

MDMA (Ecstasy) Drug Guide for Parents: Learn the Facts to Keep Your Teen Safe.

What is MDMA??

MDMA stands for methylenedioxy-methamphetamine and is commonly known as Ecstasy. It is a synthetic drug with amphetamine-like and hallucinogenic properties. Molly, short for molecule, is considered to be pure MDMA and is classified as a stimulant.

What are the street names/slang terms??

E, Molly, Roll, X, XTC, Adam, Love Drug

What does it look like?

Ecstasy comes in a tablet form that is often branded, e.g. Playboy bunnies, Nike swoosh, CK. Molly is the powder or crystal form of MDMA. Makers of Ecstasy and Molly can add anything they want to the drugs so their purity is always in question

How is it used?

Users sometimes take it at “raves,” clubs, and other parties to keep on dancing and for mood enhancement.

What are its short-term effects?

Users report that Ecstasy produces intensely pleasurable effects, including an enhanced sense of self-confidence and energy. Effects include feelings of peacefulness, acceptance, and empathy. Users say they experience feelings of closeness with others and a desire to touch others. Other effects can include involuntary teeth clenching, a loss of inhibitions, transfixion on sights and sounds, nausea, blurred vision, chills and/or sweating. Increases in heart rate and blood pressure, as well as seizures, are also possible. The stimulant effects of the drug enable users to dance for extended periods, which when combined with the hot crowded conditions usually found at raves, can lead to severe dehydration and hyperthermia or dramatic increases in body temperature. This can lead to muscle breakdown and kidney, liver, and cardiovascular failure. Cardiovascular failure has been reported in some of the Ecstasy-related fatalities. After-effects can include sleep problems, anxiety, and depression.

What are its long-term effects?

Repeated use of Ecstasy ultimately may damage the cells that produce serotonin, which has an important role in the regulation of mood, appetite, pain, learning, and memory. Research suggests Ecstasy use can disrupt or interfere with memory.

What is its federal classification?

The Drug Enforcement Administration (DEA) considers MDMA to be a Schedule I controlled substance, which means it has a high potential for abuse and no accepted use in medical treatment. Parents really need to talk with their kids and not take the use of Ecstasy lightly.

8 Ways to Talk With Your Teen about Drugs and Alcohol

Talking to your teen about substance abuse doesn't have to be difficult. References to drugs and alcohol appear in headlines, sitcoms, movies, and advertisements. Take advantage of these opportunities to start a conversation with your child.

1. Use blocks of time such as after dinner, before bedtime, before school, or on the drive to or from school and extracurricular activities to talk about drugs and why they're harmful.
2. Take advantage of everyday "teachable moments." Teachable moments refer to using every day events in your life to point out things you'd like your child to know about.
3. Point out alcohol, tobacco, and drug-related situations going on in your own community, or neighborhood. If you and your child are at the park and see a group of kids drinking or smoking, use the moment to talk about the negative effects of alcohol and tobacco.
4. Use newspaper headlines or TV news stories as a conversation starter. The daily news is filled with stories that detail the consequences of alcohol and drug abuse. Talk to your child about the mother who used drugs and was arrested. Who will take care of her baby now? Did she make a good decision when she used drugs?
5. Watch TV with your kids, and ask them what they think. Do the shows and advertising make drug use look acceptable and routine? Or do they show its downside? How did that program make your child feel about drugs? Write a letter with your child to companies or TV networks about the messages they put out

about drugs. Also remember that anti-drug advertising such as that from The Partnership at www.Drugfree.org is a great kickoff to discussion.

6. When discussing outside events like something on TV or in pop culture, ask open-ended questions, suggests Dr. Drew Pinsky, physician, board certified internist, and addiction medicine specialist. According to Dr. Pinsky, "'What do you think about that?' is a great way to start. It takes the heat off them – and then you have an opportunity to share with them your values, your ideas and educate."
7. Share stories of people in recovery and stories of those lost to drugs and alcohol. Ask your teen their thoughts and feelings after reading the stories.
8. View The Partnership at www.Drugfree.org Drug Guide to learn more about the top drugs in your teen's world. Then ask your teen about these drugs – has he/she heard of them? What does she know about them? Does anyone in her school use these drugs? Any of his friends? Has he/she ever been offered to drink or smoke weed?

Do You Suspect or Know Your Teen is Using Drugs? Get Step-By-Step Guidance at Time To Act website: <http://timetoact.drugfree.org>

Sources: National Institute on Drug Abuse (NIDA); Drug Enforcement Administration (DEA), The Partnership at Drugfree.org, <http://theparenttoolkit.org>

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