MYTH

?? OR ??

REALITY

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### Slang Terms for Methamphetamine

<table>
<thead>
<tr>
<th>term</th>
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<tbody>
<tr>
<td>meth</td>
<td>ice</td>
<td>glass</td>
<td>speed</td>
</tr>
<tr>
<td>crank</td>
<td>crystal</td>
<td>christy</td>
<td>snot</td>
</tr>
<tr>
<td>tweak</td>
<td>go-fast</td>
<td>go</td>
<td>zip</td>
</tr>
<tr>
<td>Jet fuel</td>
<td>rocket fuel</td>
<td>chalk</td>
<td>uppers</td>
</tr>
</tbody>
</table>
METHAMPHETAMINE

INCREASES A PERSON’S STRENGTH AND ENDURANCE

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While meth gives the user a sense or feeling of energy... it does not increase one’s physical strength or endurance.

The feeling of energy from meth is usually followed by a “crash” where the user feels tired and sluggish and may sleep for extended periods of time.
METH IS SAFER AND LESS ADDICTIVE THAN ‘HARD’ DRUGS LIKE CRACK COCAINE

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Partly due to how l-o-n-g meth lasts in the body and the poisonous chemicals used in making it, meth is even more harmful in some ways than crack cocaine, and users may get addicted more quickly.
METHAMPHETAMINE MAKES PEOPLE...

DEPRESSED, NERVOUS AND PARANOID

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Meth users often feel depressed and irritable as the drug wears off.

It is common for regular meth users to feel anxious and paranoid at this stage.

Heavy users can easily become violent for no real reason.

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Methamphetamine is illegal in all states except California and New York.

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Possession, use, manufacture, and distribution of meth are illegal in all 50 states. (This means that not only making it or selling it, but just using it, having it on you, or even giving it to your friends is illegal.) Even possession of a small amount is a felony.

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COOKING METH HARMs THE ENVIRONMENT --

AIR, WATER, TREES, ANIMALS

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Many chemicals used in making meth are toxic and dangerous. ‘Cooking’ meth can not only cause fires & explosions, it produces gasses and liquids that poison the air, soil and groundwater, and even kill big trees.

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METHAMPHETAMINE CAN DAMAGE YOUR HEART AND KIDNEYS, AND CAN CAUSE STROKE OR DEATH

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Meth can drastically increase your heart rate, blood pressure, and body temperature.

Large doses can lead to overheating, convulsions, stroke and heart attack, which can cause death.

Long-term use leads to kidney and heart damage.
METH ONLY AFFECTS YOUR MIND AND YOUR BRAIN WHILE YOU ARE ON IT

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Meth affects the brain cells and chemistry in a way that can make one irritable and reduce the ability to feel pleasure for a period of time after stopping meth.

Studies show changes in brain chemistry several months after meth use is stopped.
As long as a regular meth user showers and brushes his/her teeth, he/she won't smell bad or look bad from using meth.
Chronic meth users can develop sores on the face and body, and their teeth become broken, decayed and worn down from grinding.

Reports from people close to meth abusers indicate they can develop an unpleasant body odor.