



Drug Abuse is
Dame. Zettai.

Narcotics, Stimulants,
Marijuana, and Other
Dangerous Drugs
Let's End Drug Abuse.

Value Yourself

dapc Drug Abuse Prevention Center

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薬物乱用とは？

薬物乱用とは、法律によって使うことが禁じられている薬物を使用したり、医療用の薬物を本来の目的から外れて使用したり、用法や用量を守らずに使用することをいいます。たとえ1回の使用でも乱用にあたります。



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身近な医薬品

市販薬

ドラッグストアで気軽に購入できる市販薬であっても乱用すれば依存症などのリスクがあります。市販の咳止めなどに含まれる成分を大量に摂取すると眠気や疲労感がなくなり、頭が冴えた感覚になりますが、薬が切れると倦怠感や意欲減退などが出てきます。また、鎮痛薬に含まれる成分を大量に摂取することで、意識障害や呼吸抑制を引き起こす場合があります。さらに咳止めをほかの薬物やアルコールと一緒に服用することで、中枢神経や心臓に障害がでる場合もあります。



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処方薬

医師の処方箋に基づいて処方される鎮静薬や精神安定剤、睡眠導入剤などの処方薬は、中枢神経に作用し脳の興奮を抑え不安症状や睡眠障害に効果がありますが、これを適正に使用せず医療目的から外れて使用すると、感情が不安定になったり運動及び記憶障害などが生じます。また、一度に大量に摂取すると意識を失うことがあるほか、長期間使い続けると依存症にもなります。

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What is Drug Abuse?

Drug abuse refers to the use of drugs that are prohibited by law, the use of medical drugs for purposes other than their intended purpose, or the use of drugs without following the physician's instructions and prescribed dosage. Even a single instance of use constitutes abuse if it falls in the above-mentioned categories.

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Common Pharmaceutical Drugs

Over-The-Counter Drugs

Even over-the-counter drugs that can be easily purchased at drugstores carry risks such as addiction if abused. Large doses of ingredients found in over-the-counter cough medicines and other products can alleviate drowsiness and exhaustion, and make you clear-headed. However, when the medicine wears off, fatigue and loss of motivation may set in. Furthermore, ingestion of large amounts of ingredients found in analgesic drugs may induce disorientation and inhibited breathing.

Taking cough medicines with other drugs or alcohol can also cause impairment to the central nervous system and heart disorders.

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Prescription Drugs

Prescription drugs such as sedatives, tranquilizers, and sleep-inducing drugs, which are prescribed by physicians, act on the central nervous system to suppress cerebral agitation, anxiety disorders, and sleep disorders. However, if these are not used appropriately, or used for purposes other than for medical treatment, it can lead to emotional instability, impede exercise, and impair one's memory, among other detrimental effects. In addition, ingesting large amounts at one go can cause loss of consciousness, while prolonged use may also result in addiction.

覚醒剤

化学的に合成された白色結晶状の薬物で、乱用すると強い興奮状態を起こし、一時的に疲労や眠気がなくなりますが、効果が切れると脱力感や倦怠感に襲われるため、乱用を繰り返すようになります。依存性が強く、乱用を続ければ幻覚や妄想が現れ、時には錯乱状態になって他人に危害を加える場合もあります。

「シャブ」「エス」「スピード」「アイス」「氷」などと呼ばれ流通しています。



大麻

大麻は、大麻草のうち花穂や葉を乾燥させたものが乾燥大麻、樹液を圧縮したものが大麻樹脂、それらを溶剤に溶かして大麻成分を抽出したものが液体大麻（大麻リキッド、大麻ワックス）です。また、最近では大麻成分を菓子などの食品に含ませたものもあります。

大麻を乱用するとリラックスしたような感覚になり、色が鮮やかに見えたり音が鮮明に聞こえたりと知覚が変化し、時間感覚の歪みや記憶障害、動作障害などを引き起こします。時には衝動や感情が抑えられずに錯乱やパニック発作などを引き起こすこともあります。また、長期に乱用を続けると依存症はもとより、統合失調症やうつ病の発症リスクが高まり、認知機能障害など個人差はあるものの何らかの精神障害を引き起こします。さらに脳の成長期にある若者の場合は、思考能力、記憶力など学習機能を低下させる場合があります。

「ハッパ」「クサ」「チョコ」「野菜」などと呼ばれ流通しています。



Stimulants

Stimulants are chemically-synthesized, white, crystalline drugs that, when abused, induces an intense state of excitement, temporarily eliminating exhaustion and drowsiness. However, when the effects wear off, lethargy and fatigue set in, ultimately leading to repeated abuse of the drug. Stimulants are highly addictive, and prolonged abuse can cause hallucinations and delusions, and even lead to a mental state of derangement, confusion and agitation that results in harm to others.

