

# THE TRUTH ABOUT "CLUB DRUGS"

## Club drugs refer to a wide variety of drugs.

The most common club drugs used by teens and young adults are MDMA ("Ecstasy"), Rohypnol, GHB, and Ketamine ("Special-K"). They are often used at all-night dance parties ("raves"), alcohol-free nightclubs, and concerts.

## Club drugs affect your brain.

Club drugs damage the neurons in your brain, impairing your senses, memory, judgment, and coordination.

## Club drugs affect your body.

Different club drugs have different effects on your body. Some common effects include loss of muscle and motor control, blurred vision, and seizures. Club drugs like "Ecstasy" are stimulants that increase your heart rate and blood pressure and can lead to dehydration, and heart or kidney failure. Other club drugs, like GHB, are depressants that can cause drowsiness, unconsciousness, or breathing problems.

## Club drugs affect your self-control.

Club drugs like GHB and Rohypnol are used in "date rape" and other assaults because they are sedatives that can make you unconscious and immobilize you. Rohypnol can cause a kind of amnesia – users may not remember what they said or did while under the effects of the drug.

## Club drugs are not always what they seem.

Because club drugs are illegal and are often produced in makeshift laboratories, it is impossible to know exactly what chemicals were used to produce them.

## Club drugs can kill you.

Higher doses of club drugs can cause severe breathing problems, coma or even death.

*If you know someone who uses club drugs,  
urge him or her to get help.*

*If you are using them – stop! The longer you ignore the real facts,  
the more chances you take with your life.*

### For more information:

[www.nida.nih.gov](http://www.nida.nih.gov) | [www.drugfreeNH.org](http://www.drugfreeNH.org)

[www.dhhs.state.nh.us/DHHS/ATOD](http://www.dhhs.state.nh.us/DHHS/ATOD)

800-804-0909, ext. 2

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(STREET NAMES  
FOR CLUB DRUGS)

  
NHBDAS  
BUREAU OF DRUG AND ALCOHOL SERVICES  
PROMOTING PREVENTION AND RECOVERY  
Bureau of Drug and Alcohol Services  
105 Pleasant St., Concord, NH 03301  
800.804.0909 / 603.271.2677  
[www.dhhs.nh.gov/dobcs/bdas](http://www.dhhs.nh.gov/dobcs/bdas)

Alcohol, Tobacco and Other Drug Clearinghouse

NH Department of Health and Human Services