

TIPS FOR TEENS

THE TRUTH ABOUT METHAMPHETAMINE

SLANG - SPEED, METH, CRYSTAL, CRANK, TWEAK, GO-FAST, ICE, GLASS, UPPERS, BLACK BEAUTIES, SHABU, ICE KE'KI

Get the facts...

Methamphetamine affects your brain. In the short term, meth causes mind and mood changes such as anxiety, euphoria, and depression. Long-term effects can include chronic fatigue, paranoid or delusional thinking, and permanent psychological damage.

Methamphetamine affects your body. Over "amping" on any type of speed is pretty risky. Creating a false sense of energy, these drugs push the body faster and further than it's meant to go. It increases the heart rate, blood pressure, and risk of stroke.

Methamphetamine affects your self-control. Meth may be as addictive as crack and more powerful.

Methamphetamine is not what it seems. Even speed drugs are not always safe. Giga-jolts of the wellknown stimulants caffeine or ephedrine can cause stroke or cardiac arrest when overused or used by people with a sensitivity to them.

Methamphetamine can kill you. An overdose of meth can result in heart failure. Long-term physical effects such as liver, kidney, and lung damage may also kill you.

Before You Risk it...

Know the law. Methamphetamine is illegal in all states and highly dangerous.

Get the facts. The ignitable, corrosive, and toxic nature of the chemicals used to produce meth can cause fires, produce toxic vapors, and damage the environment.

Stay informed. Methamphetamines play a major role in criminal behavior linked to illicit drug use on Guam. Methamphetamines ("ice") accounted for 68.0% of local arrests for drug violations.

Know the risks. There are several risks associated with using methamphetamine, including:

- Meth can cause a severe "crash" after the effects wear off.
- Meth use can cause irreversible damage to blood vessels in the brain.
- Meth users who inject the drug and share needles are at risk for acquiring HIV/AIDS.

Know the Signs...

How can you tell if a friend is using meth? It may not be easy to tell. But there are signs you can look for. Symptoms of methamphetamine use may include:

- Inability to sleep
- Increased sensitivity to noise
- Nervous physical activity, like scratching
- Irritability, dizziness, or confusion
- Extreme anorexia
- Tremors or even convulsions
- Increased heart rate, blood pressure, and risk of stroke
- Presence of inhaling paraphernalia, such as razor blades, mirrors, and straws
- Presence of injecting paraphernalia, such as syringes, heated spoons, or surgical tubing

Methamphetamine Use Facts for Guam Youth:

- Methamphetamines play a major role in criminal behavior linked to illicit drug use on Guam.
- Methamphetamines ("ice") accounted for 68.0% of local arrests for drug violations.
- With regards to federal arrests, in 2003, methamphetamine accounted for majority (>90%) of cases on Guam.
- Among court-involved adults using illicit drugs, methamphetamine is the drug most frequently reported, followed by marijuana.
- Most drug-related crime is associated with methamphetamine use.

What can you do to help someone who is using meth? Be a real friend. You might even save a life. Encourage your friend to stop or seek professional help.

For information and referrals:

Call the Department of Mental Health and Substance Abuse:
CRISIS HOTLINE - 647-8833
Drug & Alcohol Branch - 475-5438
Prevention and Training Branch
477-9079 thru 82 or 477-2301-4
Website: www.peaceguam.org
www.healthychoicesguam.org
National Clearinghouse for Alcohol and Drug Information (NCADI) at 800-729-8688

Q. Isn't methamphetamine less harmful than crack, cocaine, or heroin?

A. Some users get hooked the first time they snort, smoke, or inject meth. Because it can be made from lethal ingredients like battery acid, drain cleaner, lantern fuel, and antifreeze, there

is a greater chance of suffering a heart attack, stroke, or serious brain damage with this drug than with other drugs.

Q. Isn't using methamphetamine like using diet pills?

A. No. Though it is easily attainable, methamphetamine is dangerous and addictive. Methampheta-

mines play a major role in criminal behavior linked to illicit drug use on Guam. Methamphetamines ("ice") accounted for 68.0% of local arrests for drug violations. With regards to federal arrests, in 2003, methamphetamines accounted for majority (>90%) of cases on Guam, unlike the US mainland, where methamphetamines was involved in less than 20% of drug related federal sentences.

QUESTION AND ANSWER

Do it today!
Check out the Web site at <http://www.freevibe.com> or visit the Office of National Drug Control Policy Web site at <http://www.whitehouse.gov>
SAMHSA's National Clearinghouse for Alcohol and Drug Information 800-728-6888 / TDD 800-487-4889
linea gratis en español 877-767-8432
Website: ncadl.samhsa.gov

It's never too late. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust.

The bottom line: If you know someone who uses meth, urge him or her to stop or get help. If you're use meth-stop! The longer you ignore the real facts, the more chances you take with your life.

To learn more about methamphetamine or obtain referrals to programs in your community, contact:



INFORMATION

Through Phone/Fax: 671-477-9079 thru 9083
Phone: 671-477-9076
Fax: 671-477-9076
On The Web: www.peaceguam.org

www.healthchoicesguam.org



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