

THE TRUTH ABOUT KIDDIE COCAINE

The abuse of
prescription stimulants;
Destroying young lives

“SAY NO TO DRUGS, SAY YES TO LIFE”

WHY THIS BOOKLET WAS PRODUCED

Drugs destroy millions of lives every year. The most disturbing aspect of this problem is the damage drug abuse does to our young people — and the threat this represents to the future of every country. With more and more young people being introduced to drugs, it is vital to provide educational materials with factual information about their dangers.

This booklet is dedicated to those individuals and organizations working to salvage others from the ravages of drug abuse. Society owes them a debt of gratitude for their cooperative efforts and we hope this booklet will assist them.

Sadly, some in society seek to promote and spread drug use for profit or gain — a fact that has been exposed too many times for anyone to be fooled.



What is Ritalin?

Ritalin is the common name for *methylphenidate*, classified by the Drug Enforcement Administration as a Schedule II narcotic — the same classification as cocaine, morphine and amphetamines. It is abused by teens for its stimulant effects.

Even when Ritalin is used as a prescription drug, it may have severe side effects including nervousness, insomnia, anorexia (eating disorders), pulse changes, heart problems, weight loss. The manufacturer says it is a drug of dependency.

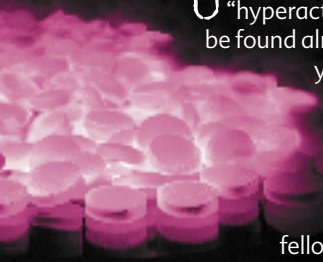
In June 2005, the U.S. Food and Drug Administration issued a series of public health advisories warning that Ritalin and

its sister drugs may cause visual hallucinations, suicidal thoughts, psychotic behavior, as well as aggression or violent behavior.

One writer put it this way: “Parents are never told: ‘Oh by the way, once in a while a child dies simply by taking their prescribed medication, or by the way, children on stimulant medications have twice the future rate of drug abuse, or by the way, one third of all children on these medications develop symptoms of obsessive compulsive behavior within the first year.’”



Where is it found?



Unfortunately, Ritalin and related “hyperactivity” type drugs can be found almost anywhere. If

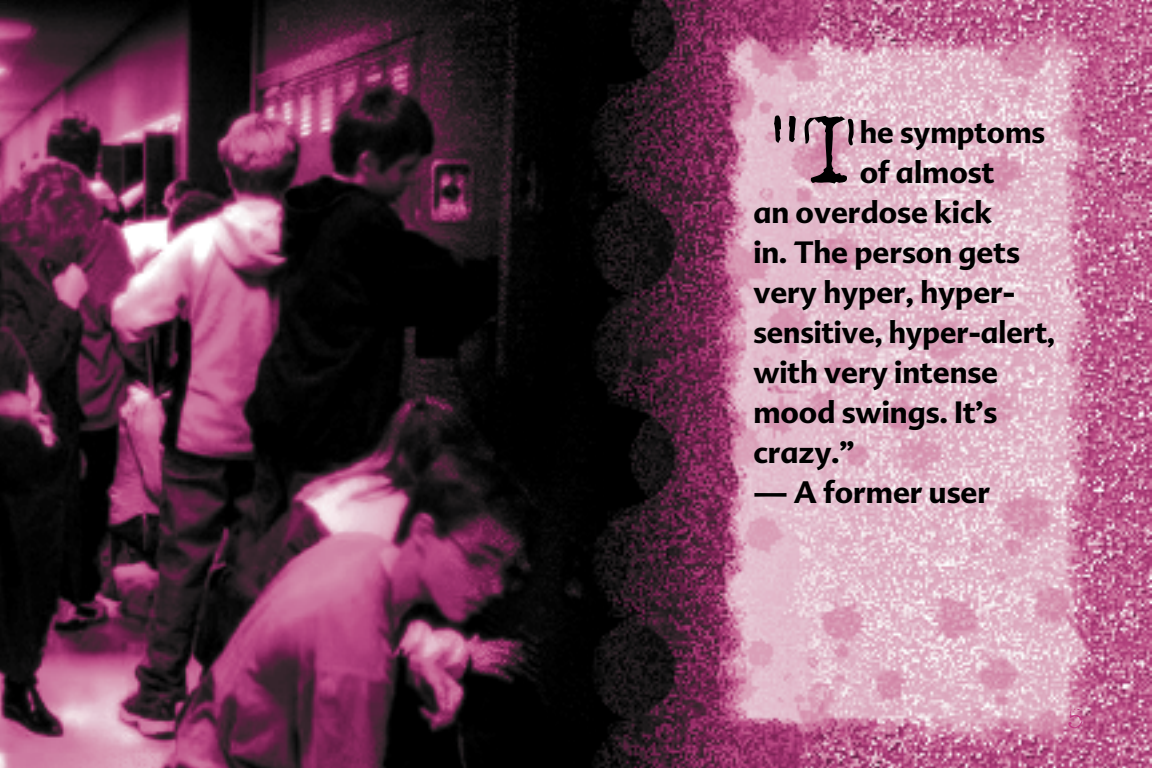
you are in high school or college, you are likely to have a large supply readily to hand, with “pushers” (your fellow students) eager to

