

# Drug Information and Harm Minimisation Skills



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Date: 17/6/13  
Resolved to publish Yes / No



# EXPERIMENTAL




MAN...THE  
MUSIC IS  
BLOODY  
AWESOME!



BUT HEY...I'VE  
GOT SOMETHING  
THAT'LL REALLY  
GET THIS PARTY  
GOIN!





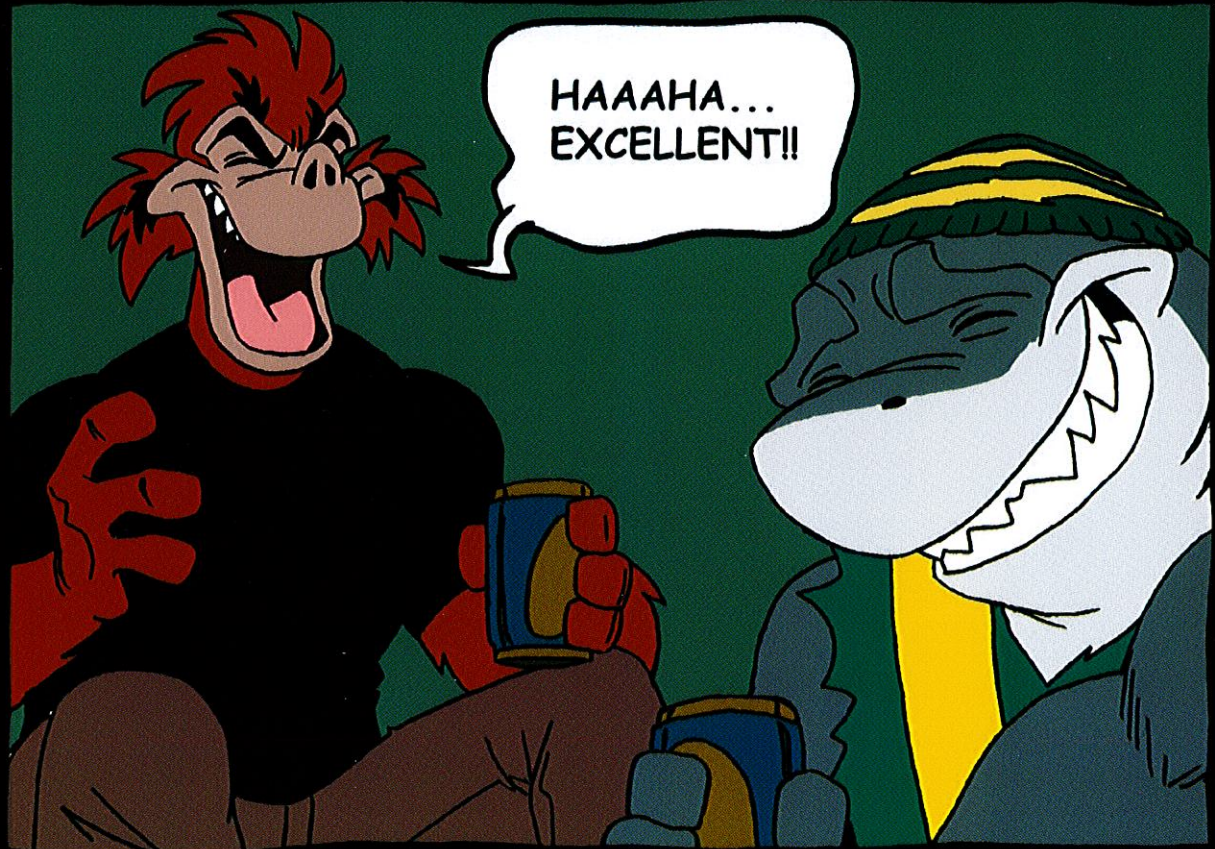
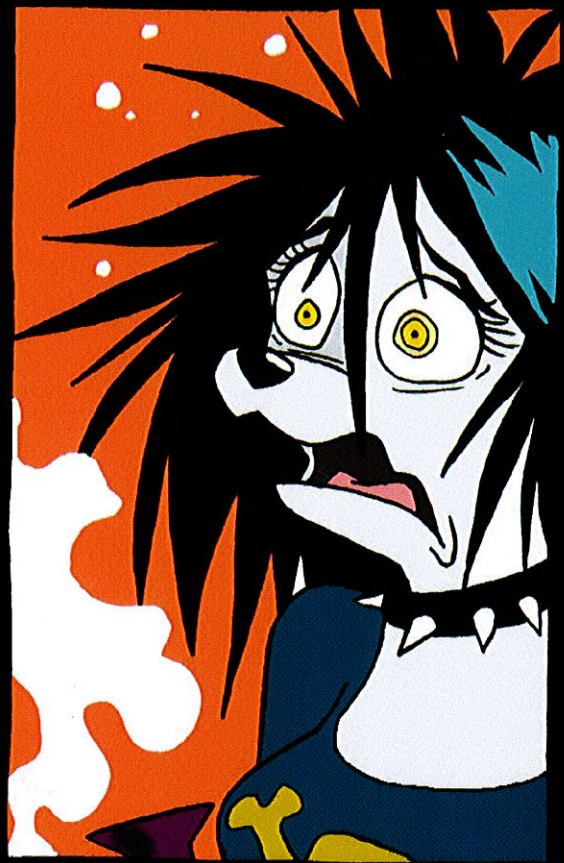
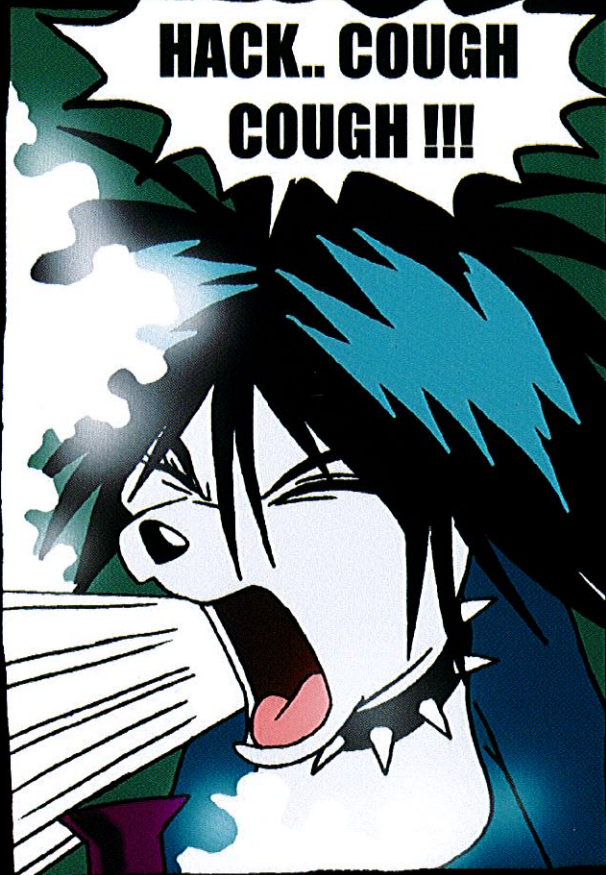
COME ON PUNK  
IT'LL BE COOL....  
GIVE IT A GO

UH....  
OKAY

Drug Information and Harm Minimisation Skills











OHHHHHHHH.....

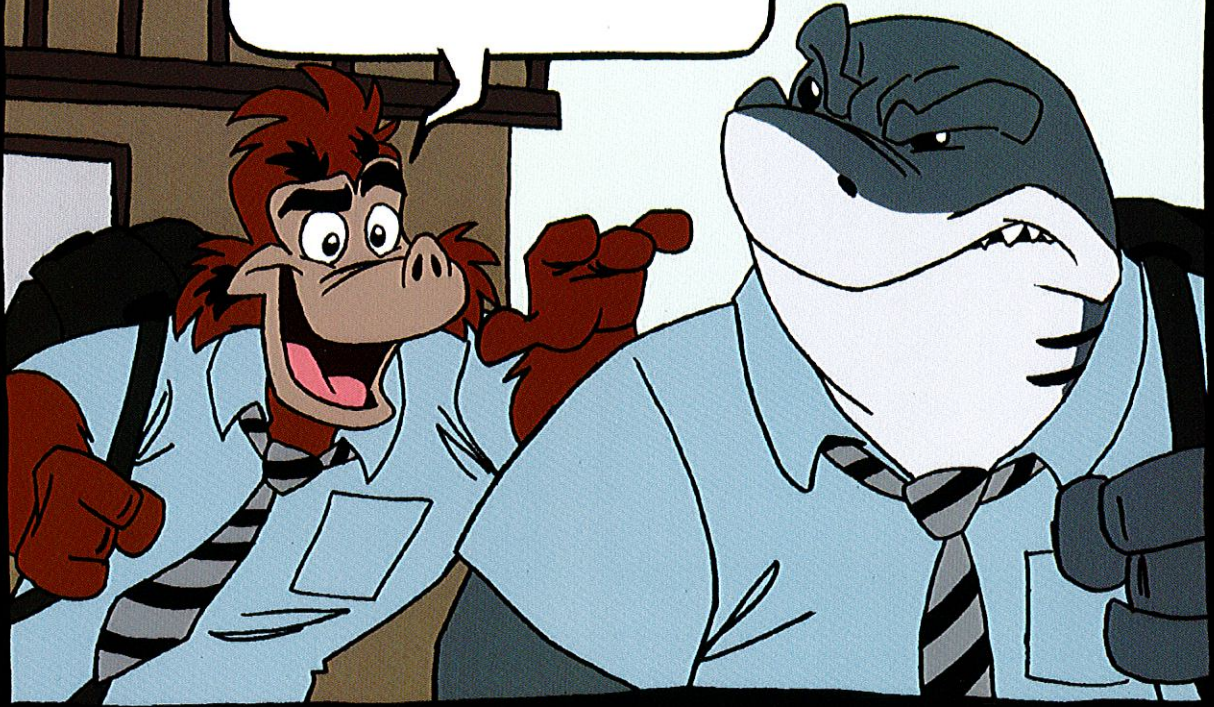


THERE IS NO WAY I AM EVER TRYING THAT STUFF AGAIN...

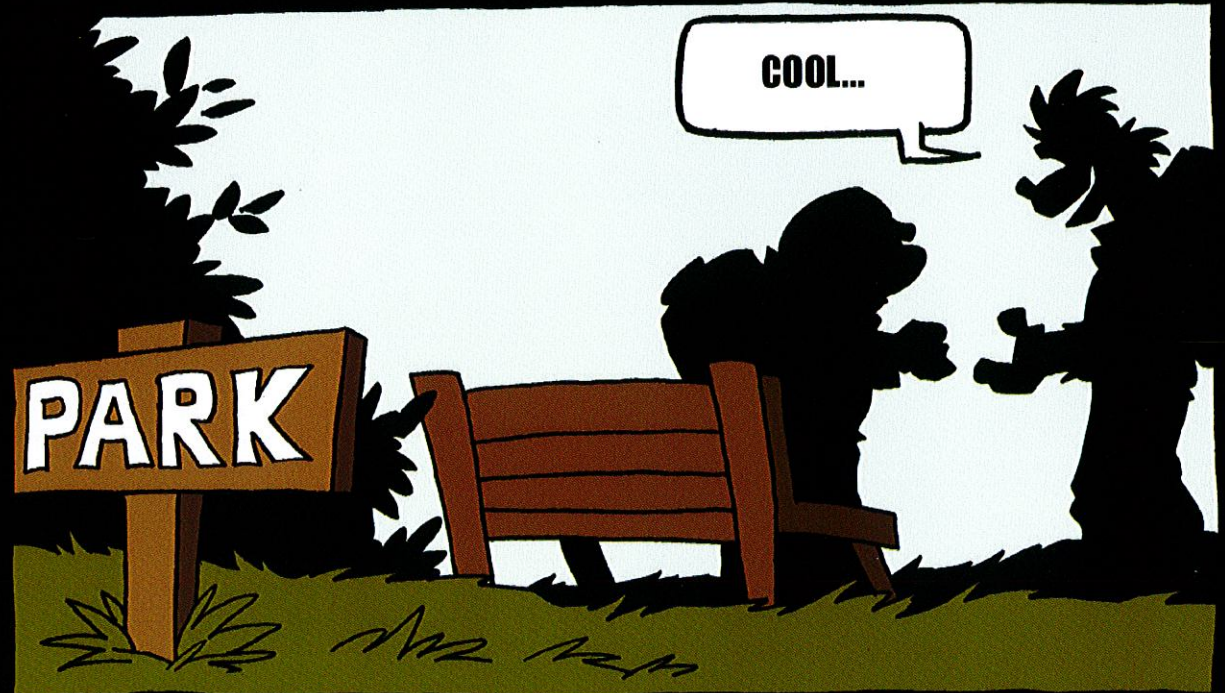


# RECREATIONAL


HEY ROCK !! I WANNA  
MEET UP LATER TO  
GRAB SOME WEED, OKAY?



