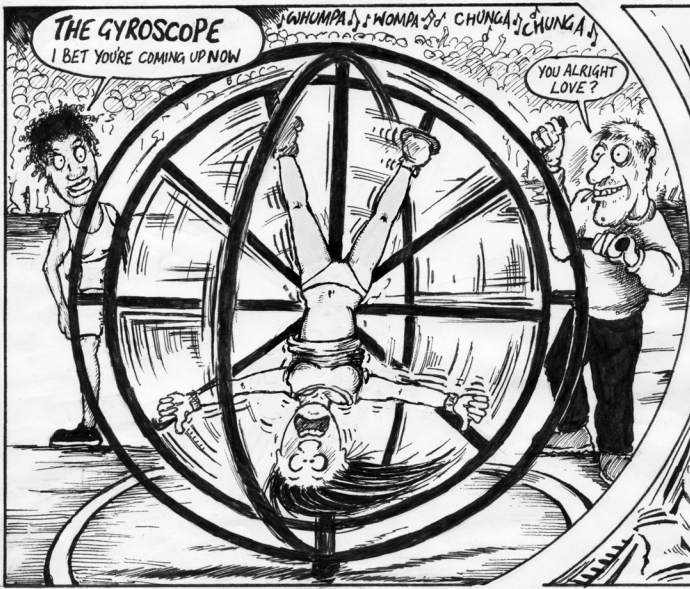
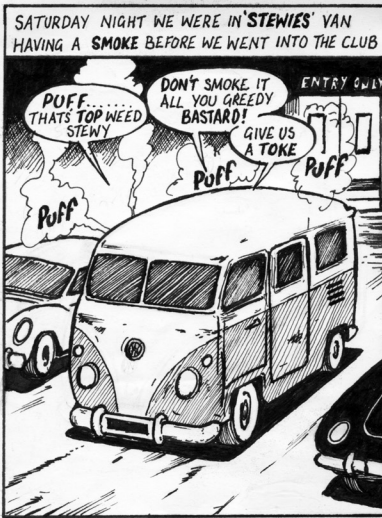


LIFELINE PUBLICATIONS PRESENT

CLAIRE AND JOSE

GET OFF THEIR CAKE









CLAIRE AND JOSE GET OFF THEIR CAKE

Since the emergence of the rave scene, taking drugs and going out has become a big part of popular youth culture. What was once thought of as a mainly 'boys only' activity is now as important to the girls too!

There is a difference though! A man and a woman can take the same amount of the same drug and feel totally different. This happens because women's bodies are generally smaller than mens making the effects of drugs feel much stronger to the women.

If you use drugs as part of a group, you may want to keep up with what the others are taking. Don't feel under pressure to do this. You take drugs to feel good, but it's also important to remain in control of what you're doing.

Taking too many or mixing drugs can be dangerous. Mixing drugs, particularly with alcohol, may make the effects of other drugs seem different or weak. Some drug combinations are deadly! You may think that the more drugs you take or the more drugs you combine will lead to a more pleasurable experience, but you're actually just increasing the chances of problems arising (feeling sick, anxious, paranoid etc.)

Periods, the dreaded once monthly arrival! Whilst some women hardly notice they're having one, periods can be sheer misery for others. If you're having a painful period, taking drugs won't work as a miracle cure but will probably make you feel worse. And remember, not all pubs/clubs have sanitary dispensing machines in their toilets, so if you go out when you're on or about to come on, make sure you take enough towels or tampons to last you through the night.

Some women who use drugs find that their periods become heavier or irregular. They may even stop. This happens when a woman's weight drops below a certain level that is individual to her. Taking certain drugs may cause loss of appetite and may make you feel more energetic. Skipping meals and burning up this extra energy may cause your weight to drop below your own level. If this happens you may experience changes in your menstrual cycle.

If your periods become irregular or stop, it doesn't mean that you can't get pregnant. If you're having sex, it's vital that you continue to use contraception.