make an easy profit from you.

In some schools, as many as 20% of the students take the drug regularly. The Drug Enforcement Agency found that many of these schools had more of these drugs than in the neighborhood pharmacy.

Why is it so common? It is all too easy for a “friend” to take some of his little brother’s prescription pills and turn around and sell them at \$5 a pop. Or, a student eager for a quick fix tells a school nurse he has a “study disorder” and “can’t concentrate.” He gets a prescription and stocks up on the pills for future use, handing out extras to his friends.

While the law forbids unrestricted distribution of these powerful stimulants, the sad fact remains that these substances are freely available almost anywhere. Kiddie Cocaine, as it has been called, is handed out like candy.



“The symptoms of almost an overdose kick in. The person gets very hyper, hyper-sensitive, hyper-alert, with very intense mood swings. It’s crazy.”
— A former user



How Ritalin abuse starts

It seems so simple at first. A student gets a little behind in his studies. An exam comes up and he needs to prepare. He'll have to stay up late to have even a prayer of making the grade. Coffee gives him the jitters, but many of his friends use these pills to give the extra energy they need. Why not? A couple of bucks; one pill; an entire night of study; a feeling of "focus."

That may be where it starts, but it is very often not where it ends.

Some students are chopping up Ritalin and snorting it like cocaine for faster absorption. "It keeps you awake for hours," said one.

And just like cocaine or any other stimulant, that nice “up feeling” is inevitably followed by a “crash,” a feeling of fatigue, depression and decreased alertness. One student on Adderall, another stimulant widely abused on college campuses, recounted that a feeling of “utmost clarity” turned into a state of being “crashed out and overdone” the next day. As one user put it, “I usually go into a crash coma afterwards.”

And, of course, the user soon comes to know that this “crashed out” feeling can be relieved with the “help” of another pill that gets you back up again. And so it goes.

Next may be larger doses, or snorting it for a bigger rush. Tolerance increases, so one has to use more. In these larger doses, Ritalin can lead to convulsions, headaches and hallucinations. The powerful amphetamine-like substance can even lead to death, as in the many tragic cases of children who have died of heart attacks caused by damage linked to the drug.

I first tried Ritalin when I was in 7th grade. It was prescribed to me, they thought I had slight ADD [attention deficit disorder], because I pretended to, so I could have an excuse for not doing well in school (I was just lazy). I never realized that I was getting myself addicted, and then I was no different than any other habitual drug user.

“I took about 40 mg a day and I felt it put me at the top of my game. I would stay up for days in row, to the point I suffered a severe psychotic episode. It was terrifying! Everything seemed to be melting and morphing and I was terrified.”

— Andrea

What does Ritalin look like?

And other facts



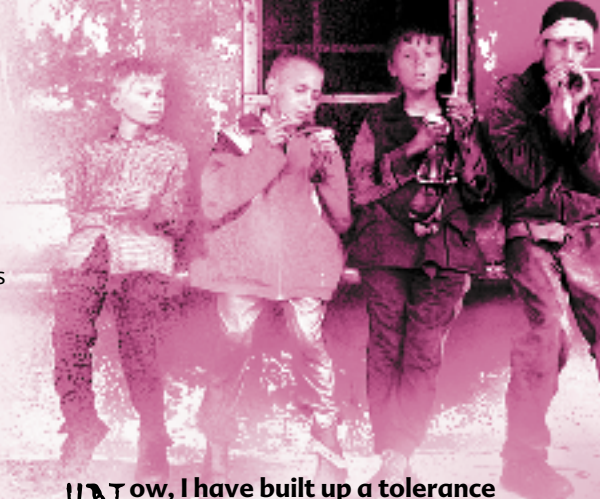
Ritalin comes in small pills, about the size and shape of aspirin tablets, with the word “Ciba” (the manufacturer’s) name engraved on it. The 5 mg tablets are pale yellow, 10 mg tablets are pale green, and the 20 mg tablets are both white and pale yellow.

