

## D.A.R.E. PARENT ALERT!!!!!!!!!!



Nationwide, many communities are being overwhelmed by the dangerous problem of methamphetamine (meth). Please take the time to review this D.A.R.E. PARENT ALERT and discuss with your child how your family wants to respond to this serious problem.

### WHAT YOU AND YOUR FAMILY CAN DO:

After reading the information below, "WHAT YOU SHOULD KNOW ABOUT METH", you might want to encourage a family discussion. In order to facilitate this, here are some questions to promote conversation with family members:

1. Why would it be important to know the facts regarding meth? What are key points you might want to share with your child to keep them safe?
2. What are some of the health risks of meth?
3. Specifically, what happens to the human body and brain when meth is used?
4. How is the meth problem a danger for entire communities? What could you do to help keep your community safe?
5. What effects might family members suffer from if someone in the family starts using illegal drugs?
6. What instructions might you give your child if they were exposed to someone using meth or any illegal drug?

**TALK, TALK, TALK** with each other and stay informed.

### WHAT YOU SHOULD KNOW ABOUT METH!!!!!!

#### FACTS:

- ❖ Methamphetamine is the most potent form of amphetamine readily available with or without a prescription. Almost all of today's methamphetamine is illegally produced.
- ❖ Meth can resemble a fine coarse powder, crystal or glass-like chunks; color varies from off-white to yellow. It is taken into the body by swallowing, snorting or injecting intravenously.
- ❖ Many states have imposed strict control on the sale of over-the-counter cold remedies as they contain ingredients that are often used in the production of illegal meth.
- ❖ Meth "cookers" commonly use known carcinogens and toxic substances when making meth; these substances can include drain cleaner, paint thinner, anhydrous ammonia, anti-freeze, battery acid, and lead acetate.
- ❖ Illegally produced meth is commonly "cooked" in unsafe and unclean locations. Many of the materials and the fumes from meth production are toxic, highly explosive and a significant risk to neighborhoods—even after the site is abandoned.

## HEALTH HAZARDS:

- Meth is **extremely addictive**; **95%** of first time users get addicted.
- Meth's chemical structure is similar to that of amphetamine, but it has more pronounced effects on the central nervous system.
- Meth affects the brain—it causes mind changes such as depression, delusions, confusion, irritability, insomnia and permanent psychological damage.
- Meth damages brain cells, which can result in symptoms similar to those of Parkinson's disease.
- Meth causes increased heart rate and blood pressure and can cause irreversible damage to blood vessels in the brain, producing strokes.
- Other effects of meth include respiratory problems, irregular heartbeat, hyperthermia, fatigue and extreme anorexia.
- Smoking meth rots teeth. Tremors, sores/skin abscesses ("meth bugs"), acne, vomiting, twitches and weight loss are symptoms of meth use.
- Meth is not for dieting, partying or studying.
- Meth can KILL—an overdose can cause heart failure.

## KNOW THE SIGNS:

- Signs of meth use may include: inability to sleep, irritability, dizziness, extreme anorexia, tremors, increased heart rate and presence of paraphernalia. Types of paraphernalia include: razor blades, mirrors, straws, syringes, heated spoons, or surgical tubing.

## STREET TERMINOLOGY:

- Street names: amp, ice, crystal, crank, speed, go-fast, glass, uppers.
- Street reference for users: basehead, cranker, geeker, tweaker, wigger.
- Street reference for meth intoxication: amped, buzzed, cranked, geeked, lit, scattered, sparked, tweeked, wired.

## FOR MORE INFORMATION:

Call National Clearinghouse for Alcohol and Drug Information, 1-800-729-6686, or visit the following web sites:

[www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov)

[www.nida.nih.gov](http://www.nida.nih.gov)

[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

[www.kci.org](http://www.kci.org)

[www.methfreetn.org](http://www.methfreetn.org)

