



PREVENTION TALK

ECSTASY: UNCOVERING THE MYSTERIES AROUND THIS DANGEROUS DRUG

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More than half of the parents (52 percent) reported in a recent survey that they are hungry for information about the drug Ecstasy.¹ This Prevention TALK newsletter is an attempt to uncover the mystery and present some basic facts about this dangerous, illegal drug.

According to a survey conducted in October 2003 one in nine teenagers in America have tried Ecstasy at least once.²

REMEMBER

Drug use is a decision - a decision parents can influence.

Ecstasy has both stimulant (amphetamine-like) and hallucinogenic (LSD-like) properties. This drug comes in a pill form about the size of an aspirin. Use of this drug can cause numerous side effects such as dehydration, seizures, increased body temperature, muscle breakdown, or stroke. Parents need to be aware of paraphernalia related to Ecstasy use. These following items may seem innocent, but can be related to use of this drug:

- **Pacifiers and Lollipop** can be used to help guard against teeth grinding that comes from involuntary jaw clenching.
- **Candy Necklaces** can be used to hide Ecstasy pills.
- **Glow Sticks, Mentholated Rub and Surgical Masks** can be used to over-stimulate the senses when using Ecstasy.³

For more information call:

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TO THINK ABOUT...

- Between 2001-2002, 2.6 million teens reported experimenting with Ecstasy.⁴
- As a parent your best defense is a good offense. Educate yourself about the drug Ecstasy.
- Do you celebrate with your teen when he or she makes the decision not to use drugs?

ACTION STEPS:

- Parents can influence their teens' decisions around drug use by monitoring and asking these four questions:
 - ♦ WHO will you be with?
 - ♦ WHAT are you going to do?
 - ♦ WHERE are you going?
 - ♦ WHEN will you be home?

SOURCES CITED:

- 1 Partnership for Drug Free America. (2003, October). *Partnership Attitude Tracking Study (PATS)*. New York: Author.
- 2 Partnership for Drug Free America. (2002). *Teen Survey*. New York: Author.
- 3 Partnership for Drug Free America. (2003). *What Parents Should Know About Ecstasy*. (Brochure). New York: Author.
- 4 Substance Abuse and Mental Health Services Administration. (2003). *Results from the 2002 National Survey on Drug Use and Health: National Findings* (Office of Applied Studies, NHSDA Series H-22, DHHS Publication No. SMA 03-3836). Rockville, MD: Author.