

METHAMPHETAMINE

Learn about it... talk about it

You may have heard about the drug methamphetamine (or “meth”) on the news, TV specials or from friends and family.

We want you to know what it is, why it is dangerous, and how to talk with youth about it and other drugs. Right now, methamphetamine use in Vermont is very low and we hope this info will help keep it that way.

The Basics

Methamphetamine is a very addictive drug that speeds up the central nervous system. It has no smell and is used in many forms. The powder can range in color from white to very light pink or yellow.

Methamphetamine hydrochloride – known as “crystal meth” or “ice” – is clear and chunky like rock candy. It is the most concentrated, pure, and highly addictive form of the drug. Other names for methamphetamine are: speed, crank, chalk, ice, crystal and glass.

The Dangers

Methamphetamine is an illegal drug that can be addictive after only one use. Users report feeling an intense rush, but once the high wears off they feel lethargic, irritable, depressed, and even aggressive. Once the rush goes away they want to use more right away.

Long-term methamphetamine use can change the brain forever. It can cause serious mental symptoms that may lead to suicide or murder. These include extreme anger, paranoia, panic, hallucinations, and the feeling of bugs crawling on the skin. Methamphetamine can kill by causing heart failure, brain damage, and stroke.

**LEARN ABOUT IT
TALK ABOUT IT**

Let's Talk About Methamphetamine

While methamphetamine use among youth in the U.S. has been going down, media coverage about the drug can raise questions and concerns for youth and your community.

Although it may be tempting to talk only about methamphetamine, it can work better when parents and caregivers show care and concern by openly talking about **all** drugs.

The skills that youth need to avoid methamphetamine are the same skills they need to avoid alcohol, tobacco and other drugs.

These tips can help when talking to youth:

- Always be clear, direct, and specific. Let them know exactly what you expect from them in different situations.
- Make use of media events to bring up sensitive issues. TV, movies, and even magazines and other print can get a talk started.
- Try not to lecture – talking together works best. Listen to them and give the facts they need to make decisions.
- Always leave an opening for future talks. Everyone needs time to think things over and get used to new ideas.
- Be honest. You don't have all the answers, and it's OK to say so. You can learn more together.

For more information about methamphetamine go to <http://healthvermont.gov> or dial 2-1-1 to reach Vermont 2-1-1, a statewide information and referral system (when calling from some cell phones you may need to dial toll-free 1-866-652-4636).