

## KNOW YOUR STUFF

# ECSTASY/MDMA

AKA: pills, Mandy, Molly, MD, E

(Drug names vary hugely, these are just a few examples)



## WHAT IS IT?

Ecstasy usually comes as pills of various colours and shapes, often with motifs stamped into them. They contain MDMA, which also comes as a greyish-white powder. It is usually swallowed, but may be dabbed into the gums, or crushed and snorted.

## THE HIGHS

Users can feel alert, energised, disinhibited, happy and affectionate towards those around them, more in tune with their surroundings, and music can feel more intense.

## THE LOWS

Some users feel anxious, confused and paranoid and may experience a panic attack or a psychotic episode during which someone's thoughts and perceptions are disrupted to the point that they can't tell what is and isn't real. Nausea and tingling sensations may be felt, and the muscles in the jaw may tighten up, causing gurning. Some effects can last quite a long time, such as fast heart rate and insomnia, and the comedown can last several days.

A significant problem with ecstasy is that regulation of body temperature is impaired, making it easy for the user to overheat and become dehydrated, particularly if engaging in activities such as dancing. It also interferes with urine production, meaning someone may drink too much water – especially if they are feeling hot – which can affect the body's salt balance to a fatal level.

Use of ecstasy has been linked to liver, kidney and heart problems, meaning people with underlying health conditions may experience particularly dangerous reactions. Long-term users may suffer memory loss and develop mental health issues such as depression and anxiety.

A big issue with ecstasy is not knowing what it contains; it may be cut with other ingredients (which may be innocuous, harmful or very dangerous) and strength can vary widely, making the effects even more unpredictable and risky. It can also take a while for the effects to kick in, which means someone may take more, putting them at risk of an overdose. Tolerance and dependence can develop.

As a Class A drug, ecstasy is illegal to possess, give away or sell, and it is also against the law (and dangerous) to drive under the influence.



For more information go to:

**FRANK**

<https://www.talktofrank.com/drug/ecstasy>



**DSM** foundation  
The drug education charity

[www.dsmfoundation.org.uk](http://www.dsmfoundation.org.uk)

The Wellbeing Hub  
— from Teen Tips —



[www.teentips.co.uk](http://www.teentips.co.uk)