

How Illegal Drugs Affect Your Behaviour

Depressants:

- Drowsiness and reduced alertness
- Reduced hand-eye co-ordination
- Slowed reflexes and reaction time
- Impaired judgment
- Reduced ability to notice important details
- Impaired ability to think clearly and respond appropriately

Stimulants:

- Hyperactivity and overconfidence
- A false sense of power
- Impaired judgment
- Blurred vision
- Can cause hallucinations

Hallucinogens:

- Reduced ability to see or hear important signals
- Poor concentration
- Impaired judgment and ability to make quick decisions
- Slower reflexes and reaction time
- Hallucinations

Source: *Back on Track Program, CAMH.*