

# HOW TO GO ALL NIGHT WITHOUT DRUGS

## Hydrate and Replenish Electrolytes

Make sure you drink liquids. A lot of clubs and concert venues get over crowded and hot. Keeping yourself hydrated can help you feel better throughout the night.

## Don't Put Down Your Drink

You don't know who or what could have been in or around your drink while you were having fun. Keep your drink with you if you want to avoid what could be an unsafe situation.

## Chill Out and Take a Break

Dancing and exhausting your body for several hours can result in dehydration or heat exhaustion, with or without the use of substances. Be sure to take a break and cool-down regularly.

## Get Proper Sleep and Nutrition

If you plan on going out and having a good time, make sure you get a good night's sleep the night before and eat well during the day. This can help you stay more aware and have more energy without having to use drugs to get there.

## Understand Consent

It is critical to know that drugged sex is not consensual sex. Make sure you and your partner are both sober and willing before engaging in any type of sexual activity.

## Use the Buddy System

Always travel with a friend. Look out for each other and make sure you have planned meeting places and times throughout the night if you choose to separate.

To find resources on your campus, visit

[pip.missouri.edu/resources](http://pip.missouri.edu/resources)



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ALL THE  
LIGHTS &  
SOUNDS  
THE TRUE  
EFFECTS  
OF CLUB  
DRUGS

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<b>NAME OF DRUG</b> (Street Name)	<b>HOW IT'S USED AND WHAT IT LOOKS LIKE</b>	<b>SHORT TERM EFFECTS</b> (Within the first 3-6 hours of use)	<b>LONG TERM EFFECTS</b> (Within the week of using to the rest of your life)
<b>MDMA</b> (Ecstasy, Molly)	Capsules, Tablets, Throat Sprays, Powder	Distortions of perceptions, particularly light, music and touch, Artificial feelings of empathy and emotional warmth, Euphoria, Increased body temperature, blood pressure and heart rate, Increased energy, Lack of appetite, Jaw clenching and teeth grinding, Chills	Anxiety, Restlessness, Irritability, Sadness, Lack of appetite, Less interest in or pleasure from sex, Problems sleeping, Aggressive behavior, Difficulty focusing, Poor memory, Paranoia
<b>GHB</b> (Liquid X, G)	Liquid, Pills, Capsule, Powder	Euphoria, Sedation, Confusion, Dizziness, Hallucinations, Short-term amnesia, Combativeness, Involuntary eye movement, Nausea, Seizures, Tremors, Disorientation, Incontinence, Low body temperature	Fatal respiratory problems, Coma, Liver failure, Death
<b>Rohypnol</b> (Roofies, Roche)	Powder, Pills, Tablets	Amnesia, Drowsiness, Lower blood pressure, Dizziness, Confusion, Visual disturbances, Loss of social inhibitions	Headaches, Nightmares, Muscle relaxation, Tremors
<b>Methamphetamines</b> (Crank, Speed, Glass)	Powder, Pills, Crystals, Liquid	Rush of euphoria, Period of less intense euphoria lasting a few hours	Psychosis, including: paranoia, hallucinations, repetitive motor activity Changes in brain structure and function, Deficits in thinking and motor skills, Memory loss, Aggressive behavior, Mood disturbances, Severe dental problems, Weight loss
<b>LSD</b> (Acid)	Small tablets known as "microdots". Capsules or gelatin squares known as "window panes". Absorbent paper divided into small squares decorated with designs or cartoon characters known as "loony toons". Liquid	Increased body temperature, Increased heart rate, Dry mouth, Shakiness, Sweating, Numbness, Weakness, Nausea, Panic/Terror, Despair, Swift emotional changes, Hallucinations, Delusions	"Trips" where people revisit delusions or hallucinations at any time even after ingestion of the drug has ceased
<b>Cocaine</b> (Blow, Crack, Coke)	Powder, Crystals	Feelings of euphoria, Increased energy, Grandiosity; inflated self-esteem, Elevated mood, Feelings of restlessness, Irritability and anxiety, Panic, Paranoia	Tremors, Muscle twitches or tics, Paranoia, Vertigo, Increased blood pressure, Increased body temperature, Decreased sexual function, Erratic and potentially violent behavior
<b>Ketamine</b> (Special K, Vitamin K)	Powder, Liquid	Distortion of sight and sound, Feelings of detachment from the environment and oneself, Illusions, Hallucinations, Nausea, Slowed breathing, Dizziness, Confusion, Slurred speech, Sedation, Numbness, Weakness, Visual problems, Muscle rigidity, Aggressive behavior, Loss of coordination, Rapid heart rate, Amnesia, Delirium	Damage/destruction of the bladder, Kidney issues, Death

## INFORMATION ABOUT CLUB DRUGS

### What are club drugs?

Club drugs refer to a wide variety of drugs that can be found at all night dance parties, concerts, clubs, and bars.

### Are club drugs safe?

Not necessarily. When receiving a club drug, there are a lot of uncertainties about the where the drug came from, what's in it, how it was made, and whether or not who is giving you the drug even knows any of these things. Regardless of how much you think you may know about the drug, you never really know what you are getting.

### Are club drugs addictive?

Some club drugs can be addictive if used regularly for extended period of times or, in the case of methamphetamines, if used just once. Others may incur withdrawal effects for the user for a week or longer after even just one use.

### What treatment options exist if you become addicted to club drugs?

The treatment options for club drugs mirror those for other drug addiction treatments. However, because of the varying components of club drugs, treatment may not be easy and it may take a longer time to treat.