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| **Category** | **Examples** | **Effects (why do peeps use this stuff?)** | **Side effects**  **(when all the good goes away)** | **Medical Uses** | **Addiction**  **(Physical/psych)** |
| **Narcotics/opiates** | Heroine  Morphine  Codeine | Euphoria  Anxiety reduction | Lethargy, drowsiness, impaired coordination & mental processing  constipation | Pain relief | High/High |
| **Sedatives/Depressant** | Barbiturates  Nonbarbituates | Euphoria  Relaxed state  Reduced inhibitions | Lethargy  Drowsiness  Severely impared coordination/men-tal processing | Sleep | High/high |
| **Stimulants** | Nicotine  Cocaine  Caffeine | Elation  Excitement  Increased alertness and energy | Increased BP  Increased talkativeness  Restlessness and irritability | Narcolepsy treatment and anesthetic | Moderate/high |
| **Hallucinogens** | LSD  Mescaline  Psilocybin | Increased sensory awareness  Euphoria  Altered perceptions  Insightful experience | Dilated pupils  Nausea  Paranoia  Impaired judgment  Anxiety  Panic reactions | NONE | None/low |
| **Cannabis** | Marijuana  THC  Hashish | Mild euphoria  Relaxation  Altered perceptions  Enhanced awareness | Bloodshot eyes  Dry mouth  Reduced short term memory  Sluggish motor coordination& mental activity | Treatment of glaucoma and chemotherapy | None/low-moderate |
| **Alcohol** | (do I really need to list them ??) | Mild euphoria  Rexation  Anxiety reduction  Reduced inhibitions | Karsakoff’s syndrome  Impaired coordination  Increased urination  Depression  Hangover | none | Moderate/moderate |
| **Designer Drugs/Ecstasy** | Umm ecstasy? | Friendly  Euphoric  Insightful | BP, Muscle tension, sweaty, blurry eyes | none | Low/High |