COOL...







THIS IS THE THIRD  
TIME THIS WEEK MAN...  
YOU NEED TO START  
BUYING YER OWN.



DO I STILL  
WANT TO  
KEEP DOING  
THIS?



# HABITUAL

MONDAY

I NEED THE MONEY FOR A SCHOOL EXCURSION..





**TUESDAY**

IT'S FOR A  
FRIEND'S  
BIRTHDAY.....





**WEDNESDAY**

NOT THIS TIME..

BUT DAD...!!

**BUY-SELL  
SECOND-HAND**

20



**THURSDAY**

**COME ON!  
I JUST NEED  
THE MONEY!**

**WELL YOUR  
NOT GETTING IT!  
THAT'S THAT!!**



**I CAN PAY  
YOU TOMORROW..  
I PROMISE..**





**FRIDAY**

**PLEASE!  
JUST ONCE  
MORE!!**





# TOLERANCE

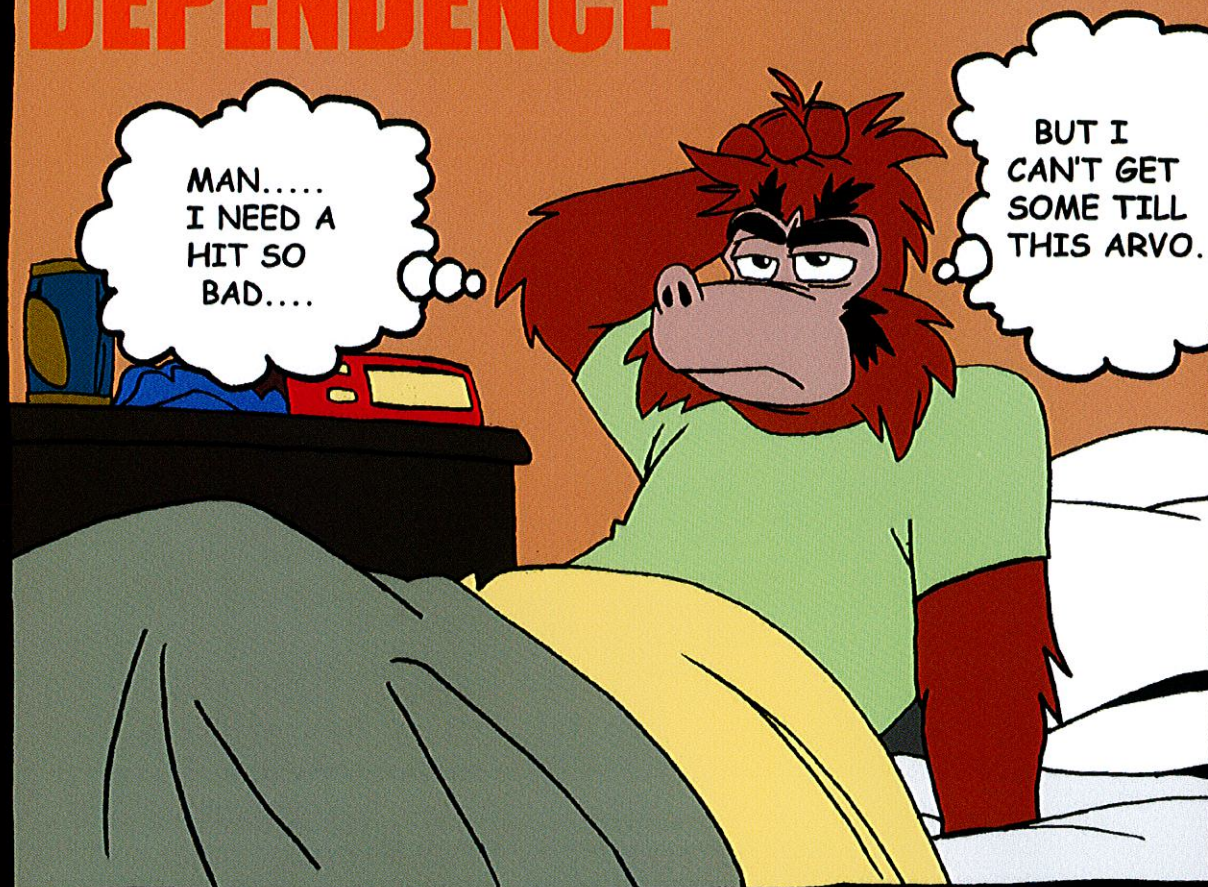








# DEPENDENCE



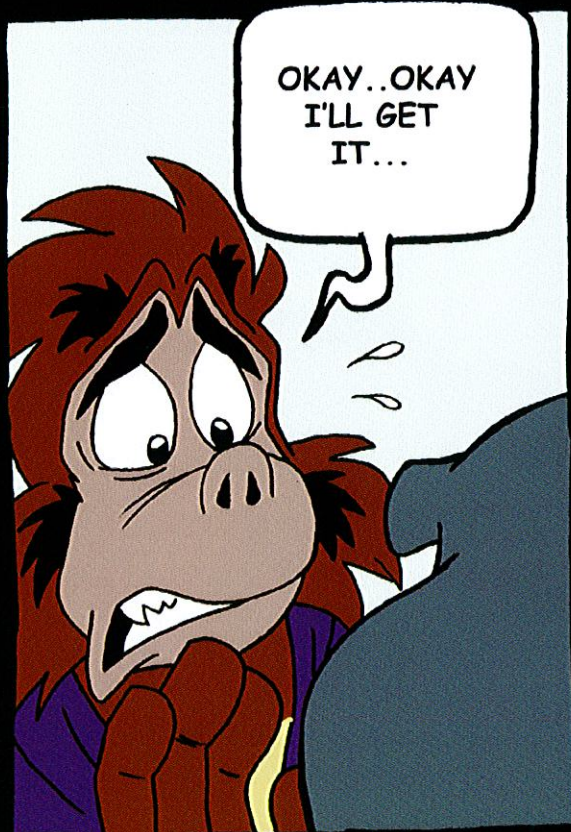



















# WITHDRAWAL



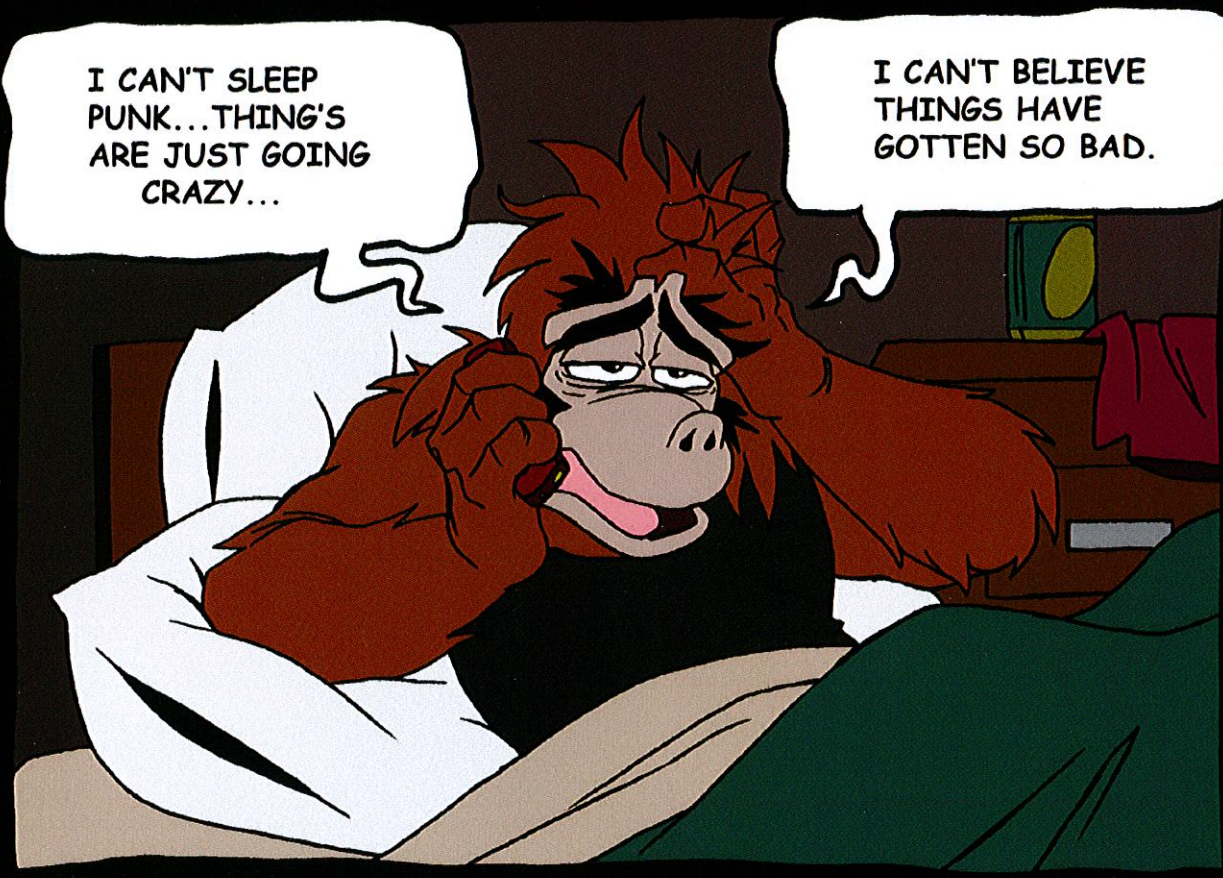




I'VE SERIOUSLY  
GOT TO STOP  
USING....



AHHH  
AHHH!! AAAAAHH...!!!



I CAN'T SLEEP  
PUNK...THING'S  
ARE JUST GOING  
CRAZY...

I CAN'T BELIEVE  
THINGS HAVE  
GOTTEN SO BAD.



