

## 1. Context

Following the death of a young person due to an overdose of illicit drugs, a review of the circumstances and professional involvement took place. This has identified that further support is required for professionals in understanding substances being used by young people today.

It is important to remain professionally curious and explore with the person their use of substances and be consider the indicators of exploitation.

Here is a summary of some popular substances being used across Shropshire.

## 2. Xanax

- Xanax is the brand name for the drug Alprazolam - a benzodiazepine.
- Street names include: Planks, Footballs, Bars, Totem-poles, White-girls, ladders, Xans, School-bus, poles, blues, handlebars
- 20 times stronger than diazepam.
- It is a depressant
- Usually comes in white, green or blue pill form.
- Slows the brain and nervous system making you feel relaxed, euphoric, disinhibited.
- Can lead to dizziness, slurred speech and vision, difficulty breathing.
- Class C drug that is only available on private prescription in the UK.

## 3. Nitrous oxide

- Nitrous oxide is a depressant with anaesthetic properties
- Street names include – Noz, Nos, Whippits, Chargers, Laughing Gas, Balloons, Cracker.
- It is inhaled through the mouth, usually from a balloon.
- Slows the brain and body responses, making you feel euphoric, relaxed and calm.
- Can result in hallucination, give severe headache, dizziness, paranoia and cause nausea.
- It can cause irregular heart beat. Those with pre existing heart conditions should avoid it. Regular use can have health implications.
- It is illegal to give away or sell for human consumption. There is no penalty for possession.

## 8. Support

We Are With You offer specialist support for young people and adults in relation to substance misuse across Shropshire. Their website provides further in-depth information relating to a wide range of substances and how these are used, their impact and harm reduction

[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)      [01743 294700](tel:01743294700)

The Smarter Screening Tool is in place to be used by agencies across Shropshire to explore substance use with a young person.

[SMARTER Screening Tool](#)  
[Exploitation Risk Assessment](#)



## 4. Alcohol

- Also referred to as Moonshine, Amber-nectar, Sherbert, Gooch, Sauce, Juice.
- Alcohol is a depressant.
- Alcohol has a lasting and damaging effect on your body. Short term risks include alcohol poisoning, injuries and blackouts. Long term risks include high blood pressure, stroke, liver disease, diabetes, sexual dysfunction and malnutrition as alcohol can stop vitamins being absorbed. Alcohol can cause anxiety and depression and hallucination.
- It is against the law to be sold alcohol , to try and buy alcohol or for an adult to buy alcohol for someone under 18.
- If someone under 18 is caught with alcohol three times they can face a social contract, fine or arrest.

## 7. MDMA (Powder form), Ecstasy (Pill form)

- A synthetic stimulant with mild hallucinogenic effects
- Also known as Pink, Rolexs, Mandy, Ecstasy, Molly, Supermans, Beans, Doves, Mitshubishis, Instagrams, Dolphins, Crystal, Cowies, Dizzie, Mud, Brownies, Pills, XTC
- Pill form – white or coloured often with different shapes stamped on. Powder – white or grey crystals.
- It is swallowed, snorted, gummed, dabbed or bombed. Dabbing or gumming is rubbing powder onto your gums. Bombing is when the powder is wrapped in cigarette paper and swallowed. This is also known as parachuting.
- Effects the heart rate, body temperature and muscles.
- Class A drug. Possession, or supply can result in a prison sentence.

## 6. Cocaine

- Powerful stimulant and highly addictive.
- Also known as White, Marching Powder, Bump, Sniff line, Blow, Dust, Snow, Toot, Coke, Charlie.
- Cocaine is usually snorted as a powder but can come in other forms – Crack and Freebase.
- Cocaine can also be ingested by bombing where the cocaine powder is wrapped in cigarette paper. It can also be smoked but this is rare as the powder easily burns out.
- Cocaine increases heart rate and body temperature. It can cause palpitations.
- Mixing cocaine and alcohol makes a dangerous chemical called Cocaethylene which is toxic to the liver.
- Class A drug. Possession or supply can result in prison sentence

## 5. Cannabis

- Cannabis is a sedative with hallucinogenic effects
- Cannabis can be smoked, eaten or vaped.
- Cannabis is also known as hash, bush, weed, Oabs, Herb, Shake, Slate, Dope, Moroccan, Bhang, Nine-Bar, BHO, Henry, Sinsemilla, White-Widow, Puff, Resin, Rocky, Sensi, Pollen, Bubblegum, Northern-lights.
- Can come in the following forms: weed, skunk, hash, cannabis oil, DAB/Shatter (A highly concentrated form extracted using butane and can be used in vapes).
- Cannabis is a Class B drug. It is illegal to possess, give away or sell and can result in a fine or prison sentence.
- Police can give a discretionary warning. If you are caught 3 times, police will arrest and take to the station.