These drugs are circulating in Japan under slang names such as *shabu*, *esu*, *supiido* (speed), *aisu* (ice), *koori*, and so on.

Marijuana

Marijuana, or cannabis, comes in many forms. Dried marijuana is made by drying the flower ears and leaves of the cannabis plant. Liquid marijuana (cannabis liquid, cannabis wax) is made by extracting cannabis components from a solution containing cannabis resin, which is in turn made by compressing the sap of the cannabis plant. Recently, cannabis ingredients have also been included in confectionery and other food products.

Marijuana abuse produces a feeling of relaxation and altered perception, with colors appearing more vivid and sounds becoming more distinct, but also causes a distorted sense of time, memory impairment, impeded movement, and other detrimental effects. It can also lead to uncontrollable impulses and emotions, causing confusion and panic attacks. In addition, long-term abuse not only results in addiction, but also an increased risk of developing schizophrenia and depression. And while it may vary from individual to individual, it also causes mental disorders of some sort, such as cognitive dysfunction. Moreover, in young people whose brains are still developing, it may impair their ability to think, as well as their memory, and learning faculties.

Marijuana is circulated and known in Japan under slang names such as *happa*, *kusa*, *choko* (choco), *yasai*, and so on.

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MDMA

覚醒剤と幻覚剤の作用を併せ持ち、錠剤や粉末などの形状をした薬物で、乱用すると高揚感、多幸感が得られる一方で感覚や時間に対する認識を歪めます。依存性が強く、乱用を続けると錯乱状態に陥ることもあります。

「エクスタシー」「バツ」などと呼ばれ流通しています。



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コカイン

コカの葉から作られた白色の粉末、結晶固形物の薬物で、乱用すると強い興奮作用がありますが、効果が長続きしないため短期間で頻繁に乱用を繰り返すようになります。依存性が強く、乱用を続けると幻覚や妄想などが起こります。

「コーク」「スノー」「クラック」などと呼ばれて流通しています。



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危険ドラッグ

危険ドラッグは、法律で規制されないように、麻薬や覚醒剤、大麻などの規制薬物の化学構造に似せられて作られています。規制薬物と同等の作用を有する成分が含まれているものが多く、大変危険です。中身がどのような影響をおよぼすのかわからない成分がほとんどで、仮に呼吸困難や異常行動で救急搬送されても、医師がどのような薬物が把握できず、適切な処置が受けられずに容体が悪化する場合もあります。

形状は粉末、錠剤、液体などのほか、乾燥植物に薬物を吹き付けたものなどがあります。



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MDMA

MDMA, also known as ecstasy, combines the effects of both stimulants and hallucinogens, and comes in the form of pills or powders. When abused, it creates an emotional high and euphoria but also distorts the senses and perception of time. It is highly addictive, and sustained abuse can lead to a confused and agitated mental state.

In Japan, it is known by slang names such as *ekusutashii* (ecstasy), *batsu*, among others.

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Cocaine

Cocaine is a white powdered, crystalline drug made from coca leaves. When abused, it induces intense excitement, but the effects are not long-lasting, leading to frequent abuse over short intervals. It is highly addictive, and prolonged abuse can cause hallucinations and delusions.

In Japan, it is circulated and known by slang names such as *kooku* (coke), *sunno* (snow), *kurakku* (crack), and so on.

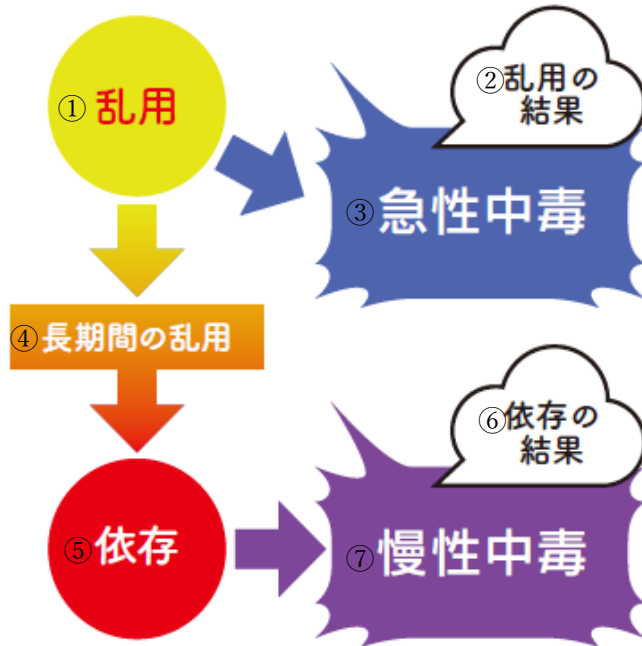
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Dangerous Drugs