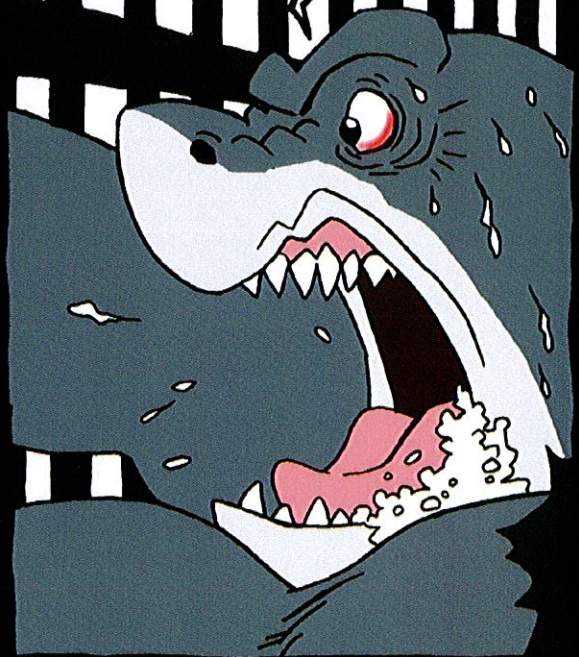


**HEY!! GET  
THE NURSE!**

**I CAN'T SLEEP!!  
I'M SICK!!**

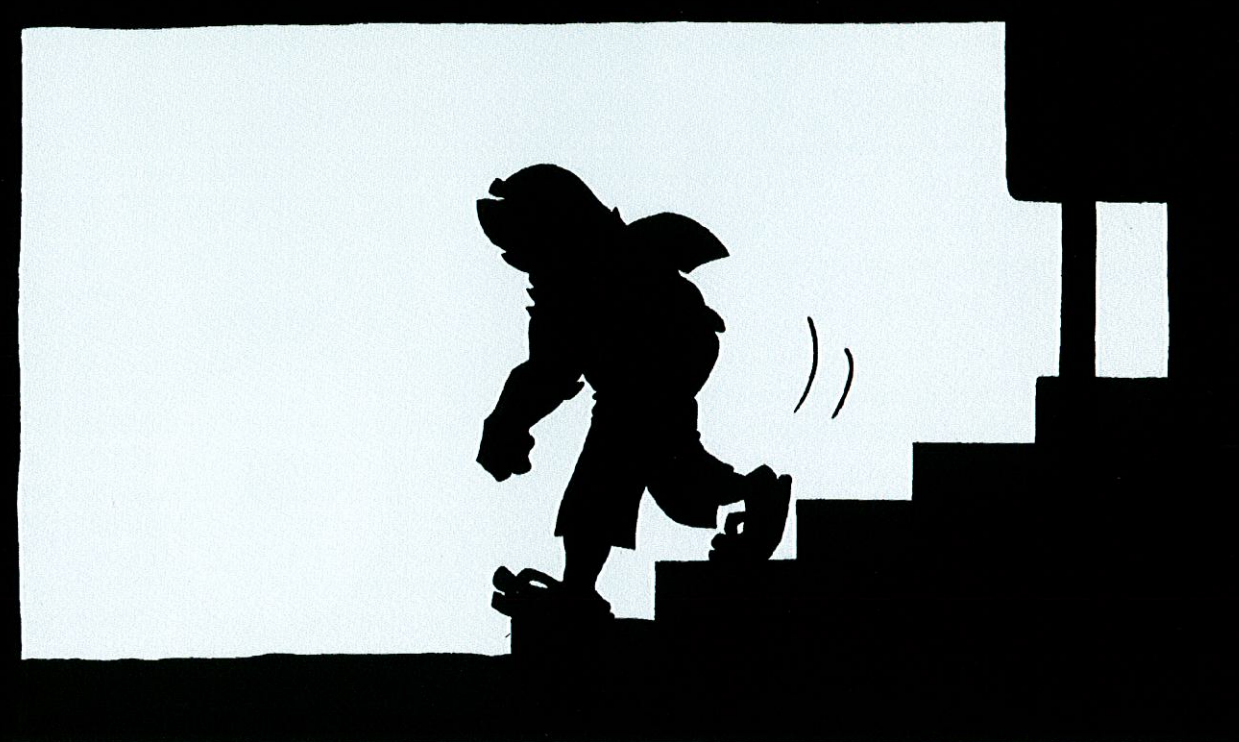


**I CAN'T DEAL  
WITH THIS!!**





# REDUCED TOLERANCE

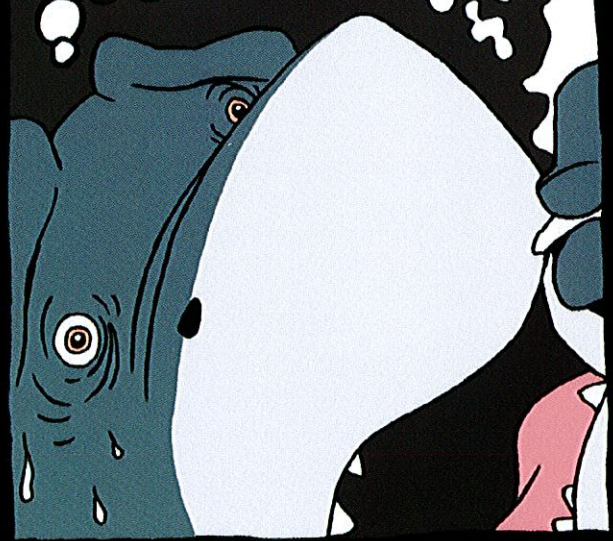




NEED TO CALM  
DOWN WITH  
A JOINT...



WHA...WHAT'S  
HAPPENING TO  
ME.....  
UUUURGH... ..









# ALCOHOL

## SHORT-TERM EFFECTS





# ALCOHOL LONG-TERM EFFECTS





# CANNABIS

## SHORT-TERM EFFECTS

Sharpened sense of humour

Increased need to urinate

A dream like state - feeling disconnected from the world

Increases sensory experiences (i.e., colour, sound and other sensations)

Decreased alertness and attention

Anxiety and panic

Friendship and relationship problems

Poor short-term memory

Decreased concentration and ability to focus

Increased talkativeness

Dryness of the eyes, mouth and throat

Decreased motivation

Feeling relaxed and calm

Distorted perception of time

Dizziness and light headedness

Increased appetite

Increased heart rate

Paranoia - thinking people are watching you or are out to get you

Depression

Poor balance and fine motor skills

Apathy - feeling as if you can't be bothered to do some things

Drowsiness

Increased nausea

Reddening of the eyes / blood shot eyes

Loss of coordination

Poor performance of complex tasks

There is no evidence of cannabis causing death in humans

At very high doses:  
Psychotic symptoms such as persecutory delusions and hallucinations.  
**Hallucinations** occur when a person thinks they can either hear, feel, touch or see something that is not there.  
**Delusions** are false, untrue or unrealistic beliefs (e.g., an alien is poisoning me)

Feeling, seeing and hearing things differently

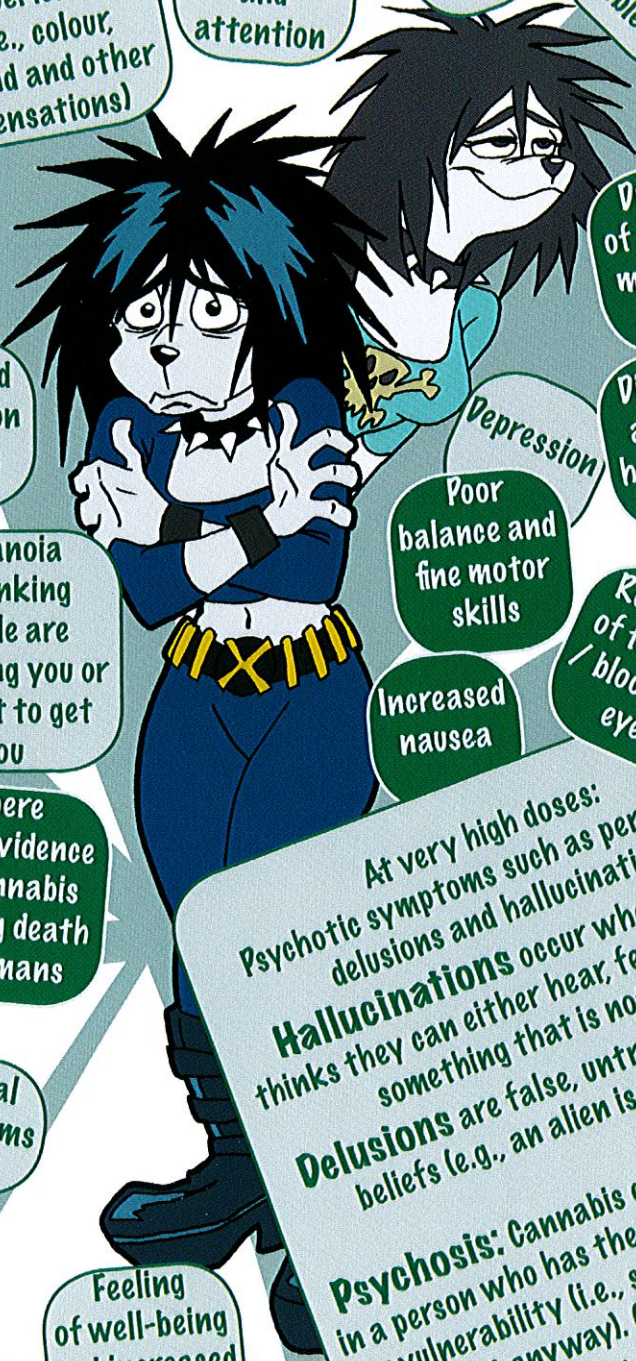
Legal problems

**Psychosis:** Cannabis can trigger psychosis in a person who has the pre-existing condition or vulnerability (i.e., someone who may have developed it anyway). Cannabis can act as a key to unlock an existing condition

Change in blood pressure, such that blood pressure increases while the person is sitting, but decreases while the person is standing

Feeling of well-being and increased sociability

Tingling in lips, fingers and toes





# CANNABIS LONG-TERM EFFECTS

Cannabis dependence (i.e., when someone needs cannabis to function normally)

Mental health problems (i.e., psychosis in vulnerable people)

Decreased ability to think, reason and function intellectually (whilst taking cannabis)

Early school drop-out

Reproduction - there is some belief that cannabis can cause problems with reproduction. Specifically, reduction in testosterone, sperm abnormalities and menstrual abnormalities. However, again the evidence is not sufficient to draw firm conclusions

Cardiovascular effects - i.e., in those with pre-existing heart problems, there is an increased risk of heart attacks and strokes

Respiratory symptoms such as cough, mucus, wheezing and bronchitis

Memory problems

Immune system function - There is some evidence to suggest that cannabis may damage a person's immune system, that is the system they use to fight off disease and infections

Heart and blood disorders (e.g., increased blood pressure and heart disease)

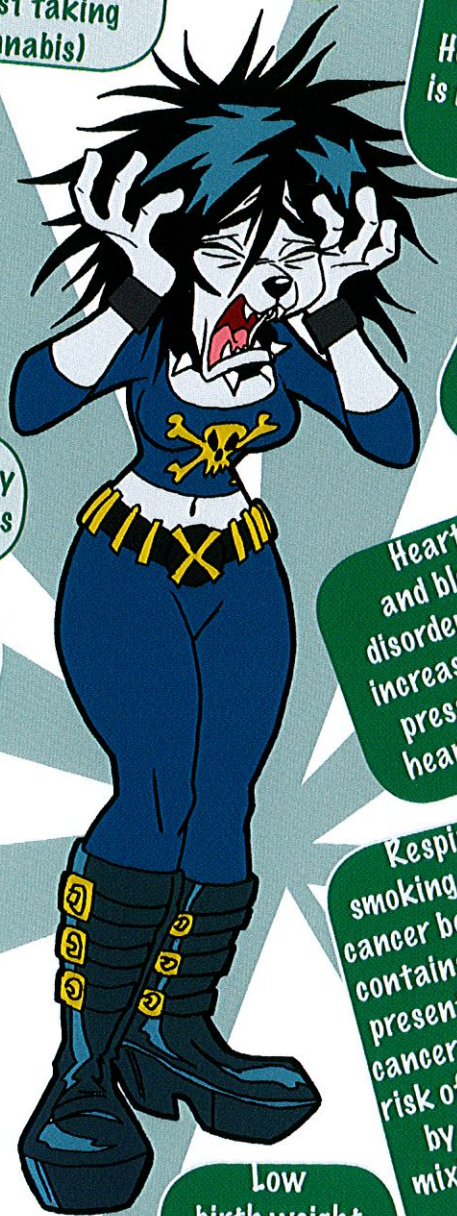
Depression

Poorer educational achievement

Greater likelihood of leaving jobs or contributing to accidents, which reduces overall productivity

Respiratory cancer - smoking cannabis may cause cancer because cannabis smoke contains many carcinogens. At present the evidence for these cancers is still inconclusive. The risk of cancer may be increased by the common practice of mixing tobacco with cannabis before smoking

Low birth weight babies if the mother uses during pregnancy





# INHALANT'S SHORT-TERM EFFECTS

A high usually occurs within 3-5 minutes of using; a sustained high can be achieved through repeated use

Nausea

Laughing and feeling on top of everything

Drowsiness after main effect starts to wear off

Tremors

Loss of appetite

Happy and less inhibited

Diarrhoea

Relaxed as if nothing really worries them

Sneezing

Irritation

Slurred speech

Unsteady on their feet

Agitation and uneasiness

In larger quantities the person can:  
• Become disoriented (unaware of where they are and what's going on around them)  
• Lose coordination and fall over

