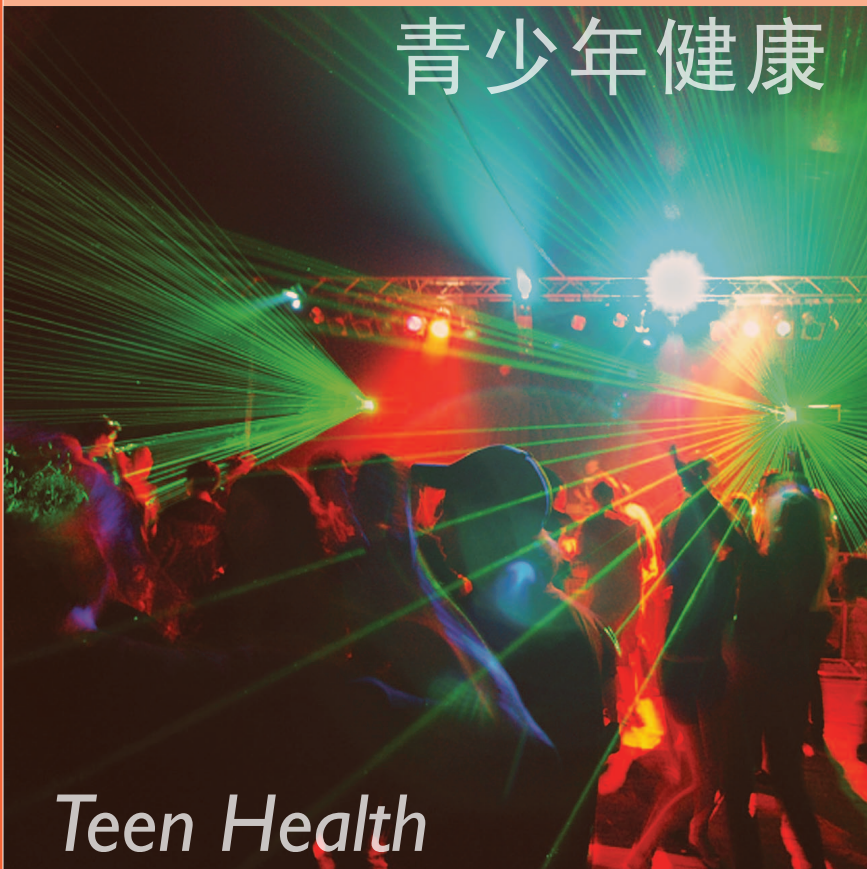


珍惜生命，遠離俱樂部藥丸

青少年健康



*Teen Health*

**Club Drugs**

**Not Worth the Risk, Not Worth Your Life**

CHARLES B. WANG COMMUNITY HEALTH CENTER

王嘉廉社區醫療中心

## 為什麼要遠離俱樂部藥丸？

我們有充足的理由拒絕吸食俱樂部藥丸。俱樂部的藥丸流行在俱樂部、舞廳、音樂會及派對的毒品。有些人認為吸食這些俱樂部藥丸很刺激，並且是無害的，或者令他們看起來很酷。事實上，這種毒品會毀掉你的一生，甚至會導致死亡。