Dangerous drugs are made to imitate the chemical structure of controlled substances such as narcotics, stimulants, and marijuana, so that they are not regulated by law. Many of them contain ingredients that possess the same effects as controlled substances, and are thus highly dangerous. The contents of these drugs are not well understood; therefore, even if a user experiences breathing difficulties or exhibits other abnormal behavior and is rushed to the hospital's emergency room, the doctor may not know what drug is causing those effects and the patient's condition may deteriorate without appropriate treatment. These drugs come in various forms such as powders, pills or tablets, liquids, as well as dried plants sprayed with the drug.

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薬物乱用をすると…



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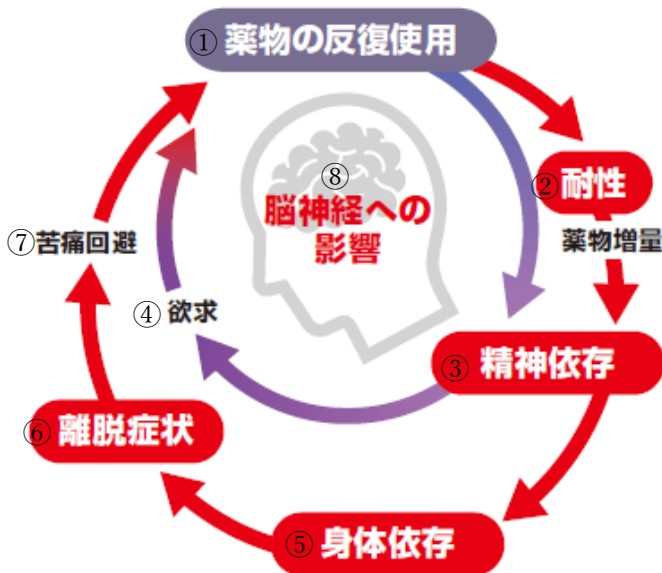
Drug Abuse Can Lead To...

- ① Abuse ② Effects of abuse ③ Acute poisoning
④ Prolonged abuse ⑤ Addiction ⑥ Effects of addiction
⑦ Chronic addiction

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薬物依存のプロセス

薬物乱用により満足感を得た人は、その経験を求めて再び薬物を欲するようになります。それが繰り返されていくと、やがて薬物なしではいられない「依存」の状態に陥ります。



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Process of Drug Addiction

Those who derive feelings of satisfaction through drug abuse will inevitably desire drugs to seek that experience again. If this is repeated, the individual falls into a state of addiction where they cannot do without the drug.

- ① Repeated use of drugs
② Increase in drug tolerance and drug volume
③ Psychological dependence
④ craving
⑤ Physical dependence
⑥ Withdrawal symptoms
⑦ Pain relief
⑧ Effects on cranial nerves

国連支援募金って何？

開発途上国では、経済的にも社会的にもより不安定な国が多く、薬物乱用防止に関する対策が困難な状況です。その結果、若者たちは特に薬物に対する知識が乏しく、無防備なまま薬物乱用に陥り、自分の健康を損ねてしまい、輝かしい未来への扉が閉ざされてしまう者も少なくありません。

公益財団法人麻薬・覚せい剤乱用防止センターでは、1993年から「国連支援募金」活動を日本国内で呼びかけ、UNODC（国連薬物・犯罪事務所）を通じてこれらの国や地域を支援してきました。2022年までの10年間で55の開発途上国で139のプロジェクトを支援し、約400万人がその恩恵を受けています。

詳しくはホームページをご覧ください。

あなたの支援をお待ちしています。



ダメ。ゼッタイ。

検索

<http://dapc.or.jp>



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What is the UN DAPC Grant?

In many developing countries, it is difficult to implement measures related to drug abuse prevention due to economic and social instability. As a result, many young people, especially those with limited knowledge about drugs, remain vulnerable and defenseless, falling prey to drug addiction, thus harming their own health and jeopardizing their bright futures.

Since 1993, the Drug Abuse Prevention Center (DAPC) based in Japan has been supporting these countries and regions through the United Nations Office on Drugs and Crime (UNODC) by contributing funds in the form of the UN DAPC Grant. DAPC appeals for donations by conducting fund-raising activities in Japan. In the 10 years through 2022, the grant has supported 139 projects in 55 developing countries, benefitting about 4 million people.

For more information, please visit the home page below.

We look forward to your support and contribution.

Dame. Zettai. Search

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