



# MDMA AND THE DEVELOPING BRAIN

## CHEMICAL OVERLOAD

MDMA: BRAIN DAMAGE GUARANTEED.

**MDMA**, aka “Molly,” “Ecstasy,” or “X,” affects the brain by forcing it to produce huge amounts of the chemical that regulates mood, aggression, sleep, and sensitivity to pain. This causes damage to nerve cells and once the high wears off, there is no natural supply left to take over. MDMA use as a teen is particularly damaging because the brain has not fully developed and the impact can be long-term.

## IMMEDIATE EFFECTS

MDMA use can cause many adverse effects:

**Mood:** Increased agitation and restlessness

**Cognition:** More confusion, difficulty learning, and memory loss

**Muscle control:** Loss of coordination, twitching, and tremors

**Seizure:** Sudden burst of electrical activity in the brain

## IS IT ADDICTIVE?

Research has not definitively answered whether MDMA is addictive. However, addiction is more likely to happen in the teen brain and teens can get addicted to substances quicker than adults. Not using the drug is 100% effective in eliminating the risk of becoming addicted to MDMA.

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**2.2 MILLION  
PEOPLE  
OVER THE  
AGE OF 12  
REPORTED  
USING MDMA  
IN THE PAST  
YEAR**

## **EFFECTS OF REGULAR USE**

- Difficulty sleeping
- Loss of appetite
- Difficulty concentrating
- Depression
- Increased anxiety and aggression
- More impulsive behavior
- Vertigo

## **HOW TO AVOID USE**

The best strategy for avoiding brain damage from MDMA is to not use. The first step to avoiding MDMA use is understanding and talking about the risks if someone takes it. If use is an issue, there are many places to get help, including:

**National Helpline: 1-800-662-HELP (4357)  
or [www.findtreatment.gov](http://www.findtreatment.gov)**

**PARTY SAFE AND  
PARTY SMART!!!**