

SUBSTANCES & SUPERPOWERS

Some times, when you've been binge drinking or taking substances you feel like you've got superpowers ... you feel funnier and wittier than normal, feel ready and able to take more risks and confident to do things you never normally would.

BUT

If you had got the same 'superpowers' the traditional way (from a radioactive spiders bite) you'd probably be looking for the spider to stand on it!

IN REALITY ...

- You're likely to have be talking rubbish, felt anxious, upset or paranoid.
- Have hurt yourself because your body didn't move the way you felt it should, or taken risks you never normally would.
- Have found yourself with someone where things have gone further than you're comfortable with, or you normally wouldn't have been interested in, who you don't know or ended up in a situation where you haven't been safe.



Take time to read following the information on the effects of drugs and alcohol. It's important to be aware of what can happen to you so you can make better choices for your own welfare.