

JUST THE FACTS

GHB

GHB is a fast-acting central nervous system depressant that has gained popularity as a "club drug" among teens and young adults for its euphoric and sedative effects.

Identification

Street Names: Georgia Home Boy, Goop, Grievous Bodily Harm, Liquid X, Soap

What's It Look Like? GHB is usually a colorless, odorless liquid that is sold in small bottles or vials.

How's It Used? Users typically swallow GHB.

What's It Do?

GHB causes the brain to release dopamine which quickly gives users a "rush" that makes them feel happy, alert and talkative.

Warning Signs of Abuse

- A change in grades and school performance
- Dropping old friends and favorite activities
- Mood swings and/or drastic changes in behavior
- Depression
- Problems remembering things
- Trouble sleeping
- Complaining about severe headaches

Facts about GHB

- The effects of GHB last for about 3-6 hours.
- GHB is often referred to as a "date rape" drug because it can be easily slipped into someone's drink without the user noticing.
- GHB is a Schedule I drug, which means it is illegal to buy, possess or distribute it.
- The effects of GHB begin 10-20 minutes after taking the drug.



Short-Term Effects

- Drowsiness
- Nausea and vomiting
- Memory lapses
- Decreased blood pressure and heart rate
- Lowering of inhibitions
- Trouble breathing
- Loss of coordination and concentration

Long-Term Effects

- Depression and mood swings
- Amnesia
- Slurred speech
- Vision problems
- Drug dependence
- Severe withdrawal symptoms
- Coma or death

Refusal Tips for Kids

It's not always easy for a kid to keep their cool in the face of peer pressure. Give them a few suggestions on how to say "NO" like:

- "No thanks. I am already having fun."
- "No way!" Those things make people act stupid."
- "I heard that stuff can kill you!"
- "No! GHB is illegal!"

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