

WISE CRACK: Crack Cocaine

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Crack Cocaine

Also called rock, stone, toke, cookie, candy, food

Buying

Try to buy from the same person if possible so that you get to know the quality and to lessen your risk of being “vicked” (which is when you buy something that looks like crack but is not).

You can buy crack in \$20 pieces. You can also buy half-balls which equal six \$20 pieces or 8-balls which equal 12 \$20 pieces. An 8-ball costs \$200 and a half-ball costs \$100. Like any other drug, it is cheaper to buy a quantity than buying by the \$20 piece.

Try not to buy from a user to reduce your risk of being ripped off.

Before Partying

Try to wear light, loose fitting clothing because you will end up sweating after smoking. Check the surroundings where you’re going to smoke. It’s a good idea not to smoke with people you don’t get along with very well, or people who are hyper because smoking crack may make you more sensitive to noise and activity.

While Partying

Many things may be used to smoke crack, such as plastic inhalers, copper piping, small bottles (such as Aspirin, mouthwash or water bottles), small liqueur bottles, car antennas, glass tubing and cans. Copper piping is not very good to use because when you are scraping for residue you are scraping some of the copper off and that gets into your lungs.

When putting ash in your pipe, make sure all the holes in the foil are covered. Make sure there is enough ash to absorb the size of rock you put on. It’s always better to put too much ash instead of not enough. If you don’t put enough, the crack will just melt to the bottom of the pipe.

Wise Crack

If you break up the piece of crack, it will last longer. When lighting the rock, don't put the flame right on the rock – put it above the rock. It's the heat you need, not the fire itself. This way it burns slowly and is more effective. Don't do one toke after another – try to space your tokes out instead of chasing the high. You don't get any higher than you already are, and you're only wasting your dope doing one after another.

There are many different things people do when smoking. Some people start picking white things off the floor. Some peek out of doors or windows. Some think that they're being followed and some hallucinate.

Try to drink lots of water while you're smoking because you will get very dehydrated.

Things to Know

Besides the feeling of getting “high”, there are many other common effects you can get from smoking crack, such as:

- Increased heart rate
- Increased blood pressure
- Feeling dehydrated
- Increased alertness
- Intense anxiety
- Increased sex drive
- Paranoia
- Sweating
- Muscle Twitching
- Hallucinations

Sometimes, if someone feels very desperate for more cocaine, they may act violently, which can obviously cause harm to other people as well as legal problems for the person who acts violently if charged by the police.

Doing the Chicken

If you have not been taking care of your health, there is a good chance of you “doing the chicken”. This is actually a blackout or type of seizure. People who “do the chicken” often do not recognize the people around them and often have no memory of what happened afterwards. There is a chance of your heart stopping.

This happens when you smoke a lot of crack, especially if you are stressed out or overtired, don't have much food or liquid in your system or just generally have not been taking care of yourself.

Some sensations of doing the chicken include severe increased heart rate and blood pressure and body twitches you can't control. If this happens to you, take a break, get

some much-needed sleep and get some food and water into yourself. You will feel better in the long run if you are well rested and have been eating proper meals. Try and listen to what your body needs.

What to Expect After Partying

If you party over a couple of days, your body and mind will be exhausted. Usually you fall into a coma-like sleep for at least 12-18 hours, depending on how long you've been up. Because of the coma-like sleep, many people are sexually assaulted. Try to be aware of where you fall asleep. Your sleep is often more disturbed than usual. Usually after sleep you have a large hunger and will eat continuously to fill that hunger.

Some people feel guilty afterwards (because of excess money spent or because of neglecting or disappointing family and friends and themselves). Try not to rush back to the "rock" to avoid those guilty feelings. Take a rest and try to forgive yourself.

Risks

There are risks involved with all drugs, especially if you use a lot. There are some health risks that you need to be aware of.

- Sexual Health – Try to make sure you have a safe place to crash after partying to lessen your risk of being sexually assaulted or robbed. Also, if drug use makes you think less clearly, or take risks you normally would not, you may find yourself having sex with people you usually wouldn't, or taking risks (such as not using a condom).
- HIV – Smoking crack can cause sores or burns in and around your mouth. If you have mouth sores, performing oral sex without a condom or dam increases your risk of getting HIV.
- General Health – Cocaine damages your body's immune system. This means that if you have a cut or burn, it will take longer to heal and be more likely to get infected. If you are sick, even with a cold, it will take longer to get well. If you are not healthy, you will have a higher risk of getting infections like the common cold, tuberculosis (TB), Hepatitis B and HIV.

Source: Wise Crack: Crack Cocaine. Street Health and friends