Glazed eyes

Dizziness

Not worrying as much about the consequences of your actions - (i.e., decreased inhibitions)

Headaches (which can sometimes last for a few days)

Coughing

Disoriented (not knowing where they are or what is going on around them)

In larger quantities the person can:  
• Pass out  
• Lose body coordination  
• Have convulsions  
• Have breathing difficulty  
• Hallucinate  
• Overdose - lose consciousness and black out

**Death:**  
**Sudden Sniffing Death** - occurs when a person sniffs a lot of solvent quickly and then does strenuous exercise - like running away. Death occurs because the heart cannot cope with the strain that is put on it

**Accidental injury** - suffocation (from putting a plastic bag over their head or spraying the solvent directly into their throats), falling, fire or explosion

**Other accidental deaths:** e.g., drowning

These effects can result in acute accidents and accidental death from falling, drowning etc

Risky or dangerous behaviours

Mild excitement to euphoria

Aggressive behaviour

Bad breath

Runny nose





# INHALANT'S LONG-TERM EFFECTS



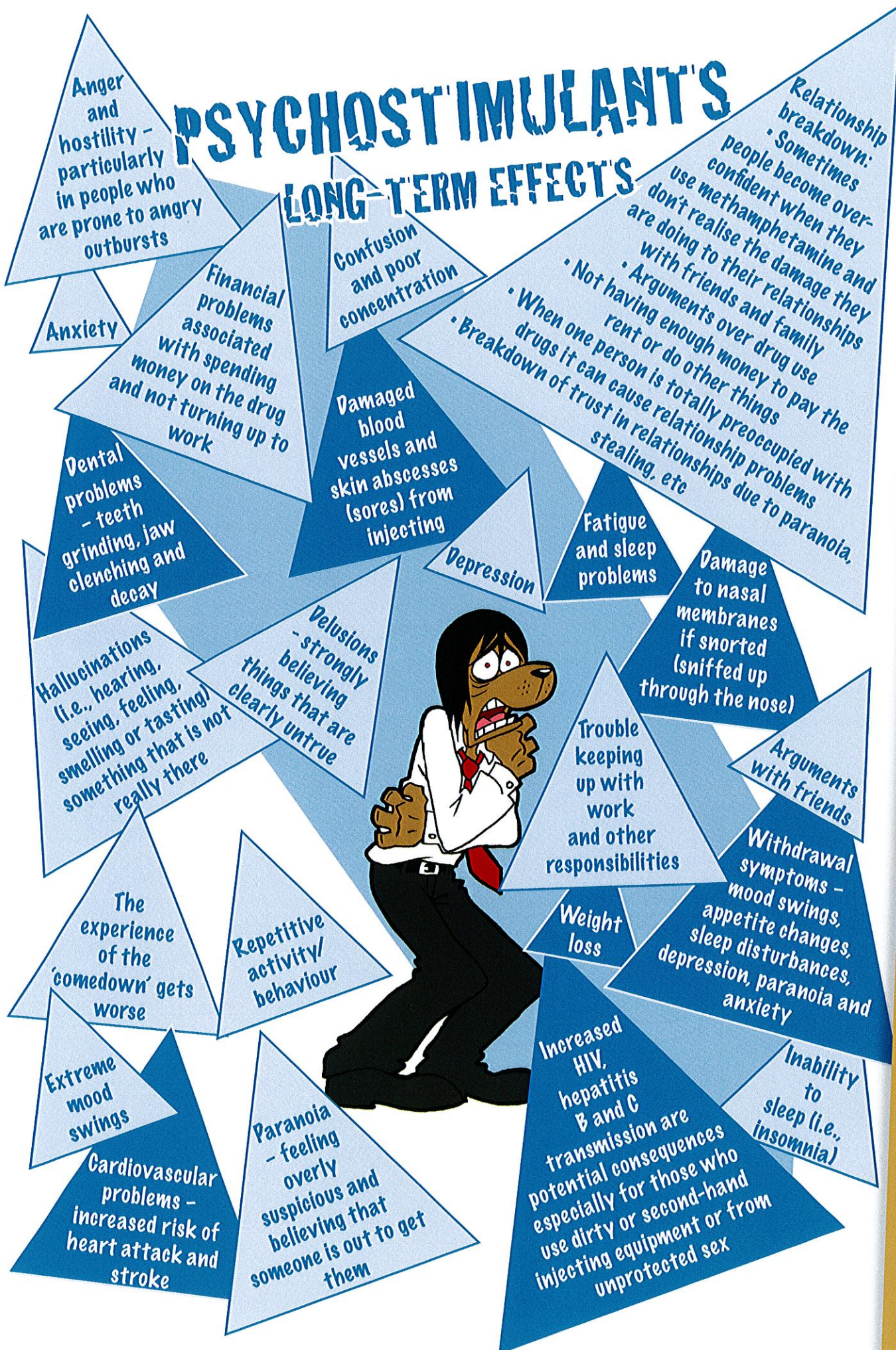


# PSYCHOSTIMULANT'S SHORT-TERM EFFECTS





# PSYCHOSTIMULANT'S LONG-TERM EFFECTS





# ECSTASY

## SHORT-TERM EFFECTS

**Increased alertness**  
**Potential to damage relationships**  
**Dry mouth and thirst**  
**Inability to sleep**  
**A sense of well-being**  
**Tongue and cheek chewing**  
**Irritability**  
**Work and study problems**  
 \* Increased use of sick leave  
 \* Increased skipping of classes  
 \* Trouble concentrating  
**Sweating**  
 \* Lack of motivation  
 \* Reduced work performance  
**Lack of inhibitions**  
**Increased self-confidence**  
**Weight loss**  
 \* Quitting work or being sacked was also not uncommon among frequent users.  
**Confusion**  
**Teeth grinding**  
**Deaths from ecstasy are rare, but do happen. They can result from ecstasy toxicity or from the deleterious effects of other chemicals contained in the pills (e.g., PMA)**

These problems were reported to occur because ecstasy interferes with mental processing. In addition, it takes time to recover from the effects of ecstasy which impacts on work and study



**Nausea**  
**Vomiting**  
**Legal problems**  
**Anxiety**  
**Paranoia**  
**Joint pains**  
**Financial problems**  
**Muscle aches**  
**Panic attacks**  
**Blurred vision**  
**Fainting**  
**Overheating and dehydration**  
**Warm and loving**  
**Trouble urinating**  
**Hot and cold flushes**  
**(High doses) Flushing / fever**  
**Energetic**  
**Depression**  
**Loss of energy**  
**Headaches**  
**Poor concentration**  
**Euphoria (a high)**  
**Extreme symptoms like suicidal thoughts may also be a result but are rare**  
**In high doses:**  
 • Agitation  
 • Hallucinations  
 • Mental confusion  
 • Paranoia  
 • Aggression  
**Problems having sex or having an orgasm**  
**Increased body temperature**  
**Feelings of increased closeness to others**  
**In high doses:**  
 • Tremors  
 • Headaches  
 • Loss of coordination  
 • Flushing / fever  
 • Dizziness  
 • Nausea / vomiting



# ECSTASY

## LONG-TERM EFFECTS

Little is known about the long-term effects of ecstasy as it has only become popular in the last 15-20 years. However, there is growing evidence that ecstasy use is associated with long-term problems related to:

- Memory problems
- Learning problems
- Depression
- Anxiety
- Liver function

Of great concern is that evidence suggests that these long-term symptoms may be irreversible

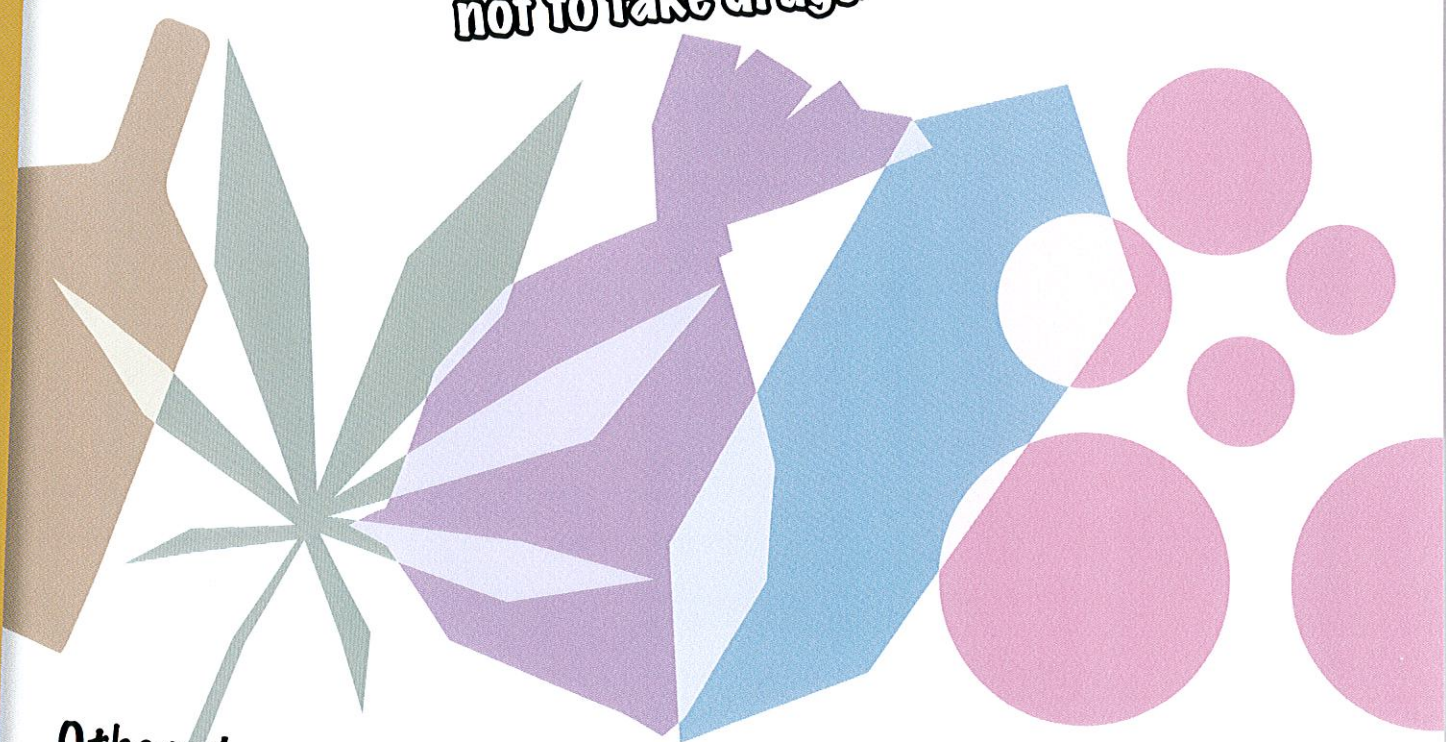




# ➔ GENERAL

## HARM MINIMISATION TIPS

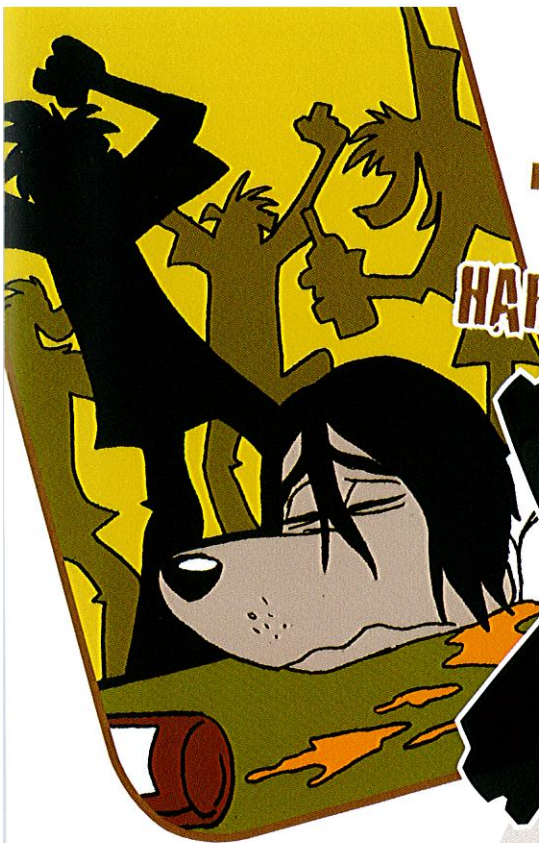
The best way for anyone to avoid harm is  
**not to take drugs.**



### Otherwise a person should:

- ➔ Educate themselves on the specific drugs so that they understand the effects and risks associated with the drug.
- ➔ Never mix drugs. Mixing drugs can lead to extreme reactions, which may be different from one time to the next.
- ➔ Always let someone know what they have taken. That way, if they have an unusual reaction or something goes wrong, help can be sought immediately.
- ➔ Seek help/call an ambulance immediately if there is even the slightest risk that you think another person may be having an unusual reaction to a drug. Ambulance officers will only call police if there is a risk to their own personal safety or someone dies.
- ➔ Set a limit on how much of a drug (including alcohol) they intend to take. Drug use can impair a person's judgment and decrease inhibitions, so they may be more likely to take more or too much of a drug.
- ➔ Not binge on drugs over a long time period. This puts excessive strain on the body and brain. It is important a person gives their body a rest.
- ➔ Not buy or carry drugs for another person or themselves. If they carry drugs for another person (or themselves) and they get caught, it could change their lives forever.