It is described as a central nervous system stimulant. However, even its manufacturer, in the drug’s package insert, admits that no one really knows how it affects the human body: “The mode of action in man is not completely understood. ...”

Abusers grind the tablets into a powder and snort it. The drug is water soluble, making it easy to convert into a liquid which can be injected.

As noted by the Drug Enforcement Administration, “pharmaceutical products diverted from legitimate channels are the only sources of methylphenidate available for abuse.” In

other words, every tablet of the drug that is abused—either in its original form or ground into a powder or dissolved with water—originated from the manufacturer. None of it is manufactured on the streets.



"Now, I have built up a tolerance to taking two to three 20 mg pills to get the high. I recognize my dependence.... I have become ‘cracked-out’ or zombie-like.”

— Anonymous teenage user

Street Names

Ritalin is called by a variety of names on the street, including:

- Diet Coke
- Kiddie Cocaine
- Kiddie Coke
- Vitamin R
- R-ball
- Poor man's cocaine
- Rids
- Skittles
- Smarties

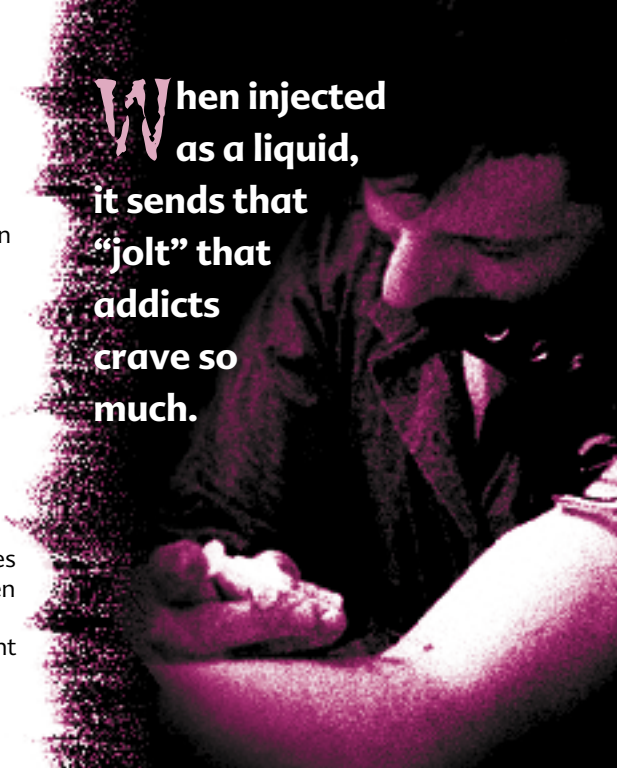
Poor Man's Cocaine

Ritalin is easy to get, and cheap. Taken from someone's valid prescription, stolen from a sibling or obtained by a fraudulent prescription, these tablets are then broadly sold. The price runs from a dollar or two in school to \$20 per pill on the black market.

The comparison of Ritalin to cocaine is not just a slogan. Ritalin is chemically similar to cocaine. When injected as a liquid, it sends that "jolt" that addicts crave so much.

In 2000, the Drug Enforcement Administration revealed the results of studies on both animals and humans who were given cocaine and Ritalin. The test subjects could not tell the difference! The Drug Enforcement Administration concluded that, "They produce effects that are nearly identical."

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Scope of Ritalin Abuse

Abuse of prescription drugs like Ritalin is increasing. A study released in July 2005 by the National Center on Addiction and Substance Abuse at Columbia University found that the number of people admitting to the abuse of controlled prescription drugs, including Ritalin, increased by 94% between 1992 and 2003.

In April 2005, the Partnership for a Drug-Free America reported that 10% of teens in the United States abuse Ritalin and similar prescription drugs—more than 2 million young people.



In a recent survey taken at a northeastern university, 22% of the students reported knowing someone abusing prescription drugs, including Ritalin.

Hospital emergency room visits associated with Ritalin increased from 271 in 1990 to 1,478 in 2001.