### 常見的俱樂部藥丸包括：

**搖頭丸** (也稱為：  
E, X, 亞當, 迷魂丸)

- » 擾亂你的觸覺及時間感
- » 改變你的感覺，令你以為自己變得更友好、更輕鬆及更有活力的幻覺
- » 令你更容易做出衝動的行為

**迷姦水** (也稱為：  
G, 搖頭水, 佐治亞  
乖乖仔)

- » 改變你的感覺，令你產生更快樂，更輕鬆的錯覺。
- » 影響你的自制力

**K他命** (也稱為：  
K, 特別的K, 維他命K)

- » 扭曲你的視力、聽力以及痛覺
- » 令你產生飄飄欲仙，魂不附體的幻覺
- » 可能會導致衝動及暴力的行為

**致幻劑** (也稱為：  
酸水、吸紙酸或玻璃窗)

- » 令你產生幻覺，看見不存在的東西
- » 失去時間感

**冰毒** (也稱為：  
甲基毒、水晶毒、Speed、  
玻璃、冰、熱冰、超級  
冰、洛杉磯玻璃)

- » 令你產生精力充沛及興奮的錯覺
- » 導致心理及情緒的變化，例如：  
焦慮、高興或憂鬱

**Rohypnol** (也稱為：  
Roofies, Rophies, 約會  
強奸藥、失憶藥)

- » 讓你昏昏慾睡並產生很輕鬆的錯覺，也令你無法記起吸毒時發生的事情
- » 肌肉控制失調及令你昏倒

## 別讓毒品毀掉你的一生！

俱樂部藥丸常含有化學物質、雜質及毒素，並會對你的身體造成永久性傷害。事實上，吸毒只會對你有害而沒有任何好處，根本不會令你得到真正的快樂。與其它毒品或酒精混合吸食，則更加危險，毒性更高，甚至會致命。

## 毒品會影響你的健康

身體上的危害-俱樂部藥丸會導致噁心、視力模糊及肌肉控制失調。某些毒品會令體溫上升或令你無法出汗，導致中暑或器官衰竭。毒品也會令心跳加速及血壓上升，導致中風或腦溢血。也會導致呼吸加快、減慢甚至呼吸完全停止。

心理上的危害-俱樂部藥丸會轉變情緒、記憶及思考能力。毒品也會導致意識模糊、憂鬱、焦慮、偏執及幻覺。長期吸毒會導致這些症狀的持續存在。

增加患病的風險-毒品會增加你患中風、肝炎、性病及愛滋病病毒/愛滋病的風險。

癲癇、昏迷或死亡-俱樂部藥丸是沒有安全劑量的。即使只吸食一次，也會導致癲癇、昏迷或死亡。

## 毒品會影響你的一生

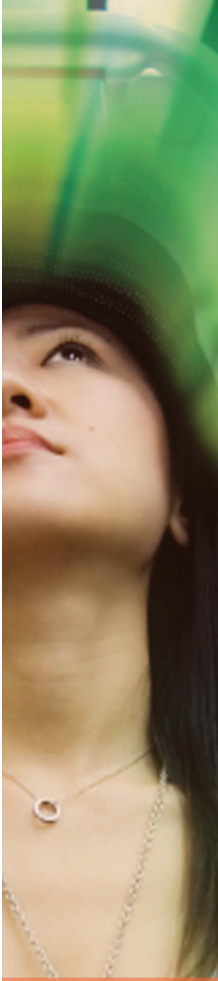
性侵害-毒品會降低你的自制力，增加你在約會時被強姦或懷孕的風險。注意，某些俱樂部藥丸是無色無味的，因此可能會在你沒有察覺的情況下，加進你的飲料中。

意外事故-毒品會影響你的判斷力，增加你出意外事故的風險。

上癮-俱樂部藥丸會令你上癮，花光你的錢。如果你上癮了，你的整個生活就會陷入找毒品、吸毒的惡性循環中。

## 毒品會讓你坐牢

在美國，所有非醫療用途的毒品都是違法的。如果你在賣毒品或藏毒品時被抓到，你將會面臨長期的監禁。即使你只是被逮捕而沒有坐牢，你也會一輩子背著這個污點，並且這記錄會在你將來所有的大學申請或工作面試中出現。



“服用俱樂部藥丸會增加你感染愛滋病或患其它性病、強姦、和意外懷孕的風險。這樣還值得我吸食？”

## 拒絕俱樂部藥丸

你可能會受到誘惑而吸食俱樂部藥丸，但是即使只吸一次毒也是有害的。保護自己的最佳方法就是遠離毒品。瞭解如何拒絕俱樂部藥丸：

找一個借口堅決拒絕：

- » “我不想吸毒。”
- » “毒品會影響我的比賽”
- » “不，謝謝，我已經很開心了，我不需要這些東西。”

建議去做其它事情，例如：“讓我們一起去吃點東西。”

