

## “EVERYBODY” DOESN’T THINK IT IS OKAY

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80% of High School students disapprove of using methamphetamines, or meth as it is commonly referred to, even once or twice, according to the Indiana Criminal Justice Institute. So, if you are feeling peer pressure from another teen to do methamphetamines remember they are in the 20% minority and if you do not give into the pressure you are in the 80% majority.

A lot of parents reading this right now may be thinking, maybe the kid down the street would use meth, but not my child. But, I am sure the parent of the child who was injured or killed by meth thought the same thing.

What are the signs of meth?

Excessively happy behavior, euphoria

Inability to sleep

Increased sensitivity to noise

Irritability, dizziness or confusion

Increased physical activity

Incessant talking

Increased temperature, as high as 108 degrees

Sweating which is unrelated to physical activity

Acne

Tremors or convulsions

Extreme loss of appetite and weight loss

Mood swings

Anxiety, shaky hands, nervousness

Dilated pupils

Dry or itchy skin

Increased heart rate and blood pressure

What are the long term effects of meth?

It is highly addictive and you require more and more to get you high. Some people get hooked the first time they use meth. Psychological symptoms are paranoia, hallucinations, repetitive behavior patterns, and delusions of parasites or insects under the skin, which cause the person to scratch repeatedly or pick at their skin and hair. Full blown psychosis can occur, which is exhibited by violent, aggressive behavior. Damage to the brain cells is similar to that caused by a stroke or Alzheimer’s. Meth is more likely to cause a heart attack, stroke or serious brain damage than other drugs because it is made from ingredients such as battery acid, drain cleaner, lantern fuel and antifreeze. A fatal reaction can occur the first time you use meth.

What can you do to help someone using meth?

Talk to your parents, a doctor, a school counselor, a teacher or another adult you trust today if you think someone is using meth. You can also call the National Clearinghouse for Alcohol and Drug Information at 800-729-6686. Nobody wants to be the person who wishes they had told someone their friend was using meth, after their friend has died.

Research for this article was obtained with the assistance of The Indiana Criminal Justice Institute at [www.in.gov/cji](http://www.in.gov/cji).