# ALCOHOL

## HARM MINIMISATION TIPS

The most obvious way to minimise the harm from alcohol is **not to drink alcohol or to drink alcohol in small quantities**

For those who choose to drink alcohol, some harm minimisation tips include:

- Never drinking to get drunk, as this is when things can go wrong.
- Planning in advance exactly how many drinks to have and then sticking to that low-moderate limit.
- Finish each drink, don't top it up, so that you know how much you have had.
- Know your limits - what may be OK for others may not be OK for you.
- Not drinking straight from the alcohol bottle as it makes it hard to keep track of how much alcohol has been consumed.
- Not sharing straight from bottles as again it makes it hard to keep track of how much alcohol has been consumed.
- Avoid "shouts": Don't get involved in shouts, or rounds. If you do get stuck in a shout, buy a non-alcoholic drink for yourself when it's your shout.
- Consider what activities may still need to happen that day or the next day when planning the limit. For example, boating and alcohol should not be combined.
- Consider who will be at the drinking venue and whether it is appropriate to drink.
- Have a soft drink before drinking any alcohol. This will help to ensure that alcohol is not gulped to quench that initial thirst.
- Eat some food before drinking alcohol. Food in the stomach slows down the rate that alcohol can be absorbed into the blood stream.
- Drink alcohol slowly and put the glass down between drinks (but only if you are confident that someone will not put something in your drink).
- Count the drinks as they are consumed to avoid exceeding the set limit.
- Space alcoholic drinks with juice, water or soft drink.
- Don't eat salty food as this can increase thirst and lead to more alcohol being consumed.
- In poorly ventilated venues, drink lots of water and soft drink to avoid consuming alcohol to quench thirst or relieve dehydration.
- Drink low-alcohol alternatives.
- Don't let yourself be pressured to drink alcohol.
- Don't mix alcohol with other drugs - the combined effects of drugs can be unpredictable. If you mix two drugs which both slow down the central nervous system (i.e., depressants) the consequences can be fatal.
- Don't drink and drive or operate heavy machinery.
- Stay with people you know and trust.
- Don't drink and go swimming.
- Have alcohol-free days: Have at least two days a week when you don't drink at all.
- Stay busy - if you go out, try to stay busy as you will be less likely to drink as much alcohol (e.g., play pool / dance)
- Carry condoms - The effects of alcohol may make you more relaxed and confident which may increase the likelihood of having unplanned sex. If you are having sex, use a condom to avoid contracting sexually transmitted infections.





# CANNABIS HARM MINIMISATION TIPS

The most obvious way to minimise the harm from cannabis is not to use it.

For those who choose to use cannabis, some harm minimisation tips include:

- In comparison to a joint, the use of a bong leads to larger quantities of toxins (poisons), such as carbon monoxide and tar being inhaled more deeply into the lungs.
- With a bong, the water absorbs a great deal of the THC in the smoke. This means the smoker needs to inhale a lot more smoke to get the desired amount of THC, resulting in the smoker being exposed to a lot more tar and other cancer causing substances.
- Holding the smoke in one's lungs does not increase the effects of the THC, but does lead to greater lung damage.
- Don't use a filter on a joint. Filters stop about 60% of the THC getting through. This means the smoker needs to inhale lots more smoke to get the desired amount of THC. This results in the smoker being exposed to a higher proportion of tar and other toxic substances in smoke.
- Harmful by-products can be released from plastic bottles, drink cans, hoses and aluminium cones which are sometimes used to make bongs. It is recommended that other materials be used.
- It is important to keep a bong clean and change the water regularly, as a dirty bong can hold germs and viruses such as Hepatitis A.
- Don't mix cannabis with tobacco. Although people mix cannabis with tobacco to make it last longer and burn more easily, doing so increases the health risks as smokers inhale more tar and other harmful cancer causing substances. Also, when deciding to give up, it may make it harder to stop smoking as this can lead to the experience of nicotine withdrawal.
- One of the best ways to avoid the harmful effects of cannabis smoke on the lungs is to cook the cannabis in cookies or cakes and eat it, rather than smoke it. But, this also has its drawbacks...
- Eating cannabis leads to a slower onset of the effects of the THC as it takes longer for the THC to enter the bloodstream when consumed in this way. This can lead to a person eating excessively large amounts of cannabis whilst they wait for the effects to take place. It is important to eat a little bit, and then wait for a while to gauge the effects before eating more.





## INHALANT'S HARM MINIMISATION TIPS

The most obvious way to minimise the harm from inhalants is **not to use them**.

For those who do use inhalants, some harm minimisation tips include:

- Don't sniff when alone, or in dangerous places.
- Don't sniff in small enclosed spaces such as cupboards where there is likely to be a lack of oxygen and a greater concentration / build up of fumes.
- Don't put the plastic bag over your head as you may lose consciousness and then suffocate. The practice of covering your head to intensify exposure is extremely risky.
- Don't use inhalants near busy roads or where you could put yourself in danger whilst intoxicated.
- Use smaller bags to reduce the risk of suffocation.
- Don't smoke near or around inhalants as many are highly flammable.
- Don't use inhalants near any naked flame.
- Don't use other substances such as alcohol and other drugs whilst intoxicated with inhalants, as this will increase the risk of accidents and overdose.
- A person who is intoxicated from inhalants should not suddenly be frightened / alarmed or participate in violent physical activity, as sudden death can result if the sniffer's heart rate becomes elevated.
- Choking on vomit is a large cause of deaths from inhalants. If someone sees another person pass out they need to make sure the person can breathe and is placed in a position where they cannot choke on their vomit. An ambulance needs to be called.
- Some substances (e.g., glue) are less harmful than others.
- Don't spray substances directly into your mouth or throat as this can 'freeze' the airways and cause suffocation.
- Have knowledge of what to do in an emergency.



# METHAMPHETAMINE AND ECSTASY

## HARM MINIMISATION TIPS

The most obvious way to minimise the harm from methamphetamine and ecstasy is not to use them.

For those who do use methamphetamine, ecstasy and other psychostimulants, some harm minimisation tips include:

- Ecstasy and methamphetamine lead to an increase in your body temperature. Because these drugs are frequently taken in hot, crowded clubs, where people dance for hours on end without replacing fluids, there is a risk of overheating and dehydration. If dehydration is serious it can lead to death. Symptoms of overheating and dehydration include:
  - ⊗ Starting to feel hot, unwell and confused
  - ⊗ Headache and vomiting
  - ⊗ Not sweating even when dancing
  - ⊗ Not being able to talk properly
  - ⊗ Not being able to urinate or noticing urine is dark and thick
  - ⊗ Heart rate and pulse not slowing down even during rest
- To help avoid dehydration it is important to:
  - ✓ Consume 500ml of water per hour whilst active (e.g., dancing)
  - ✓ Consume 250ml of water per hour when not moving around (e.g., chilling out)
  - ✓ Have breaks from activity to help body temperature and heart rate decrease
  - ✓ Avoid drinking alcohol with these drugs as alcohol increases the level of dehydration
- People have died from drinking too much water after taking ecstasy, but this is very rare. When a person drinks too much water it affects the levels of salt and other minerals in the blood. This can cause the brain to swell, which can lead to a coma and possibly death. It is important that water is sipped and not gulped in large quantities.
- Avoid alcohol and caffeine, both of which lead to further dehydration.
- Ecstasy and methamphetamine, like other drugs, can lower inhibitions. This means that some people using these drugs could be more likely to engage in risky sexual behaviour (such as unsafe sex) increasing the risk of sexually transmitted infections or pregnancy.
- Sex combined with ecstasy or speed can also be very rough. It can lead to discomfort and increase the risk of sexually transmitted infections resulting from the increased risk of condoms breaking.
- Just because a person has taken an ecstasy tablet with a specific logo on it and not had an adverse reaction, it doesn't mean they won't have a bad reaction to a tablet with the same logo the next time.
- Two ecstasy tablets which are the same colour or have the same logo may have very different effects. Ecstasy tablets which look the same can come from different sources and contain very different drugs.
- Ecstasy can make people feel open and loving, which can increase the risk of someone taking advantage of them. Other people may also interpret this friendliness as a come-on.
- It is best not to inject drugs. The harms associated with injecting drug use include the transmission of blood borne viruses such as HIV, hepatitis B and hepatitis C, as well as other medical conditions such as vein collapse, abscesses, and blood poisoning. Snorting, swallowing and smoking drugs are all dangerous, but carry less of a risk than injecting.
- Injecting drug users should always use clean and sterile injecting equipment to reduce the risk of blood borne viruses and other infections. They should not share needles.



# DRUG WITHDRAWAL

## Alcohol Withdrawal Symptoms

Heavy daily alcohol users may experience the following symptoms when they cease using alcohol:

- Increased body temperature
- Increased pulse rate
- Increased breathing rate
- Increased blood pressure
- Nausea and vomiting
- Auditory or visual hallucinations (i.e., hearing or seeing something that is not there)
- Sweating
- Agitation and anxiety
- Disturbed sleep
- Pins and needles, itching, burning, numbness, crawling sensation

People who are dependent on alcohol are likely to experience withdrawal symptoms 6 to 24 hours after the last drink. Withdrawal symptoms usually stop about 5 days after the last drink is consumed.

Although alcohol withdrawal is usually uncomplicated, this does depend on the frequency, quantity and amount of time alcohol has been consumed. To be on the safe side, it is important when deciding to cease the use of alcohol to seek medical advice.



## Cannabis Withdrawal Symptoms

Heavy daily cannabis users may experience the following symptoms when they cease using cannabis:

- Anxiety / nervousness
- Decreased appetite / weight loss
- Restlessness
- Sweating
- Sleep difficulties, including strange dreams
- Anger
- Chills
- Depressed mood
- Stomach pains / physical discomfort
- Shakiness

It is assumed that the prevalence and severity of such withdrawal would be stronger in heavier users. Withdrawal symptoms peak 2-6 days after ceasing use and can last for approximately two weeks.





# DRUG WITHDRAWAL

## Inhalant Withdrawal Symptoms

Withdrawal symptoms are not common but some people who are dependent on inhalants and suddenly stop using them may experience some mild withdrawal symptoms. Withdrawal symptoms include:

- Anxiety
- Depression
- Loss of appetite
- Irritation
- Aggressive behaviour
- Dizziness
- Tremors
- Nausea

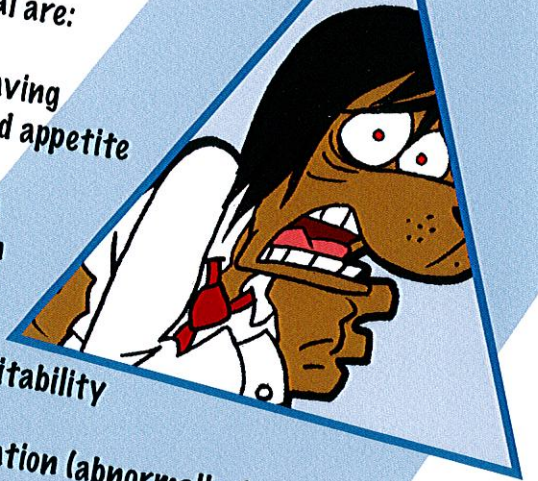
Unlike the use of drugs such as alcohol and heroin, long-term inhalers usually don't need any medical help for the withdrawal process when they decide to stop.



