

DRUG FACT BINGO DISCUSSION GUIDE

DRUG FACT BINGO

This bingo game has been designed as a promotional tool to promote healthy attitudes towards alcohol and other drugs and to highlight the information available in public libraries and online through the Drug Info service.

You may wish to include bingo in library programming during special events such as the NSW Seniors Festival or Youth Week, or as part of library games events and HSC study activities. Drug Fact Bingo can be played in your library at any time and is suitable for youth audiences and all ages above.



BINGO DRUG FACTS

The drug facts included in this guide are ideas for incorporating information about alcohol and other drugs into the game. In between drawing a tile, the bingo facilitator can pick out a fact about the chosen drug and read it aloud to participants. You may wish to ask further questions or invite participants to share their own knowledge or insight about particular drugs and generate discussion through game play.

You can also add additional facts using the information available in Drug Info's A to Z of Drugs:

druginfo.sl.nsw.gov.au/drugs/a-to-z-of-drugs

Amyl Nitrate



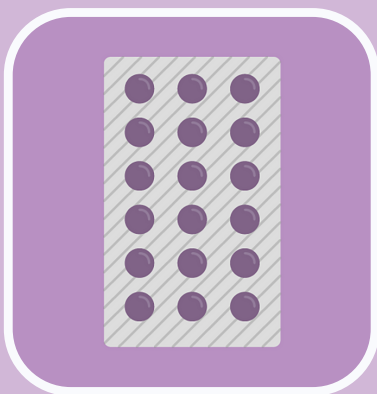
- Amyl nitrate is usually sold as a liquid, contained in small vials. Users inhale the fumes from the bottle.
- Combining amyl nitrate and Viagra is particularly problematic. It may cause loss of consciousness and, in extreme cases, even death.
- Commonly used street names include *amyl*, *poppers* and *rush*.
- Amyl nitrate is immuno-suppressive; a person's immune response dips immediately on inhaling it, and stays down for about 96 hours.

Alcohol



- Alcohol is the most widely used drug in Australia, with 85% of Australians aged 14 and over having drunk alcohol one or more times.
- Alcohol depresses the central nervous system which slows down the heart rate, breathing and other body functions.
- The Australian alcohol guidelines recommend no more than 10 standard drinks per week, and no more than 4 on any one day.
- In 2020 3.6% of deaths in NSW were attributable to alcohol.

Benzodiazepines



- Benzodiazepines are a group of drugs called minor tranquilisers, prescribed to assist with problems such as anxiety or insomnia.
- Commonly used street names include *benzos*, *vals*, *roofies* and *downers*.
- Benzodiazepines are often referred to by their trade names, which include drugs such as Valium, Xanax, and Rohypnol.
- Using benzodiazepines with alcohol has been shown to increase the risk of dying from sedative overdose.

Betel nut



- Betel nut is a stimulant derived from the seed of fruit of the areca palm which grows in the tropical Pacific and Asia.
- Betel nut is the 4th most widely used psychoactive drug in the world (after nicotine, alcohol and caffeine).
- Betel nut is typically chewed, and is often rolled in a leaf and mixed with tobacco and spices.
- Long-term use of betel nut increases the risk of developing oral cancers. It can also cause gum disease, stomach ulcers and heart disease.

Cannabis



- Cannabis contains numerous ‘cannabinoids’, chemicals produced by the plant. THC is the primary active ingredient.
- Cannabis is both a depressant and a hallucinogen due to its sensory effects.
- Cannabis comes in several forms including marijuana (dried leaves and flowers), hashish (dried resin), and hash oil (hashish extract).
- Ongoing heavy use increases risk of upper respiratory tract cancers, chronic bronchitis and permanent damage to the airways when smoked.

Cocaine



- Common street names include *charlie*, *blow* and *coke*.
- Cocaine has been used for thousands of years in South America for religious, social and medicinal purposes.
- Cocaine is strongly implicated in heart attacks and is damaging to the heart and coronary arteries.
- People who sell cocaine often mix or cut the powder with other things that look the same to make the drug go further.

Ecstasy



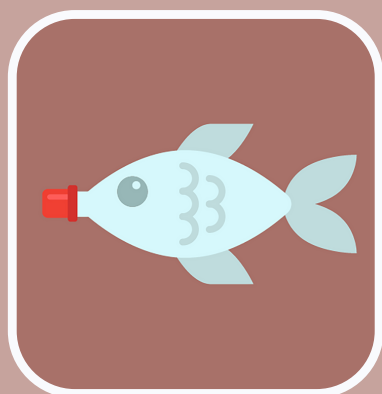
- Ecstasy's active ingredient is methylenedioxyamphetamine, or MDMA.
- Ecstasy use has caused deaths. While this is often due to the body overheating and dehydrating, some deaths have occurred by over-hydration (i.e. drinking too much water).
- Commonly used street names include *pills*, *pingas*, *eccy* and *molly*.
- Ecstasy users may experience a 'comedown', causing the user to feel physically and emotionally drained.