Between 1990 and 2000, there were 186 deaths linked to Ritalin in the U.S. The risk is highest for those who snort large amounts of the drug.

Since 1995, it has ranked on the Drug Enforcement Administration's list of "most-stolen" medications.

Ritalin abusers in 2001 checked into emergency rooms 550% more than in 1990.



"I ended up doing a lot of stronger amphetamines that brought me down pretty quick, and I don't know if I would have gotten interested in them if I hadn't started using Ritalin." — Andy



The vicious effects of prescription stimulants

This amphetamine-like substance causes the same types of effects on the body as other forms of speed — loss of appetite, insomnia, increased heart rate. The abuse of this drug in larger doses — especially through injection or snorting — puts an even greater strain on the body. The stress on the heart can be fatal.

Take the case of a teenager — a long-term user of Ritalin — who collapsed one day while skateboarding. Dead of a heart attack.

Injection of Ritalin has an additional, grisly effect on the body. While the chemical compound, methylphenidate, dissolves completely in water, the tablets also contain

tiny particles of insoluble fillers. These solid materials block the small blood vessels when injected into the blood stream, causing serious damage to the lungs and to the eyes.

Aside from the physical impact, there are also severe emotional conditions caused by even short-term use of this drug. Hallucinations and psychotic behavior are not uncommon.

A researcher in Texas found that Ritalin use could relate to a higher risk of cancer. This study found every one of a dozen children treated with methylphenidate, experienced genetic abnormalities associated with an increased risk of cancer.

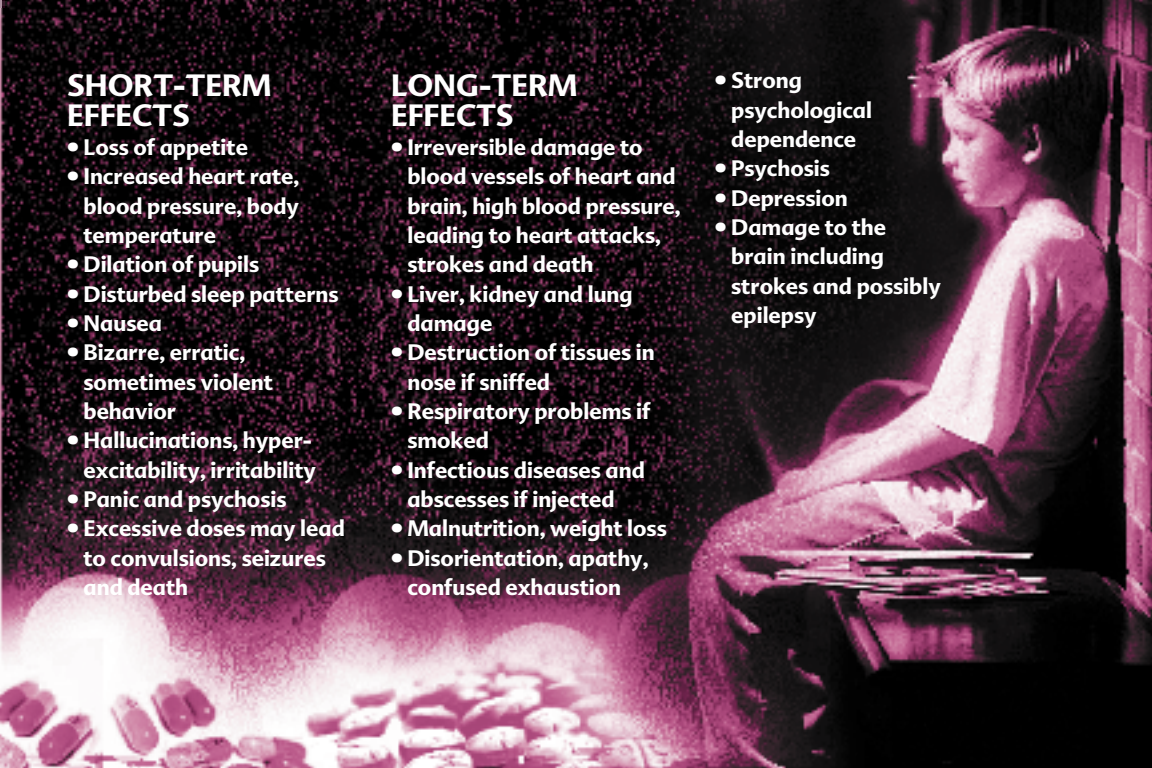
SHORT-TERM EFFECTS

- Loss of appetite
- Increased heart rate, blood pressure, body temperature
- Dilation of pupils
- Disturbed sleep patterns
- Nausea
- Bizarre, erratic, sometimes violent behavior
- Hallucinations, hyper-excitability, irritability
- Panic and psychosis
- Excessive doses may lead to convulsions, seizures and death