## Methamphetamine Withdrawal Symptoms

The most common symptoms of methamphetamine withdrawal are:

- Drug craving
- Increased appetite
- Shaking
- Sweating
- Depression
- Headaches
- Anxiety
- Extreme irritability
- Nausea
- Hyperventilation (abnormally fast and deep breathing)
- Aches and pains
- Palpitations
- Loss of energy or exhaustion
- Excessive drowsiness, or
- Difficulty sleeping
- Becoming easily upset
- Paranoia (the belief that people are out to get you)
- Poor concentration
- Hallucinations (seeing things that are not here)



Withdrawal symptoms peak between 2 and 10 days after stopping use and begin to settle 1 to 3 months later.

## Ecstasy Withdrawal Symptoms

The vast majority of people who stop using ecstasy do not experience any withdrawal symptoms.





# WHAT TO DO!

## Overheating and Dehydration

**What is overheating and dehydration?**  
It is when the body gets too hot and doesn't have enough water

There is a risk of overheating and dehydration in hot sweaty overcrowded clubs or parties where people dance for hours and do not keep their fluids up. This problem can be made even worse if a person takes ecstasy or alcohol, as both these drugs can also dehydrate the body. This risk increases even further when people mix drugs which have the effect of dehydrating the body such as ecstasy, alcohol and speed.

### The warning signs of overheating and dehydration:

- Feeling very hot, unwell and confused
- Inability to talk properly
- Headache
- Vomiting
- Inability to wee or wee becoming thick and dark
- Not sweating even when dancing
- Heart rate and pulse not slowing down even during resting
- Fainting, collapsing or convulsing

### What you should do if a person reports these symptoms:

- Advise them to stop dancing
- Stay with them or get a friend to stay with them
- Get the person some cold water and get them to sip it slowly
- Take them to have a rest in the chill out or a quiet cool area
- Fan them or get their friend to do it
- If their symptoms persist they need to seek first aid immediately or be taken to the closest hospital





# WHAT TO DO!

## Tense and Panicky



### **If a person gets tense and panicky:**

- Calm them and be reassuring (tell them it will be OK)
- Explain that the feeling will pass
- Steer them clear of crowds, noisy music and bright lights
- If they are over breathing (hyperventilating) encourage them to relax and take long, slow deep breaths



# WHAT TO DO!

## Possible Overdose

A drug overdose occurs when too much a drug is taken and has a toxic / poisonous effect on the body.

### The warning signs of an overdose:

- The person is unconscious and can't be awakened by pinching, prodding or shouting.
- The person is drowsy and confused
- The skin is cold, clammy, pale and bluish or purplish in colour, indicating the person is not getting enough oxygen
- The person is vomiting without waking up
- The person is breathing slowly; if there is more than 10 seconds between each breath, or
- The breathing is rapid and shallow
- The person is fitting (or having a seizure)

The person only needs to display one of these symptoms for it to be treated as a medical emergency.

### What you should do if you see these symptoms:

If a person shows any one of these symptoms it needs to be treated as a medical emergency - you need to call an ambulance immediately on '000'.

### Will the police be called if you call an ambulance?

Ambulance officers do not have to call the police for drug related emergencies unless they think the person has been drugged by someone (against their will), is being violent, or dies.

### What can a person do while waiting for the ambulance to arrive?

Follow the instructions step by step on the DRABCD - Basic Life Support Flow Chart

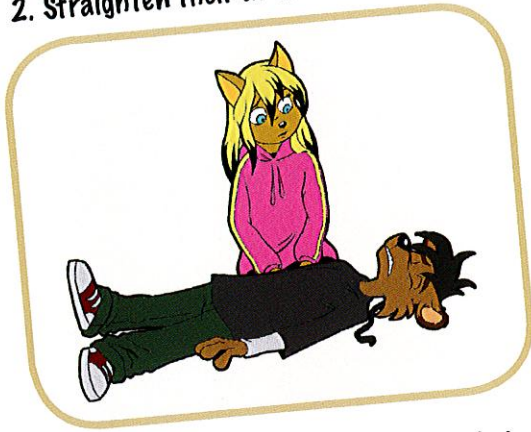


# WHAT TO DO!

## Recovery Position

To put a person in the recovery position you take the following steps:

1. Kneel beside the person.
2. Straighten their arms and legs.



3. Fold the arm closest to you over their chest.



4. Place the other arm at right angles to their body.



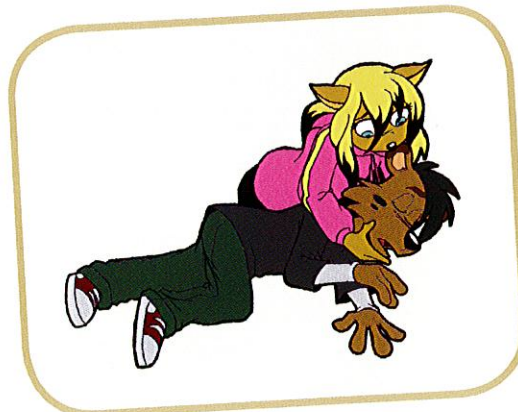
5. Get the leg closest to you and bend the knee.



6. While supporting the person's head and neck, gently take the bent knee closest to you and very gently roll the person away from you. Adjust the upper leg, so the hip and knee are bent at right angles. Basically check the person is steady and cannot roll.



7. Tilt the head back and make sure the airways are clear and open.





# DRABCD - Basic Life Support Flow Chart

**D**

## Check for **danger**

First make sure that your safety is not at risk. If your safety is assured and the person is in danger move the person out of the dangerous situation.

**R**

## Check for a **reaction** (unresponsiveness / unconsciousness)

This can be done by a simple statement "open your eyes, squeeze my hand, let it go". If you receive no response, call for help - emergency number '000'. If you call '000' the ambulance call taker will tell you what to do and will provide medical instructions until ambulance officers arrive.

Nb. If you are on your own with the person, first place them in the recovery position and then call '000'.

**A**

## Open the **airways** and look for signs of life

- If the airway is not clear (e.g., from vomit or blood) place in the recovery position and open and clear the airway
- If clear, leave on back then tilt the head backwards and lift the chin (This is for adults and is not advised for infants where the head should be left in a neutral position)

**B**

## Check for **breathing**

For those who are not breathing, the next step is to place the person on their back and give two initial breaths, ensuring that the chest rises with each breath.

- If they start breathing, place them in the recovery position and monitor until ambulance arrives
- If they are still not breathing, commence CPR until the ambulance arrives

**C**

## **CPR**

Give 30 chest compressions (almost 2 compressions / second) followed by two breaths. The positioning of the hands should be on the lower half of the breast bone (i.e., centre of the chest)

Adult / child: Compressions use two hands with fingers interlocked.  
Infant: Compressions - use two fingers.

Stop CPR if casualty shows signs of life, ambulance arrives or you are physically unable to continue.  
Continue CPR until:

- Signs of life return
- Qualified help arrives
- It is impossible to continue (e.g. exhaustion)
- An authorised person says the person has died

**D**

Attach an automated external **defibrillator** if available and follow the prompts



# WHERE TO GET HELP

## Phone

In an emergency, telephone **000**

**Help, treatment, counselling, information and referral:**

**Kids Helpline (free call)** is a free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.  
☎ 1800 551 800

**Lifeline** is an anonymous and confidential crisis telephone counselling, support and information referral service, which is available 24 hours a day, 7 days per week.  
☎ 131114

**DirectLine (24 hours, 7 days)** – confidential drug and alcohol telephone counselling, information and referral.  
☎ 1800 888 236

**Youth Substance Abuse Service (24 hours, 12 - 21 years of age)** – for information, counselling and referral to youth specific alcohol and other drug services.  
☎ 1800 014 446

**Family drug help** – this support service is staffed by trained volunteers and professional counsellors.  
☎ 1300 660 068

**Ted Noffs Foundation** – if you are having problems with drugs / alcohol and feel you need help you can give them a call. Any contact you make will remain confidential.  
☎ 02 9305 6600

**Alcohol and Drug information Service** – a confidential, anonymous information, advice and referral service on drugs.  
Sydney area ☎ (02) 9361 8000  
Outside Sydney ☎ 1800 422 599



# WHERE TO GET HELP

## Websites

**Youth Support Drug Website** provides young people with information on a range of issues including drugs and alcohol, mental and sexual health. The site provides information and support, plus the opportunity to ask questions via email, text or telephone.  
[www.yds.org.au](http://www.yds.org.au)

**DrugInfo** has factual information about different drugs and their effects, as well as info about drugs and the law and treatment services.  
[www.druginfo.nsw.gov.au/illicit\\_drugs](http://www.druginfo.nsw.gov.au/illicit_drugs)

**Drug Information Clearinghouse** offers a range of services, including many free information products, a special library, a telephone and email information service, a website, and email alert services for people interested in drug prevention.  
[www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

**Reach out** provides young people with the information, help, support, advice and connections they need to manage drug and mental health difficulties.  
[www.reachout.com.au](http://www.reachout.com.au)

**NSW government youth information website**  
[www.youth.nsw.gov.au/links/drughelp](http://www.youth.nsw.gov.au/links/drughelp)

**Kid's helpline** is a free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25  
[www.kidshelp.com.au](http://www.kidshelp.com.au)



01

Kelly has just had a fight with Kathy the youth worker at the youth refuge she is staying at over not doing her jobs properly. She storms out.

She knows Pete is out and knows where he keeps his weed. The window to his place doesn't lock. She climbs in and takes his weed.

She goes down the alley and rolls a joint.



02

Tracey has just got a new foster parent and found out she will no longer be able to do the singing lessons she used to do at her last foster placement. All she ever wanted to do was be a singer. She goes into their garden, cuts some hose and makes herself a bong. She goes into her room and pulls some cones.



03

Pafonz joins Hiku, Farout and Bator down at the park for a game of footy.

Hiku and Farout got stuck into their flatmate's opoon the night before and are feeling too sick to play.



They sit behind the bush and pass around a pipe.

04

ROCK had just told WJ he could no longer couch surf at his place.

WJ had nowhere else to go. He was pretty stressed and had a bong to de-stress.



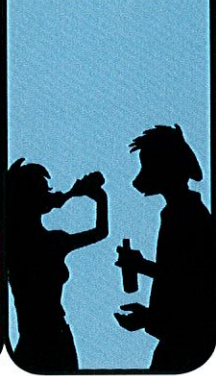
He decided that SK&R Rabbit may let him sleep at his place for a while. SK&R lived 70 km away. He stole Ria's car keys and drove to SK&R's.

05

Zeb had been drinking all afternoon with Ria.

During the afternoon she had met a guy. The girls had run out of alcohol.

The guy invited Zeb back to his place for a few more drinks.

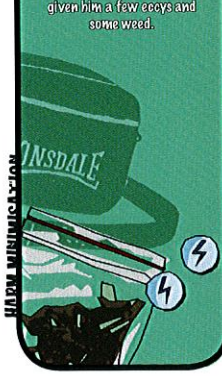


06

Elf was at the train station. He had stayed at Punk-B's overnight. She had given him a few ecys and some weed.

Suddenly he saw cops on the station with the sniffer dogs.

He tossed the weed and swallowed the ecys.



07

Kia had had a really stressful week. She was having problems with her boyfriend, and wasn't coping with life. She was depressed and upset before the night started.

She went out with some friends. They convinced her to have a pill. They'd all taken one from the same batch and told her that they were okay.

Kia's night just got worse. She started getting really agitated and felt very sick. Later, she started to panic and thought the pill was going to kill her.

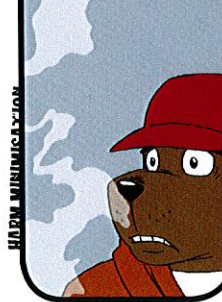


08

Redhat had another smoke and was feeling a bit paranoid, like everyone was out to get him.

