



Magic—or Just a Trick?

Imagine the stupidest possible waste of time. How about stacking marbles? Methamphetamine (“meth”) abusers spend hours doing idiotic tasks like this. Why? Otherwise, they’ll pick the imaginary bugs off of their skin until it bleeds.

It is hard to see what could make a drug like that attractive. Even less attractive, meth makes users steal money to get the drug, and makes them violent and paranoid.

Methamphetamine gives users drug-induced “energy.” Meth abusers run themselves ragged; on methamphetamine they *can’t* slow down. It’s a jittery rush followed by a jolting crash.

Meth withdrawal is so painful and intense, users will do anything to get more of the drug.

Methamphetamine swindles users out of good looks and youth; they are ashen, wrinkled, and weak. Meth leaves users with damaged hearts, livers, kidneys, and brains. Methamphetamine makes users into fools—wired, manic and tweaked-out.



Meth’s Other Victims

Methamphetamine users have car accidents, commit crimes, and assault people—often loved ones. People using meth on the job cost their employers enormous amounts in lost productivity.

Meth labs are harmful to entire communities. It is not uncommon for methamphetamine labs to explode, injuring or killing innocent neighbors and damaging their property.

Professionals who clean up seized meth labs face the risk of explosions, booby traps, and toxic reactions. Meth lab cleanups also cost thousands of taxpayer dollars.

Methamphetamine is bad for the environment. A pound of it creates five or six pounds of toxic waste. Drug dealers do not take the time to dispose of the toxic waste in environmentally friendly ways.

What methamphetamine does to people’s lives is not only a crime—it’s a crying shame.

Meth and the Community

www.intheknowzone.com/meth/impact/



For More Information

Go to www.intheknowzone.com for an extension of this pamphlet.

Increase your knowledge using the information, statistics, images, and links.

Test your understanding with a quick quiz.



**Don’t stay in the dark.
Get In the Know!**

ECOOP

Methamphetamine

fools rush in



in the know

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What is methamphetamine?

Methamphetamine is a *psychomotor stimulant*. It acts on the sympathetic nervous system, which controls the heart and lungs, digestion, sweating, and so on.

Methamphetamine is usually made in secret, illegal “laboratories” that might be found in garages, shacks, or just about anywhere. Meth cooks rarely have any scientific training.



How does methamphetamine work?

In the brain, methamphetamine imitates a specific *neurotransmitter*—a “messenger” chemical. It increases the release and blocks the uptake of *dopamine*, which controls feelings of pleasure.

Meth in the Brain

www.intheknowzone.com/meth/brain/

How is methamphetamine used?

Methamphetamine can be smoked, snorted, orally ingested, or injected. Smoking or injecting the drug immediately produces an enormous rush. Snorting or swallowing meth creates a less intense high after several minutes. No matter how the drug is taken, users feel worked-up and agitated for up to 12 hours.

crash

What are the street names of methamphetamine?

Methamphetamine has many slang names, including Crystal/crystal meth, Crank, Speed, Ice, Glass, Go Fast, Gack, Geet, Red Rock, Tweak, Poor Man’s Coke, Chalk, and Zip.

Images of Methamphetamine

www.intheknowzone.com/meth/pix/

Methamphetamine, the Mind, and the Senses

The pleasurable effects of methamphetamine disappear quickly, but the wired feeling lasts for hours. Users often end up getting into a “binge and crash” cycle. As soon as the rush wears off, they take the drug again. A “run” might last for days and days, during which meth users don’t eat or sleep. At the end of a binge and crash run, they collapse. Meth abusers can’t do anything productive during or after a run.

While on meth, abusers’ behavior is strange and unpredictable. Their moods shift suddenly and dramatically. Many users perform meaningless behaviors repeatedly without being able to stop. For example, they take apart their stereo and put it back together, play cards for hours on end, or pick at their skin until it bleeds. They also become dangerous to those around them, threatening, assaulting, even killing people who make them nervous.



Short-term Effects of Using Methamphetamine

Methamphetamine is hard on a user’s body and mind. Serious side effects occur early. Right away, users’ level of physical activity skyrockets, and they lose their appetites and desire to sleep. Meth causes paranoia, aggressive behavior, or violence in many users. Nausea, vomiting, diarrhea, muscle twitches, and uncontrolled movements are typical.

Compulsive jaw clenching causes sore jaw muscles and headaches. Methamphetamine often causes acne. After several uses, most meth users have body sores from obsessive scratching. Meth elevates the breath rate, heart rate, and body temperature, and can cause convulsions.

convulsions

Long-term Effects of Using Methamphetamine

Heavy and/or long-term methamphetamine use can cause the following:

- Tooth decay.
- Anxiety, paranoia, and insomnia.
- Psychotic behavior and violence.
- Auditory hallucinations and delusions.
- Homicidal or suicidal thoughts.
- Elevated blood pressure.
- Strokes.
- Heart infections.
- Kidney and liver damage.
- Lead poisoning.
- Brain damage similar to Alzheimer’s disease.
- Premature delivery and/or birth defects.
- Increased risk of HIV/AIDS and hepatitis B and C.
- Death.



Methamphetamine and Health

www.intheknowzone.com/meth/damage/

Don’t Be Fooled

Methamphetamine is a vicious, wildly addictive drug. If someone offers you methamphetamine, say “No, thanks,” and then say, “Goodbye.” Meth can make people dangerous, so make an excuse to be somewhere else—somewhere far away. Protect your health and sanity and make the smart choice never to try meth.

