



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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COCAINE & CRACK

I. About Cocaine

- **Drug Class:** Illegal Stimulant
- **Cocaine:** is a central nervous stimulant that appears in several species of plants (i.e. the coca plant). It is the most addictive stimulant found in nature. It is most often produced in the form of a white, crystalline powder.



- **How is this drug taken?**
Cocaine is usually inhaled or “snorted.” The powder is chopped, separated into “lines,” and then snorted off a small spoon or through a straw or rolled-up dollar bill. It can also be injected into veins or under the skin.

II. About Crack

- **Drug Class:** Illegal Stimulant
- **Crack:** is a form of cocaine that has been processed to make highly potent crystals. The off-white chips, rock crystal or chunks are heated and smoked. The term “crack” refers to the crackling sound heard when it is heated.



- **How is this drug taken?**
Crack is smoked. Chips or chunks are usually placed in a pipe and heated with a match or cigarette lighter. The user inhales the vapor.

III. Terms & Slangs

- **Cocaine:** Aunt Nora, Blow, C, Charlie, Coke, Dust, Flake, Freebase, Lady, Lines, Nose Candy, Powder, Rock, Snow, Toot, White
- **Crack:** Apple Jacks, Badrock, Base, Dice, Glo, Hard Rock, Ice Cubes, Nuggets, Paste, Rocks, Sleet, Snow Coke, Topo

IV. “About The Buzz”

- **Reasons For Experimentation:**
People take drugs because they want to change something in their lives i.e. to fit in, to escape or relax, to relieve boredom, to seem grown up or just to experiment.
- **Like many stimulants,** cocaine and/or crack will cause a sense of alertness, talkativeness and well-being that users find pleasurable. **However,** the user will also experience symptoms of increased heart rate (risk of cardiac arrest) and increased blood pressure and dilation of the bronchioles (breathing tubes) in the lungs.
- **When injected or smoked,** these drugs cause an intense feeling of euphoria, hyper-stimulation and reduced fatigue.
- **Users will also report** feelings of restlessness, irritability and anxiety. The “**high**” from snorting cocaine lasts approximately 15 to 30 minutes, while that from smoking crack lasts five to 10 minutes.

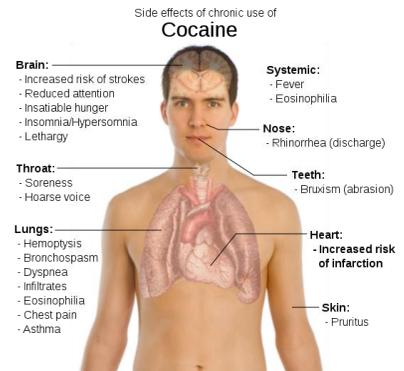
V. Knowing The Signs

- Red, bloodshot eyes
- A runny nose or frequent sniffing
- A change in groups of friends
- Acting withdrawn, depressed, tired or careless about personal appearance
- Losing interest in school, family or activities he/she used to enjoy

VI. Effects & Health Risks

Physical Concerns

- Increase in heart rate, breathing rate, blood pressure & body temperature
- Heart attacks, brain seizures, strokes & respiratory failure
- Hepatitis or STDs (AIDS) through shared needles
- Reduction of the body’s ability to resist and combat infection



Psychological Concerns

- Violent, erratic or paranoid behavior
- **Hallucinations and “coke bugs”** – a sensation of imaginary insects crawling over the skin
- Anxiety, confusion, and depression, loss of interest in food or sex
- **“Addiction & Cocaine Psychosis”**
Cocaine will interfere with the way your brain processes chemicals that create feelings of pleasure, so you need more of the drug just to feel normal. Users who become addicted to cocaine start to lose interest in other areas of their life – loss of interest in friends, family, sports, hobbies and other activities.

VII. Prevention–Intervention

- **The real answer is** to get the facts and not take drugs in the first place.
- **Be a true friend and save a life.**
Encourage your friend to stop or have him/her seek professional help.

Some Helpful Resources/Referrals

- **Above The Influence**
www.abovetheinfluence.com
- **National Institute On Drug Abuse**
www.drugabuse.gov
- **Substance Use & Mental Health**
www.samhsa.gov/