He could see Mope coming towards him. He was sure Mope was going to hit him.

Redhat got up and grabbed Mope. Then slammed him into the ground.

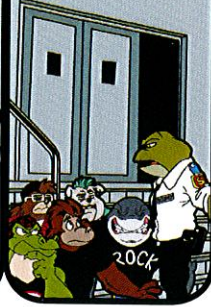




09 Gator just got out. He knew he wasn't meant to hang around with the boys in the street as this would be a breach of his order. But he was bored and went down anyway.



The boys had some loe. They were sitting outside the shopping centre doing nothing wrong. A security guard told them to move.



ROCK got angry as they weren't doing anything wrong and started to argue with the security guard. A fight broke out.



10 Pee had been hanging out with Jessica and her older brother's friends. They had been drinking all day and had a few cones.



They went to a party with Jess's brothers to one of his mate's place. Someone made up a big mull and Pee, wanting to fit in, smoked three cones in a row.



She suddenly started to feel really nauseous and dizzy. Later she was vomiting non-stop.



11 SK&R was hanging around the Riverside drop-in centre. He had been on a high after injecting some loe earlier on. He now started to feel paranoid about the way Pane the youth worker was looking at him.



Pane walked over to tell SK&R that he should drink water to protect his kidneys. SK&R hated water. Feeling paranoid, he thought Pane was trying to make a fool of him in front of the other boys.



SK&R got angry and put his fist up to Pane's face. Pane and the other staff at the centre then banned SK&R from coming to the centre.



12 Pee handed the straw over to Skillz so that he could snort some speed. Skillz has already been awake all night partying with the boys and needed the speed to get him through the day.



His mother was already angry with him as they had been evicted from the caravan park were they had been living, due to his aggressive behaviour.



He wanted to snort the speed quickly before his mum returned. He didn't want her to catch him. She was at the chemist getting his anti-depressants.



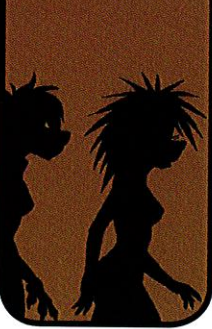
13 Punk B and Ria had been speeding since Saturday night. It was now Sunday, 5 pm. They were beginning to get very agitated as they had had no food and no sleep.



Punk B's body was aching and she now wanted to sleep but couldn't get to sleep.



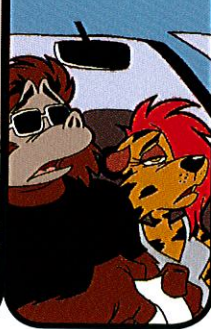
She wanted something to bring her down so they went around to Redhat's place to score.



14 Ria had been suspended from school. There was nothing much to do so she was pleased when Farout called and suggested they go to the beach.



Farout picked her up in his mother's car. They sat in the car and got high through spraying paint into a plastic bag and inhaling the fumes.



Once they were high, they decided to go to the beach. On the way, Farout hit a pole and they never made it to the beach.



15 Mope's dad has come home drunk around midnight and dragged him out of bed and had beaten him again.



Mope ran out of the estate as soon as he could. He sat down on a bench in the main road to try and work out where to go.



He was approached by a group of older boys who invited him back to a house a few streets away.



He went back to the house and they all started to chrome.



16 Hiko invited Redhat outside to have a joint. Redhat was keen to get some fresh air and was not really enjoying the party.



Everyone was so drunk including Hiko. They sat outside at the table and Hiko started to mull up.



He sent Redhat back inside to get a cigarette to mix with the pot.





17

Dee and Zeb popped the Ecys before going over to Ria's party.



Skillz met them at the door with a cask of goon that he had pinched from his parents place and invited the girls share it with him.



The girls didn't really feel like a drink but didn't want to be rude and Dee had had a crush on Skillz for a few months and so they sat down and drank quite a lot of the cask with Skillz.



18

Zeb was about to leave the party as she didn't know anyone very well and was feeling out of place when Dafonz offered her a few lines of speed. At first she said no...



...and then he convinced her that it would make her feel a lot happier and more confident. She heard that Dafonz was a bit of a sleaze but decided to have the lines with him.



It did make her feel a lot more confident and a few hours later she was in Ria's bedroom with Dafonz.



19

Elf handed Mope the last bit of the bottle. They then carefully walked down the street looking into all the cars.



Elf noticed what looked like a laptop in one of the cars. He told Mope it was his turn.

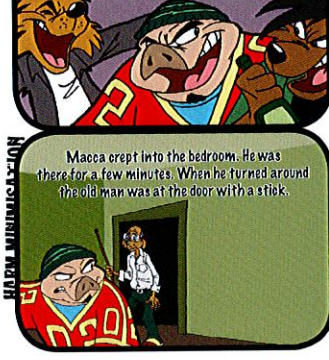


Mope broke into the car and an alarm went off.

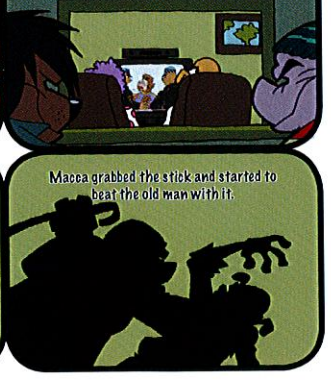


20

The boys had been drinking Scotch. They wanted to get some ICE and Macca decided the best way to get the cash was a break and enter. He already had a community order.



They walked past a house where the wire door was wide open. They could see in the window that the old couple were watching TV.



Macca crept into the bedroom. He was there for a few minutes. When he turned around the old man was at the door with a stick.

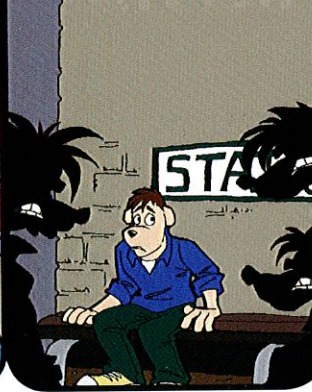
Macca grabbed the stick and started to beat the old man with it.

21

Oator is sitting at the train station with his mates. They have had a big day and night on ICE and then have been back at Farout's place for a smoke and have just made it back for the last train.



A man is sitting at the next bench waiting for a train. They decide to beat him up.



22

Jan hands Petra a tablet. Petra feels OK taking it because it has the same logo that was on the ecy that she took the week before.



23

Kim went to a gig with her friends and took a couple of pills.



While she was dancing she started to feel really dizzy and started sweating heavily.



Dee offered her water but she refused.



24

Skillz had been on a bender for a couple of days with his mates and hadn't slept the whole time.



He wanted to get back to his place to crash but public transport doesn't go to his community. He stole a car just to get back home from his mates' place.

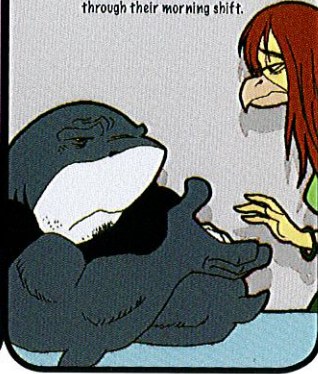




25 Chiara and ROCK work at a bar together. After their shift the night before they went out drinking pretty heavily.



They both had to be at work really early the next morning so ROCK offered Chiara some coke to sober them up and help them push through their morning shift.



26 Pee's little sister takes Ritalin for her ADHD.



Pee steals it and smorts it with some friends.



27 Pee took a pill that a friend gave her not knowing that it was a cap of MDMA.



The next thing she remembered was being in the bathroom and making out with a man she didn't know.



28 Kelly took e at a friend's party...



...and ended up having unprotected sex with her friend's boyfriend.



29 Alex is a very aggressive drunk. He starts in on his girlfriend while she is driving one night...



... and she kicks him out of the car on the side of the freeway.



30 Eric is very drunk and no taxi will stop for him. He gets really angry and throws a brick through the windshield of the next taxi that drives by...



... and tries to drag the cabbie out of the cab.



31 Elf and his friends broke into his neighbour's house as he knew they were out of town.



They raided the liquor cabinet.



His friends found Elf several hours later passed out in the neighbour's pool.



32 Tommy has been on a bender all weekend after breaking up with his girlfriend.



He passes out and is late for work on Monday morning.



It is the third time he has been late and his boss fires him.





33 Wade got very drunk with his friends in the city.

He passed out on the train on the way home and a couple of guys took his wallet while he was asleep.

34 Erica got really drunk with her friends and lost her keys. She had to sleep in the bushes out the front of her Mum's apartment all night.

35 Zeb has never had an ecy before and is a bit nervous.

Dafoz reassures her that she will be fine and that he knows that the kind that he has bought are really good and very safe because of the logo.

He has checked the logo in the pill report and everyone that has had these ecys have thought they are great and have been OK.

36 Farout is standing at the corner of the street near the bushes.

Ria walks up to him and hands him \$300.

He walks behind some bushes and she follows and he hands her the cocaine.

37 Ria and Zeb have just shared half a cask of goon that was left in Zeb's mother's fridge. They walk into the club and meet Funk-B.

She goes with them into the car park and pulls out a bottle of GHB. She has a teaspoon that she has pinched from the bistro.

She pours the GHB on to a teaspoon and Ria swallows it. The girls each have a teaspoon.

They then go back into the club to get a drink and to dance.

38 Kurt has never snorced before and is waiting impatiently for his turn.

Redhat is packing. He packs the weed into the cone and then sprinkles it with heroin.

All the boys watch with amusement as Kurt pulls the cone.

39 People had come from everywhere to come to his mum's funeral. There were lots of people young Gator had never seen before.

His Auntie has offered for the boys to come back to her place to live but they had decided to go back to the house.

Gator watched his brother shoot up. Crab then handed Gator the needle.

40 What a great friend Danielle has been. She couldn't believe that Danielle has stolen Skillz from her. She just wanted to die.

She grabbed her brother's bong and ran to the school. It was very dark in the school and she felt a bit scared but she was angry and didn't care what happened.

She pulled the weed out of her pocket and packed a cone.









**IF YOU ARE  
PREGNANT...**

**...THE SAFEST  
OPTION IS NOT  
TO DRINK  
ALCOHOL**

There are new national guidelines for alcohol consumption that have been developed by the National Health and Medical Research Council to help you reduce the risk of harm from alcohol to both you and your baby.

The guidelines are based on the best available scientific research and evidence.

Consuming alcohol during pregnancy may increase the risk of harm to your baby.

**WHAT DO THE GUIDELINES RECOMMEND?**

- ▶ For women who are pregnant or planning a pregnancy, the safest option is not to drink alcohol.

**IF YOU FIND IT DIFFICULT TO DECREASE OR STOP DRINKING ALCOHOL DURING PREGNANCY, TALK TO:**

- ▶ your doctor or midwife
- ▶ your local community health service
- ▶ an alcohol or other drug helpline in your State/Territory

10/09

The advice in this brochure does not replace advice from your health care provider.

For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to [www.alcohol.gov.au](http://www.alcohol.gov.au)



**Australian Government**

**Department of Health and Ageing**



**You need to count your drinks even if you're not driving.**

Most young people don't drink on a daily basis, yet often drink heavily once or twice a week which can damage your health.

It is possible to drink at a level which is less risky, while still having fun. There are a number of things you can do to make sure you stay within low risk levels and don't get to a stage where you are no longer capable of controlling your drinking.

How much you drink is your choice. Here's some tips to help you make informed choices and help keep your risk of alcohol-related accidents, injuries, diseases and death, low – both in the short and long term.

- ▶ Set **limits** for yourself and stick to them
- ▶ Start with non-alcoholic drinks and **alternate** with alcoholic drinks
- ▶ Drink **slowly**
- ▶ Keep an **eye** on your drink. Don't leave your drink unattended
- ▶ Try drinks with a **lower** alcohol content
- ▶ **Eat** before or while you are drinking
- ▶ If you participate in rounds of drinks try to include some **non-alcoholic** drinks
- ▶ Plan **safe** transport home

The advice in this brochure does not replace advice from your health care provider. For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to [www.alcohol.gov.au](http://www.alcohol.gov.au)



**DON'T LOSE YOUR STANDARDS**



[www.alcohol.gov.au](http://www.alcohol.gov.au)



**Australian Government**

Department of Health and Ageing

60/01



A standard drink contains 10 grams of pure alcohol, but the drinks you buy often contain more than one standard drink. There are no common glass sizes used in Australia.

