

# The Dangers of **ECSTACY**



**Your Personal Guide**

# What is ECSTACY?



It is a type of amphetamine - an addictive stimulant drug. This dangerous drug damages the brain and other primary organs in the body, and can cause death.

Ecstasy is found in many shapes and is known by many names. Some popular names include; *pink lady*, *playboy*, *love drug* or *apple*. In the West, the uncontrolled use of this drug has destroyed many young lives and brought misery to all those involved. In our country, the use of this drug has increased to a worrying level.

This drug is usually abused by youths who patronize nightclubs, discotheques and entertainment centres. These youth are constantly seeking new excitement and thrills without thinking of the consequences.





# What Are The Negative Effects of ECSTACY?

Behind the superficial pleasures of Ecstasy lies some ugly truths - the drug's negative and harmful effects.

These include :

- Vomiting • Muscle cramps • Physical exhaustion • Severe dehydration
- High blood pressure • Heat stroke
- Infertility • Impotence • Increased tendency to violent behaviour
- Loss of focus / Concentration
- Hallucination • Anxiety • Hot-temper
- Depression • Irrational thinking



## How Does ECSTACY Cause Death?

Ecstasy abuse can lead to death, due to:

- Damage to the primary organs like the brain, lungs, heart, kidney and liver.
- A drastic increase in blood pressure and heartbeat rate, causing heart failure and stroke.
- Increased body temperature and heat stroke, leading to severe dehydration, coma and failure of the primary organs.



## Other Risks of ECSTACY

- Ecstasy is manufactured illegally in uncontrolled conditions. Recently this drug has been found to contain other dangerous substances such as rat poison, cement and glass. These substances add even more negative effects to Ecstasy.
- Ecstasy addicts who inject themselves with shared needles risk contracting HIV and AIDS.
- When Ecstasy users get addicted, they lose focus on life and are unable to carry out their daily activities.
- This drug is dangerous to pregnant women as it can cause abnormalities and birth defects to the foetus, and even death.

## Social Problems of ECSTACY Abuse

- Incites addicts to resort to criminal behaviour like stealing, blackmailing and prostitution to feed their addiction, thus damaging their future.
- Exposes female addicts to the dangers of sexual exploitation like molest, rape and also sexually transmitted diseases.
- Injecting Ecstasy with shared needles increases the risk of HIV and AIDS.
- The change in an addict's behaviour damages his/her existing relationships with family, colleagues and friends.
- Destroys addicts' achievements as workers and students and this eventually affects the quality of their lives.
- Increases the risk of road accidents caused by loss of concentration.





# Stay Away From **ECSTACY**

## Actions You Should Take

- Don't ever try or take Ecstasy.
- Get to know and choose friends who won't be an unhealthy influence.
- Be firm and say "No" if friends urge you to try.
- Seek help and social support if you have any problems.
- Get involved in healthy social activities like sports and recreational hobbies.
- Actively participate in community projects.
- Stay true to the teachings of your religion and your parents.

## Actions Parents Should Take

- Teach and practice moral values within the family.
- Maintain and continuously improve family communication.
- Make time to listen to what your children have to say and always hold open discussions.
- Keep track of where your children are at all times and what they are doing. Get to know their friends.
- Check on your child's school attendance.
- Develop a close relationship with the school authorities.
- Get involved in school curriculum activities.
- Support the school's anti-drugs programmes.
- Share your knowledge on the problems of teenage drug abuse with other parents.



## ACTIONS UNDER LAW

Ecstasy is an illegal drug under the Dangerous Drug Act 1952 (amended 1998)

Possession of Ecstasy is punishable by a fine of up to RM100,000, or a prison term of up to 5 years, or both.

- Possession of more than 5 gm but less than 30 gm  
2 to 5 years of prison term, and 3 to 9 strokes of the cane.
- Possession of more than 30 gm but less than 50 gm  
5 years prison term to life imprisonment,  
and not less than 10 strokes of the cane.
- Possession of more than 50 gm  
Considered to be a drug  
supplier and given a  
mandatory death sentence.



DON'T TAKE **ECSTACY**  
ONCE TRAPPED  
A LIFETIME OF REGRET

LOVE YOURSELF • STAY AWAY FROM **ECSTACY**