Energy drinks



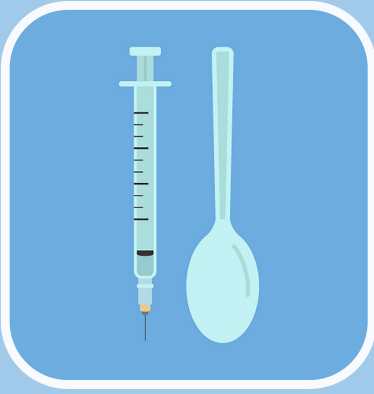
- Energy drinks contain caffeine, a stimulant which speeds up the brain and nervous system.
- Many people consume them with the belief that they will assist in endurance, concentration and stamina.
- Large amounts of caffeine may make the problem worse for people who already have heart issues or anxiety disorders.
- The use of energy drinks with alcohol is associated with greater alcohol consumption and an increased likelihood of alcohol-related harm.

GHB



- GHB stands for gamma-hydroxybutyrate. It is also known as *grievous bodily harm (GBH)*, *fantasy* and *liquid ecstasy*.
- GHB usually comes as a liquid, and is sometimes sold in fish-shaped soy sauce containers.
- It was developed as an anaesthetic in the 1960s.
- Small doses of GHB are potentially very potent and when combined with alcohol or methamphetamines the risk of overdose is greatly increased.

Heroin



- Heroin can be injected, smoked, swallowed, snorted, or heated and its fumes inhaled.
- Heroin was first synthesised in 1874, and was sold as an over-the-counter cough suppressant between 1898 and 1910.
- Heroin is highly addictive, and for this reason its use has been severely restricted. It is not prescribed for any medical purpose.
- Heroin use has very high mortality rate, estimated at 15 times that of the general population. The most common cause of death is overdose.

Inhalants



- Inhalants include a variety of easily obtained products and substances such as paint thinner, petrol, spray paint, deodorants & other aerosols.
- Inhalants are substances that are sniffed to give the user an immediate 'high'.
- Effects often mimic those of alcohol but the effect is much quicker because the chemicals are sent straight to the blood through the lungs.
- Chemicals in inhalants may build up in the body and can cause damage to the brain, central nervous system, kidneys and liver.

Kava



- Drinking kava is a traditional practice for many Pacific and South Sea Island communities.
- The root of the pepper plant *Piper methysticum* is used to make a drink which acts as a depressant.
- Ingesting kava with other drugs may increase the levels of those drugs in the body, slow down the removal process and increase the effects.
- Data from some countries suggests that using kava before driving is associated with an increased risk of motor vehicle accidents.

Ketamine



- Ketamine was first developed for medical purposes and is still widely used as an anaesthetic by both doctors and vets.
- It is sometimes referred to as 'horse tranquiliser', due to its association with veterinary medicine.
- People who use ketamine sometimes experience a 'k-hole'. This is a state of disassociation that may include hallucinations and immobility.
- Long-term, frequent use has been linked with personality and mood changes along with severe bladder and kidney problems.

Drug form:

Liquid



- Drugs in liquid form may be swallowed, injected, turned into a powder or inhaled as a vapour.
- Drugs swallowed in liquid form may include alcohol, energy drinks/caffeine, LSD and certain steroids.
- Some inhalants are in liquid form. This includes amyl nitrate, petrol and paint thinners.
- Ketamine is usually manufactured as a liquid before being evaporated to form a powder. Most users take it in powder form.

LSD



- LSD was first synthesised from an ergot parasitic fungus and was patented for use in psychotherapy.
- LSD is a hallucinogen which is also known by street names such as *acid*, *trips*, *tabs* and *microdots*.
- Users of LSD may include effects such as intense sensory experiences, a distortion of space and time and swings in emotions and thoughts.
- The hallucinogenic effects of LSD can last for over 12 hours.

Meth-amphetamines



- There are various forms of methamphetamine distinguished by their appearance and purity. *Ice* and *speed* are street names for two different forms.
- Other street names include *base*, *crystal meth*, *meth*, *goey*, *whiz* and *crank*.
- Methamphetamine use can induce psychosis with symptoms of paranoia and hallucinations.
- Speed is often mixed or cut with other substances to make the drug go further. These substances can have unpleasant or harmful effects.