LONG-TERM EFFECTS

- Irreversible damage to blood vessels of heart and brain, high blood pressure, leading to heart attacks, strokes and death
- Liver, kidney and lung damage
- Destruction of tissues in nose if sniffed
- Respiratory problems if smoked
- Infectious diseases and abscesses if injected
- Malnutrition, weight loss
- Disorientation, apathy, confused exhaustion

- Strong psychological dependence
- Psychosis
- Depression
- Damage to the brain including strokes and possibly epilepsy





Ritalin Leads to Other Drugs

A study supported by the National Institute on Drug Abuse found that users of Ritalin and similar drugs “showed the highest percentage of cocaine abuse.”

Because a tolerance builds up, abuse of Ritalin can lead users to consume stronger drugs to achieve the same high. When the effects start to wear off, the person may turn to more

KURT'S STORY

Rock legend Kurt Cobain started on Ritalin at age 7. Cobain's widow, Courtney Love, believed that this drug led to his later abuse of stronger drugs. He committed suicide by shotgun in 1994. Love was also prescribed Ritalin as a child. She described the experience this way: “When you're a kid and you get this drug that makes you feel that [euphoric] feeling, where else are you going to turn when you're an adult?”

potent drugs to rid himself of the unwanted conditions that prompted him to abuse the drug in the first place.

Ritalin itself does not lead the person to other drugs: people take drugs to get rid of unwanted situations or feelings. The drug masks the problem for a time (while the user is high). When the “high” fades, the problem, unwanted condition or situation returns more intensely than before. The user may then turn to stronger drugs since Ritalin no longer “works.”

A study of 500 students over a period of 25 years found those who used Ritalin and related drugs had a greater likelihood of using cocaine and other stimulants later in life.

According to a 2005 study, teens who abuse prescription drugs were 12 times likelier to use heroin, 15 times likelier to use Ecstasy and 21 times likelier to use cocaine, compared to teens who do not abuse such drugs.

Common Justifications (Don't fall into the trap):

There are many justifications for taking this powerful drug. Recognize them for what they are — False!

- **Everyone is using it.**
- **It's just for study.**
- **It will help you concentrate better.**
- **My brother takes it for a learning disorder, it can't be that bad.**
- **It's not addicting.**
- **You can control it. You don't have to use it again if you don't want to.**

Don't let others — pretending to be your friends — lure you into the trap.

Ritalin KILLS

High doses of Ritalin lead to similar symptoms as other stimulant abuse, including tremors and muscle twitching, paranoia, a sensation of bugs or worms crawling under the skin. There is the story of the 17-year-old youth who, after snorting crushed Ritalin pills and staying awake for days, went psychotic, killed his parents and severely injured his brothers and sister with a

MATTHEW'S STORY:

Matthew was a teenager who had been on Ritalin for seven years. He died suddenly in March 2000. Although he had no history of heart problems, the autopsy revealed clear signs of small vessel damage. His distraught parents were told by one of the medical examiners that the heart of a healthy, fully grown man weighs about 350 grams. Matthew's heart weighed 402 grams. His death certificate reads: **"Death caused from Long-Term Use of Methylphenidate (Ritalin)."**



hatchet. And then, there was the 14-year-old, on Ritalin since he was 7, who beat another boy to death with a baseball bat.

But even worse, Ritalin can cause an irregular heartbeat that can lead to death.

IT'S A CRIME TO ABUSE IT.

In the United States, Ritalin is subject to rigid controls and severe criminal penalties for abuse. The penalties for a first trafficking offense (which you would be guilty of even if you just shared one or two pills with a friend) includes up to 20 years in prison and a fine of up to \$1 million.

If death or serious injury results from this first offense, the penalty is 20 years to life in prison.

If the drug is injected, it becomes a Class A drug offense, with even harsher penalties.

A MESSAGE TO YOUNG PEOPLE:

Learn to express your freedom and your independence in ways other than by taking drugs. Drugs will ruin your life and your future.

