



Ecstasy (MDMA)

Ecstasy is commonly associated with the 1990's and the 'rave' culture. It was taken by clubbers to keep them awake so they could dance for hours. If you take an ecstasy tablet, it will take about 1.5 hours to kick in and the effects last anywhere between 3-6 hours, and will gradually wear off.

Slang: E, pills, brownies, Mitsubishi's, Rolex's, Dolphins, XTC.

The effects

- You get an energy buzz when you take ecstasy and will feel excited and awake. Some may experience heightened colours and an increased empathy with others.
- On its own, it's not a drug that tends to make people violent.
- You can build up a tolerance to Ecstasy which means it can take longer for you to experience the same effects.

Appearance and use

Pure Ecstasy is a white crystalline powder known to chemists as MDMA. When it sold on the street, it will usually come in tablet form but can also be bought in powder form. Es come in all sorts of colours and some of them have pictures or logos stamped into them. They are usually swallowed in tablet form or snorted and can be smoked. When swallowed, it can sometimes take a little while for the effects to be felt so people take another one and then have to deal with both 'doses' at one time.

The law

Ecstasy is a Class A drug. It is illegal to have, give away or sell e.g. you can get up to 7 years in jail for possession and for supply, you (and those you sell to) can get life or an unlimited fine.

Cost

Between £3 and £8 depending on the type of pill you buy and where you live. As low as 75p!

Purity

Ecstasy can be 'cut' or mixed with lots of things such as caffeine or amphetamines – this makes them cheaper to make.

The risks

- Physical side effects can develop that include: dilated pupils, a tingling feeling, tightening of the jaw muscles, raised body temperature and the heart beats faster. Regular breaks are a must if you're dancing all night as your body will overheat and you can dehydrate.
- Short-term effects of use can include anxiety, panic attacks, confused episodes and paranoid or psychotic states.