|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Category** | **Examples** | **Effects (why do peeps use this stuff?)** | **Side effects** **(when all the good goes away)** | **Medical Uses** | **Addiction****(Physical/psych)** |
| **Narcotics/opiates** | HeroineMorphineCodeine | EuphoriaAnxiety reduction | Lethargy, drowsiness, impaired coordination & mental processingconstipation | Pain relief | High/High |
| **Sedatives/Depressant** | BarbituratesNonbarbituates | EuphoriaRelaxed stateReduced inhibitions | LethargyDrowsinessSeverely impared coordination/men-tal processing | Sleep | High/high |
| **Stimulants** | NicotineCocaineCaffeine | ElationExcitementIncreased alertness and energy | Increased BPIncreased talkativenessRestlessness and irritability | Narcolepsy treatment and anesthetic | Moderate/high |
| **Hallucinogens** | LSDMescalinePsilocybin | Increased sensory awarenessEuphoriaAltered perceptionsInsightful experience | Dilated pupilsNauseaParanoiaImpaired judgmentAnxietyPanic reactions | NONE | None/low |
| **Cannabis** | MarijuanaTHCHashish | Mild euphoriaRelaxationAltered perceptionsEnhanced awareness | Bloodshot eyesDry mouthReduced short term memorySluggish motor coordination& mental activity | Treatment of glaucoma and chemotherapy | None/low-moderate |
| **Alcohol** | (do I really need to list them ??) | Mild euphoriaRexationAnxiety reductionReduced inhibitions | Karsakoff’s syndromeImpaired coordinationIncreased urinationDepressionHangover | none | Moderate/moderate |
| **Designer Drugs/Ecstasy** | Umm ecstasy? | FriendlyEuphoricInsightful | BP, Muscle tension, sweaty, blurry eyes | none | Low/High |