不要讓任何人在你的飲料中放入毒品

- » 千萬不要喝別人給你的飲料，或者把你的飲料放在無人看管的地方。
- » 跟朋友一起出去玩耍，並且互相照顧。
- » 如果你認為你被下藥，應告知朋友尋求幫助。

離開。如果有人繼續強迫你吸毒，應馬上回家，或找人開車載你回家。

## 你想瞭解更多知識嗎？

瀏覽下述網站獲取更多有關俱樂部藥丸的知識  
(內容為英文)：

[Above the Influence](http://www.abovetheinfluence.com)

[www.abovetheinfluence.com](http://www.abovetheinfluence.com)

[National Institute of Drug Abuse](http://teens.drugabuse.gov/index.php)

<http://teens.drugabuse.gov/index.php>

[Substance Abuse and Mental Health Services Administration](http://ncadi.samhsa.gov/govpubs/phd852/)

<http://ncadi.samhsa.gov/govpubs/phd852/>

## 尋求幫助

如果你或你的朋友有任何有關俱樂部藥丸的問題，請向父母、醫生、教師或輔導員諮詢。請致電下述機構尋求有關毒品濫用的治療及服務熱線：

[SAMHSA's National Helpline](http://www.samhsa.gov): 1-800-662-4357 (英文)

[LifeNet](http://www.lifenet.org): 1-800-543-3638 (英文)

[Asian LifeNet](http://www.asianlifenet.org): 1-877-990-8585 (廣東話及國語)

# Club Drugs: Why Take The Risk?

There are plenty of reasons to avoid club drugs. Club drugs are drugs that can be found at clubs, raves, concerts, and parties. Some people think these drugs are exciting and harmless, or make them look cool. In reality, drugs can ruin your life and even lead to death.

## Common Club Drugs Include:

<b>Ecstasy</b> ( <i>E, X, Adam, MDMA</i> )	<ul style="list-style-type: none"><li>» Distorts your sense of touch and time</li><li>» Alters your senses to make you feel friendlier, more relaxed, and more energetic</li><li>» Increases impulsive behavior</li></ul>
<b>GHB</b> ( <i>G, Liquid Ecstasy, Georgia Home Boy</i> )	<ul style="list-style-type: none"><li>» Alters your senses to make you feel happier and more relaxed</li><li>» Affects your self-control</li></ul>
<b>Ketamine</b> ( <i>K, Special K, Vitamin K</i> )	<ul style="list-style-type: none"><li>» Distorts your vision, hearing, and sense of pain</li><li>» Makes you feel like you are floating and slightly outside of your body</li><li>» May cause agitation and violent behavior</li></ul>
<b>LSD</b> ( <i>Acid, Blotter Acid, Window Pane</i> )	<ul style="list-style-type: none"><li>» Makes you see imaginary visions that appear out of nowhere</li><li>» Causes a loss of sense of time</li></ul>
<b>Methamphetamines</b> ( <i>Meth, Crystal Meth, Speed, Glass, Ice, Hot Ice, Super Ice, LA Glass</i> )	<ul style="list-style-type: none"><li>» Creates a false sense of increased energy and euphoria</li><li>» Causes mind and mood changes like anxiety, happiness, or depression</li></ul>
<b>Rohypnol</b> ( <i>Roofies, Rophies, Date Rape Drug, Rope, The Forget Pill</i> )	<ul style="list-style-type: none"><li>» Makes you sleepy and relaxed and makes you forget what happened while you were drugged</li><li>» Causes loss of muscle control and can make you black out</li></ul>

## Don't Let Drugs Ruin Your Life!

Club drugs are usually laced with chemicals, impurities, and toxins and can cause permanent damage to your body. In fact, taking more drugs only increases negative side effects - it does not lead to a greater high. Club drugs are even more dangerous and deadly when mixed with other drugs or alcohol.



## Drugs Affect Your Health

**Physical side effects**-Club drugs can cause nausea, blurred vision, and a loss of muscle control. Some drugs increase body temperature or prevent sweating, which can cause heatstroke or organ failure. Drugs can also increase your heart rate and blood pressure, leading to stroke or bleeding in the brain. They can even increase, slow, or stop breathing altogether.