The label on an alcoholic drink container tells you the number of standard drinks in the container.

**BEER**



285ml Full Strength 4.8% Alc. Vol



375ml Full Strength 4.8% Alc. Vol



425ml Full Strength 4.8% Alc. Vol



375ml Full Strength 4.8% Alc. Vol

**WINE**



150ml Average Restaurant Serving of Sparkling Wine 12% Alc. Vol



150ml Average Restaurant Serving of White Wine 11.5% Alc. Vol



150ml Average Restaurant Serving of Red Wine 13.5% Alc. Vol



750ml Bottle of Red Wine 13.5% Alc. Vol

**SPIRITS**



330ml Full Strength Ready-to-Drink 5% Alc. Vol



375ml Full Strength Pre-mix Spirits 5% Alc. Vol



30ml High Strength Spirit Nip 40% Alc. Vol



300ml High Strength Pre-mix Spirits 7% Alc. Vol



# You can Quit

## POCKET GUIDE



This pocket guide is to: **remind** you about the reasons why you are quitting, **encourage** you, **inform** you about cravings and other withdrawal symptoms and **remind** you about calling the

**Quitline 131 848**

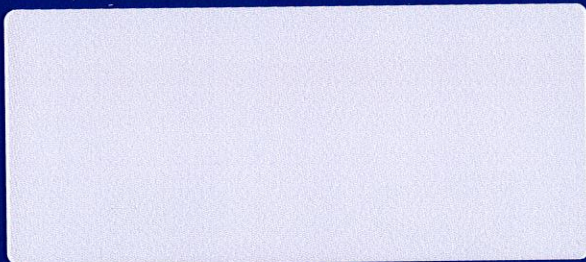
### Quitting is a good idea

Smoking cigarettes can lead to many health problems and early death. Smoking causes heart disease, cancers, stroke and respiratory illness, reduces fitness and can aggravate asthma and allergies.

Besides your health, there are plenty of other reasons to stop smoking ...

A pack a day smoker can save around \$3,000 after one year of quitting. Other reasons for you might be ...

- Concern for the health of your children/others close to you
- Trying to have a baby or you or your partner are pregnant
- Other reasons you have:



### Now is a good time to quit



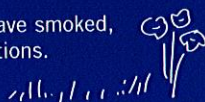
Quitting at any age brings major and immediate benefits to your health. Your body begins cleaning itself within hours of your last cigarette and you will soon look better and have more energy, because your blood oxygen levels are higher.

A year after quitting, your risk of dying from heart disease has halved. In 10 years, your risk of lung cancer is more than halved and continues to decline over time.

**It's important that you want to quit ... and feel confident you can succeed.**

The following tips may help:

- As soon as you quit, call yourself a non-smoker.
- Get rid of your ashtrays, lighters and anything else that reminds you of smoking.
- Think about when and why you have smoked, and plan ahead for difficult situations.



### Beating cravings

When you stop smoking, your body's cravings for nicotine will be strongest the first **two days** after quitting, then decrease over the next **two weeks**. If you get through the first two weeks you have a good chance of quitting for good.

Medications to help control cravings are:

- **Nicotine replacement therapies** (gum, patches or inhaler). These can be bought from a chemist, who can explain how to use them.
- **Bupropion** is a non-nicotine medication (tablet) that needs to be prescribed by your doctor.

Even the worst cravings will last only a few minutes – if you can resist them for this period, they will pass.

### Other symptoms of withdrawal

Most smokers will suffer from some withdrawal symptoms. These can include restlessness, mood changes, trouble concentrating, irritability or anger, anxiety, dizziness or headaches, tingling sensations, muscle aches and sweating, digestive upsets and coughing.

Some of these occur because your body is adapting to the absence of nicotine; some are signs that your body is cleaning itself, eg, coughing helps clear the lungs of tar and mucus.

### Things to remember

- Research shows that drinking alcohol within the first two weeks of quitting may reduce your chances of success.
- Try to cut down on coffee & cola for a few weeks after quitting as, without nicotine, your body absorbs twice as much caffeine, which can make you feel anxious.
- Successful quitting usually takes a number of attempts. A slip-up does not mean that you have failed. Don't be hard on yourself – work out how you will manage that situation differently next time. Practice saying **"No thanks, I don't smoke"** and remind yourself of your reasons for quitting.

Quitline is a confidential telephone service providing information, support and advice for quitting.

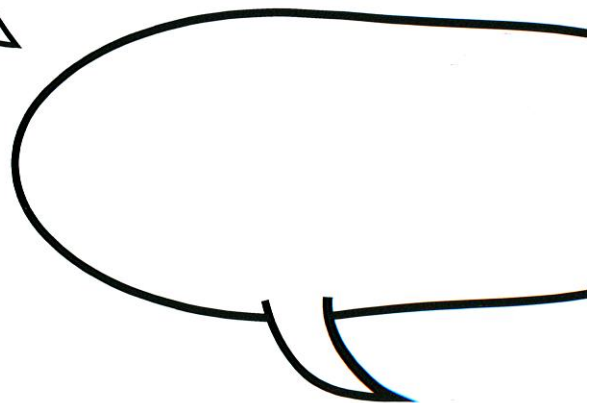
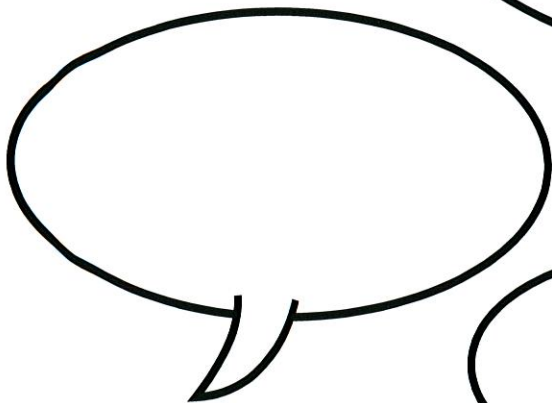
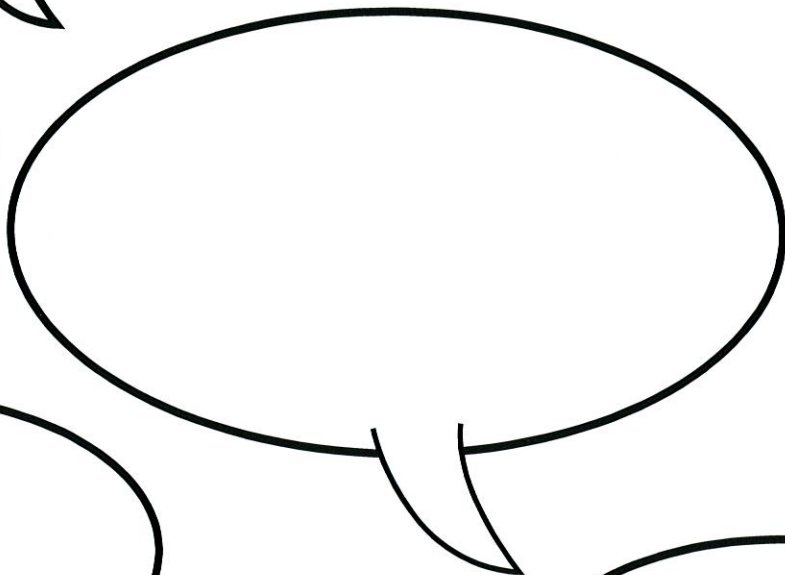
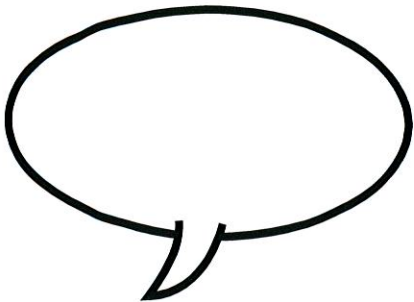
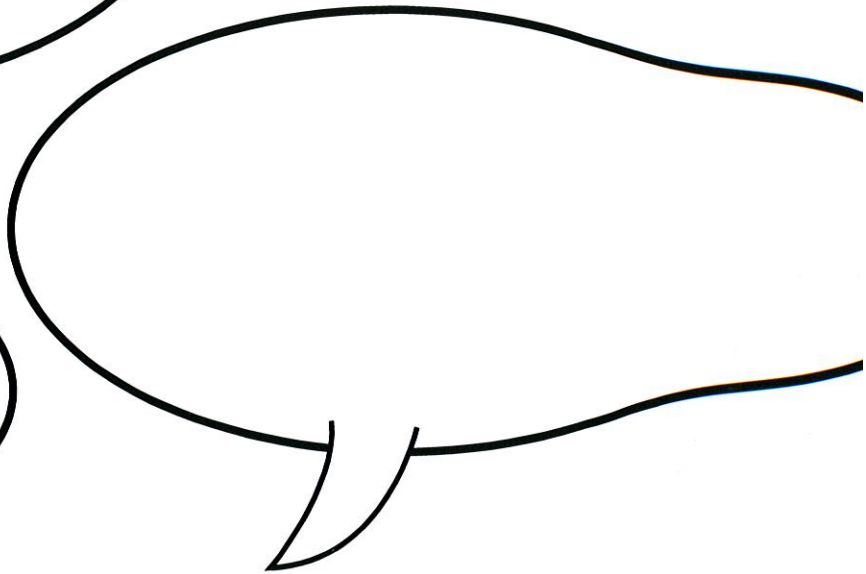
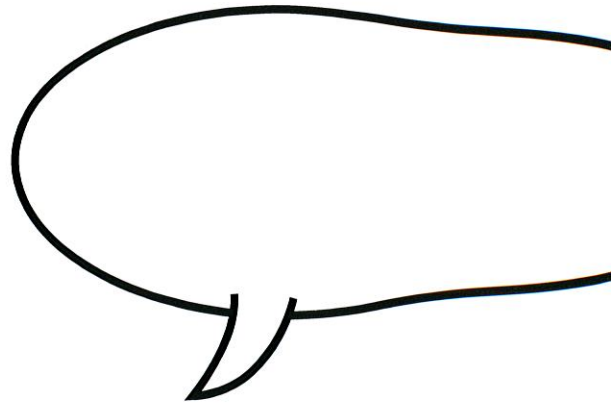
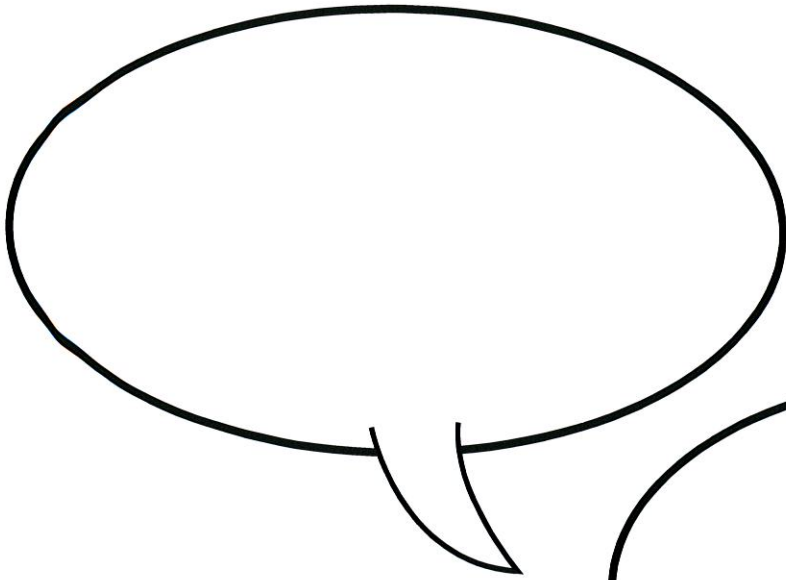
You can call

**Quitline 131 848**

for the cost of a local call from anywhere in Australia.



**Any thoughts?**







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