

TEENS AND METHAMPHETAMINE

Common questions. Simple answers.

WHAT IS METHAMPHETAMINE?

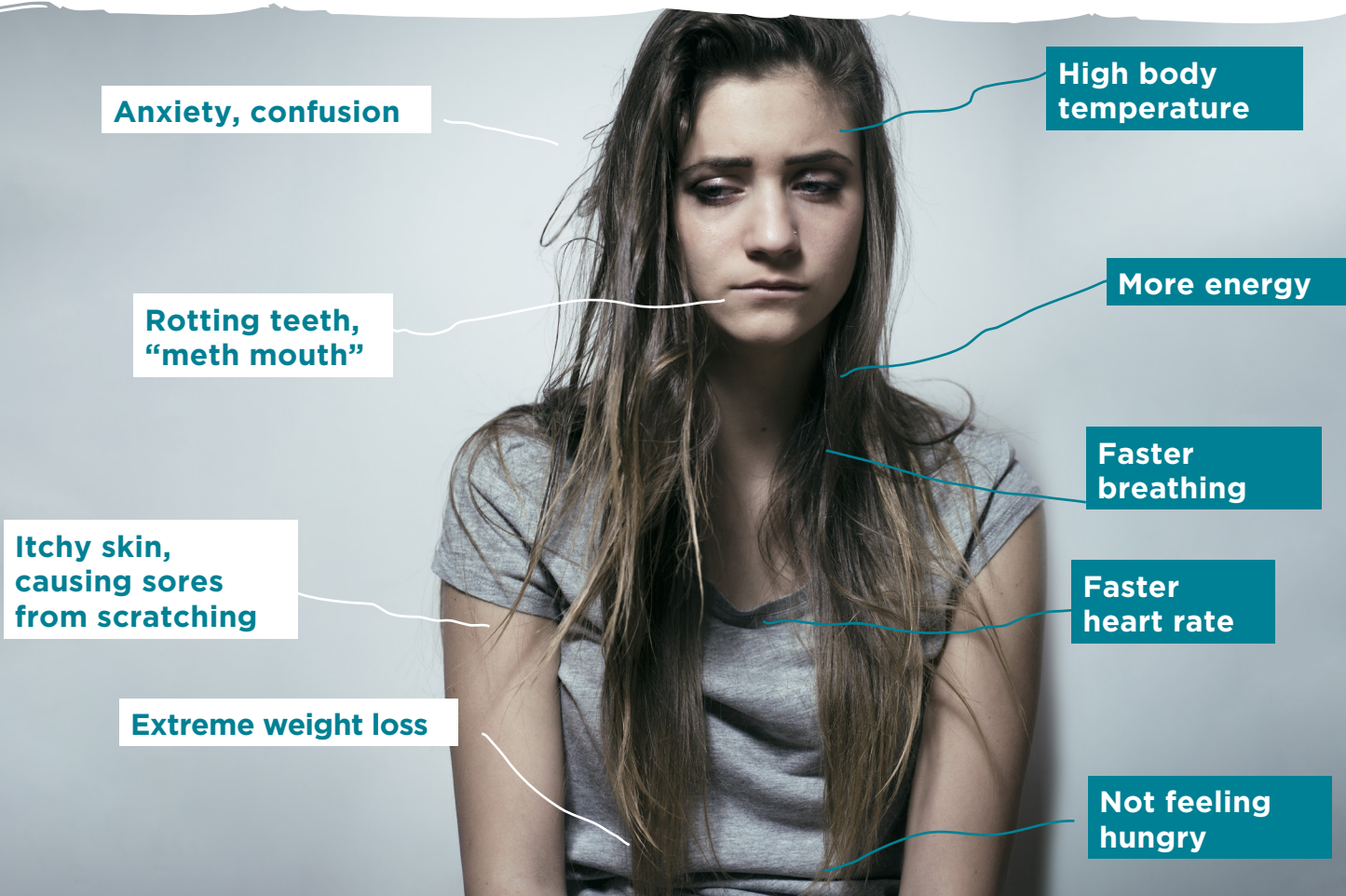
- Known as “meth” for short, methamphetamine is an illegal drug that is highly powerful and addictive.
- Methamphetamine is normally found in the form of a clear, rock-like crystal, which is often ground into powder and mixed with other substances. This composition of methamphetamine makes it hard for a user to know what other chemicals they are ingesting.

Methamphetamine has many names, including ice, chalk, crank, crystal, fire, glass, meth, speed, tina, tweak, go-fast, and uppers.

HOW DO TEENS USE METHAMPHETAMINE?

Meth can be smoked, swallowed, snorted, or dissolved into water and injected. Because it causes such an extreme “high,” followed by an extreme “crash,” users often take repeated doses, with intense cravings in between.

WHAT ARE THE EFFECTS OF METHAMPHETAMINE?



WHAT ARE THE *LONG-TERM* CONSEQUENCES OF METHAMPHETAMINE USE?

- Anxiety
- Violent behavior
- Paranoia and psychosis
- Extreme weight loss
- Dental problems, including tooth decay (often known as “meth mouth”)
- Skin sores caused by scratching
- Greater risk of HIV and hepatitis C, resulting from increased risky behavior
- Increased tolerance and risk of overdose

HOW DO I *SPOT* METH USE? WHAT ARE THE SIGNS?

- Inability to sleep or erratic sleep patterns
- Psychosis or paranoia
- Mood swings or aggression
- Nervous activities like scratching
- Irritability, anxiety, or confusion
- Lack of appetite or extreme weight loss
- Changes in physical appearance



NOW I'VE GOT THE FACTS — WHAT'S NEXT?

You can visit talk2kidsaboutdrugs.com for trusted, factual information for families and educators.

