tablets of varying appearances	Hallucinogenic stimulant; increase in energy and euphoria	Tiredness and depression; risk of overheating and dehydration	(Inappropriate?) feelings of warmth towards others; disinhibition
Cannabis	Weed, blow, puff, draw, ganja, skunk, wacky backy	Dark brown resinous lump, or leaves, stalks and seeds (skunk is a hybrid cannabis which is very strong)	Relaxation and feeling of mellowness; users can become talkative; use can bring on a craving for food (the 'munchies')	Tiredness and lack of energy	There are conflicting views on the links between cannabis use and mental health difficulties; not physically addictive but users can become dependent