

COMMONLY USED SUBSTANCES AND THEIR EFFECTS

Substance Type	Examples	Positive Effects	Negative Effects
Alcohol	Beer, wine, gin, whiskey, vodka, tequila	-Relaxation -Lighter mood	-Slower reaction time, drowsiness -Socially embarrassing behavior
Cannabis	Marijuana, hash, THC	-Relaxation -“High” feeling	-Slower reaction time and poor coordination -Apathy and fatigue -Paranoia -Anxiety or panic feelings
Stimulants	Cocaine (powder or crack), amphetamines (crystal meth., Dexedrine)	-Alert feeling -Euphoria, good feelings	-Anxiety -Paranoia and psychosis -Sleeplessness
Hallucinogens	LSD, ecstasy, peyote, mescaline	-Heightened sensory awareness -Feeling of well-being	-Bad “trips” -Psychotic symptoms
Opiates	Heroin, opium, morphine, Vicodin, Demerol, Oxycontin	-Feeling of well-being -Relaxation -Reduced pain sensitivity	-Drowsiness -Highly addictive -Risk of overdose

OTHER COMMONLY USED SUBSTANCES AND THEIR EFFECTS

Substance Type	Examples	Positive Effects	Negative Effects
Inhalants	Glue, aerosols, paint	-“High” feeling	-Severe disorientation -Toxic/brain damage
Caffeine	Coffee, some teas, some sodas	-Alert feeling	-Feeling jittery -Can interfere with sleep
Nicotine	Smoking, chewing tobacco	-Feeling alert -Feels good	-Causes many health problems
Benzodiazepines (Anti-anxiety medication)	Valium, Xanax, Klonopin, Ativan	-Reduced anxiety -Relaxation	-Rebound anxiety when medication wears off -Loss of inhibition and coordination -Dulled senses