Natural hallucinogens



- Psilocybin are hallucinogenic substances found in over 180 species of mushrooms. These are commonly referred to as 'magic mushrooms'.
- Other forms of natural hallucinogens include mescaline (found in the peyote cactus), DMT and salvia.
- A long-term risk associated with using natural hallucinogens is a change in personality and/or patterns of thinking.
- Flashbacks – times when you feel the effects of the drug again – can happen days, weeks or even years after taking hallucinogens.

Nitrous oxide



- Nitrous oxide is a colourless non-flammable gas that is used in food catering and for sedation and pain relief in clinical settings.
- Nitrous oxide is commonly known as 'laughing gas'. Street names include *nangs* and *bulbs*.
- The immediate effects of nitrous oxide typically last 2-3 minutes.
- Regular and excessive use of nitrous oxide from capsules or cylinders can have serious and harmful effects on the body including brain and spinal cord damage.

Opioids



- Opioids are natural drugs which are, like heroin, derived from the opium poppy or synthetic drugs.
- They have a strong pain-killing effect and are often prescribed for medical conditions.
- Pharmaceutical opioids include morphine, oxycodone, fentanyl, methadone, buprenorphine, tramadol and codeine.
- Opioids are the most common drug type associated with unintentional drug-induced deaths in Australia. The annual rate of deaths involving opioids has almost doubled since 2001.

Drug form: Pills/tablets



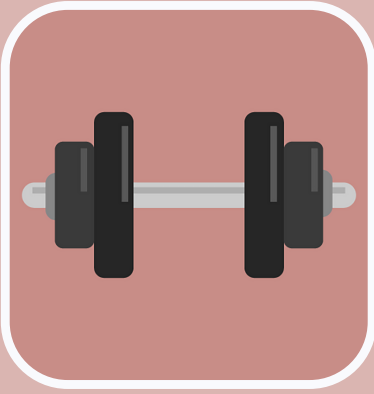
- Many pharmaceutical drugs come in pill or tablet form. It is illegal to possess benzodiazepines and opioids without a prescription.
- Illicit drugs which most commonly come in pill or tablet form include ecstasy and some synthetic drugs.
- Other drugs sometimes sold in pill form include ketamine, methamphetamines and LSD.
- In addition to being taken orally, some users of drugs such as ecstasy and ketamine insert them anally, a practice known as 'shafting'.

Drug form: Powder



- Drugs consumed in powder form include cocaine, ecstasy, GHB, ketamine, heroin, methamphetamines and some synthetic drugs.
- Some drugs in powder form are swallowed, smoked or snorted up the nose.
- In other cases, users heat the powder in water to make a soluble solution for injection.
- Snorting drugs such as cocaine can lead to conditions such as nose bleeds, sinusitis and damage to the nasal wall.

Steroids



- Anabolic steroids are a form of performance and image enhancing drugs (PIEDs): substances taken by people with the intention of improving physical appearance and enhancing sporting performance.
- Anabolic steroids differ from steroids commonly used for medical treatment (corticosteroids).
- Steroids are associated with a range of adverse physical and psychological effects.
- Psychological effects of steroids include increased aggression, irritability, mood swings, depression and dependence.

Synthetic drugs



- Synthetic drugs are products containing chemical substances artificially developed to mimic the effects of other illegal drugs.
- It is estimated that a new synthetic drug is being produced and marketed every week.
- They are often sold as if they are harmless and are called names like *herbal highs*, *party pills*, *herbal ecstasy* or *bath salts*.
- One of the dangers of synthetic drugs is that new forms have rarely or never been tested. This means that users may be at risk of serious harm.

Tobacco



- Tobacco smoke is a mixture of almost 7000 different chemical compounds. Over 70 of these chemicals have been proven to be carcinogenic.
- Nicotine is the chemical component which causes dependency in tobacco smokers.
- Substances present in cigarettes such as tar (lung and throat cancer) and carbon monoxide (heart disease, stroke) can have severe adverse effects.
- Smoking in Australia has declined over the past 30 years. In 2019, 11.0% of Australians smoked tobacco daily, down from 24% in 1991.

Vaping



- E-cigarettes are battery-operated devices that heat a liquid called 'e-liquid' into a vapour. Inhaling this vapour is commonly referred to as 'vaping'.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- Young people who vape are 3 times more likely to take up smoking cigarettes.
- Vapes are often labelled incorrectly and can contain nicotine, even when they claim not to.

