

Ritalin is a brand name for *methylphenidate*. Doctors use it to help children who have problems concentrating—what is known as attention-deficit hyperactivity disorder (ADHD).

Recent reports show people are abusing Ritalin for its stimulating effects. Children are pocketing the pills, and selling them to friends or handing them out at parties.

Doctors aren't sure how much you need to take to become addicted. But it is clear that taking too much can seriously hurt your mind and body.

## DRUG ID

**Looks:** Pill or tablet form

**Street Names:** Kibbles & Bits, Pineapple

**Methods of Use:** Pills are crushed into powder, then snorted or injected.

**Actions:** Excites the brain the same way as cocaine.

**Warning Signs:** Someone abusing Ritalin might seem overly alert. They may think everyone is out to get them. They may repeat useless movements or tasks. They may act like bugs or worms are crawling under their skin.

## THE NUMBERS

A 1999 report shows 1,478 emergency room visits related to Ritalin abuse.

A study from 1994 to the present showed more high school seniors abused Ritalin than total students who had been prescribed the drug.



- Nervousness
- Loss of appetite
- Nausea and vomiting
- Headaches and dizziness
- Change in heart rate
- Skin rashes
- Psychotic episodes



## USING OVER TIME

- Malnutrition
- Hallucinations
- Irregular heartbeat
- Anxiety and paranoia
- Severe depression upon withdrawal
- Convulsions
- Fevers
- Severe headaches

## WAY TO GO

Using Ritalin for a medical condition can be safe. But a doctor needs to check your progress. Any other use of Ritalin hurts your body and can make you go crazy. Stay in your right mind and stay away from Ritalin.

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