**Mental side effects**-Club drugs lead to long-term or permanent changes in mood, memory, and thinking ability. Drugs also cause confusion, depression, anxiety, paranoia, and delusions, which can continue with chronic drug use.

**Increased risk of diseases**-Drugs increase your risk of stroke, hepatitis, STIs, and HIV/AIDS.

**Seizures, coma, or death**-There is no safe dose of club drugs. Using them even once can cause seizures, coma, or death.

## Drugs Affect Your Life

**Sexual assault**-Drugs lower your inhibitions and increase your chances of date rape and/or pregnancy. Be alert. Some club drugs are odorless and tasteless and can be slipped into your drink without your knowing.

**Accidents**-Drugs affect your level of awareness and increase your risk of accidents.

**Addiction**-Club drugs can be addictive and drain your money. If you're addicted, your life begins to revolve around obtaining and using the drug.

## Drugs Can Put You Behind Bars

All non-medical drugs are illegal in the United States. If you get caught selling or possessing drugs, you may face long prison terms. Even an arrest without jail time becomes part of your permanent record and will follow you to every college or job application and interview.

*“Club drugs increase your risk of HIV/AIDS, other STDs, rape, and unplanned pregnancy. Why would I want to do that?”*

## Just Say “No” To Club Drugs

You may feel pressured to try club drugs, but taking them even once can be harmful. The best way to protect yourself is to not do any drugs at all. Learn ways to avoid club drugs:

### **Give an excuse and be firm about it:**

- » “I don’t want it.”
- » “Drugs will hurt my game.”
- » “No thanks. I’m already having a great time. I don’t need it.”

**Suggest other things to do**, such as, “Let’s get something to eat.”

### **Don’t let anyone slip drugs into your drink:**

- » Never accept a drink from someone else or leave your drink unattended.
- » Go out with friends and watch out for each other.
- » If you think you have been drugged, tell a friend and get help.

**Leave.** If someone keeps pressuring you, go home or call for a ride.

## Want To Learn More?

Visit these Web sites for more info on club drugs:

### **Above the Influence**

[www.abovetheinfluence.com](http://www.abovetheinfluence.com)

### **National Institute of Drug Abuse**

<http://teens.drugabuse.gov/index.php>

### **Substance Abuse and Mental Health Services Administration**

<http://ncadi.samhsa.gov/govpubs/phd852/>

## Get Help

If you or a friend has a problem with club drugs, talk to a parent, doctor, teacher, or counselor. Find services to treat drug abuse by calling one of the hotlines below:

**SAMHSA’s National Helpline:** 1-800-662-4357 *(English)*

**LifeNet:** 1-800-543-3638 *(English)*

**Asian LifeNet:** 1-877-990-8585 *(Cantonese or Mandarin)*



CHARLES B. WANG  
COMMUNITY HEALTH CENTER  
王嘉廉社區醫療中心

**General Info Line / 諮詢熱線**

(212) 226-8339

**Website / 網址**

[www.cbwchc.org](http://www.cbwchc.org)

**268 Canal Street, New York, NY 10013**

Internal Medicine / 內科部

(212) 379-6998

Women's Health / 婦女健康部

(212) 966-0228

**125 Walker Street, 2/F, New York, NY 10013**

Pediatrics & Adolescent Health / 兒科及青少年部

(212) 226-3888

Teen Resource Center (TRC) / 青少年資源中心

(212) 226-8866 ext. (內線) 5209

Dental / 牙科部

(212) 226-9339

**136-26 37th Avenue, Flushing, NY 11354**

Internal Medicine / 內科部

OB/GYN / 婦產科部

(718) 886-1200

Pediatrics / 兒科部

(718) 886-1222

**Health Education Department / 健康教育部**

(212) 966-0461

**Social Work Department / 社工部**

Chinatown / 華埠 (212) 226-1661

Flushing / 法拉盛 (718) 886-1212

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