You have every right to make up your own mind, experience new ideas and try to live a better life. But drugs will not bring you happiness. The real joy in living is only found within yourself. Go discover it!

A MESSAGE TO PARENTS:

If you are a parent reading this booklet, consider this: Young people are the hope of the future. But what promise is there if the social leaders of tomorrow are crippled by drugs today? Talk to your children. Spend time with them. Listen to their problems and share their dreams. Support their efforts. Encourage their good will and their responsible independence. Talk to them about the dangers of drug use and abuse. You may save your child's life.

The Truth About Drugs

Drugs are essentially poisons. How much is taken determines the effect. A small amount gives a stimulant (increases activity). A greater amount acts as a sedative (suppresses activity). A still larger amount acts as a poison and can kill one.

This is true of any drug. Only the amount needed to achieve the effect differs.

But many drugs have another liability: they directly affect the mind by reactivating incidents from a person's past, below his

conscious awareness. Drugs can distort the drug user's perception of what is happening around him. As a result, the person's actions may be odd, irrational, inappropriate and even destructive.

Drugs block off all sensations, the desirable ones with the unwanted. So, while providing short term help in the relief of pain, they also wipe out ability, alertness and muddy one's thinking. Long term, drug use robs life of the pleasures and joys which are the only reasons for living anyhow.

**The real solution, however,
is not to begin using
drugs in the first place.
Taking drugs is not
an answer.**



In the end, one has a choice between being dead with drugs or being alive without them.

As terrifying as the consequences of drug use are, and as hopeless as they can seem to the addict, there are solutions to the drug problem and, on a broader scale, the war on drugs can be won.

The first step is to understand why a person becomes trapped by drugs. In May 1969, when the international drug crisis was reaching its peak, author and humanitarian L. Ron Hubbard wrote: “When a person is depressed or in pain and where he finds no physical relief from treatment, he will eventually discover for himself that drugs remove his symptoms.

“In almost all cases of psychosomatic pain, malaise or discomfort the person has sought some cure for the upset.

“When he at last finds that only drugs give him relief he will surrender to them and become dependent upon them often to the point of addiction.”

The pressures of living can be emotionally draining, yet there are solutions. Talking problems over with a friend or a minister or trusted family member can also help. Simply taking a long walk to look at things until one can focus one’s attention outward and again feel relaxed can work wonders.

And for the person with a drug problem, there are also real solutions to their addiction. Narconon, a drug rehabilitation program that utilizes the methods of L. Ron Hubbard has a success rate of more than 75 percent.

The real solution, however, is not to begin using drugs in the first place. Taking drugs is not an answer. As difficult as it can be to

confront one's problems, the consequences that come with drug use are always worse than the problem one is trying to avoid when he or she begins to take drugs.

And the long slide into hell that comes as a result of taking drugs is even worse.

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PHOTO CREDITS: Page 4
and 5: AP/school hallway;
Page 11: Itar-Tass; Page 16:
Corbis/Kurt Cobain.

“Say No to Drugs, Say Yes to Life” is a community drug education and drug prevention program initiated by the Church of Scientology International. It educates children and youth about the dangers of drugs and challenges them to remain drug-free and to set a good example to their friends and family.

The program acts through clubs run by and for young people. These clubs reinforce a positive message of drug-free living through the distribution of educational literature that provides facts about illicit drug use and the effects of drugs on the spirit, mind and body, through group activities to popularize drug-free living, and through the support of civic leaders and members of other groups with similar aims.

Experience has taught us that people in general, and youth in particular, when they understand the destructive effects of drugs, and when they are provided with positive role models and the support of their peers to remain drug free, they inevitably come to the conclusion: “I don’t want to take drugs” — which is of course the ultimate purpose of the program.

“**SAY NO TO DRUGS, SAY YES TO LIFE**”

This booklet is presented as a public service by the Church of Scientology International. It is part of a series of booklets to educate young people in the truth about drugs. The booklets in this series provide the facts about cannabis, crack and cocaine, crystal methamphetamine, ecstasy, heroin, LSD, prescription painkillers and other addictive drugs, allowing the reader to decide for himself to live a drug-free life.

To obtain more copies of this or the other booklets in this series, or to learn more about the discoveries of L. Ron Hubbard and his workable technologies that rid people of the harmful effects of drugs, visit or contact:



www.notodrugs-yestolife.org

Or Contact:

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