

# CRANKED

by Michael P. Northey

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Presented by Green Thumb Theatre

[www.greenthumb.bc.ca](http://www.greenthumb.bc.ca)

## Study Guide

### What is Crystal Meth?

Methamphetamine is a psycho-stimulant drug that comes in several different forms, with different names such as ice, glass, crystal, crank, speed, tina and chalk. "Crank" is a form of meth that is a non-crystalline powder prepared for insufflation (i.e. blowing and breathing in) or injection.

It is **highly addictive**, cheaper than other drugs and only a small amount needs to be used in order to produce a long, intense high.

Meth initially triggers the brain to release increased amounts of dopamine, the chemical which is integral to feeling pleasure. Meth also damages areas of the brain which control learning, memory, and movement - to put it bluntly, crystal meth causes **irreparable brain damage**.

### Signs that Someone May be Using Meth

- Loss of appetite and weight loss
- Aggression, episodes of sudden violent behaviour
- Psychotic symptoms (hallucinations and delusions)
- Changes in dress, friends and slang
- Over-confidence
- Compulsive, repeated actions
- Drug paraphernalia: broken light bulbs, glass straws (so-called "lollies" or "popeye")
- Dilated pupils
- Rapid speech
- Anxiety
- Headaches
- Insomnia



## Student Guide

### What's Best for me: Quick Tips for Decision Making

Sometimes, when you are right in the middle of a tricky situation, it's hard to weigh the pros and cons and make the "right" decision.

- What helps you make your choices? Your experiences, your family or friends, media?
- What information should you rely on to make the right decision for yourself, for both your present and future?

It's important that you listen to yourself – both your head and heart. They may both give you conflicting information. Perhaps your head tells what you should do and your heart tells you what you *want* to do or vice versa. It's your job to figure what will be good for you in the long term, not just the short term. The decisions we make every day do not just influence the "right here, right now" but they cause a ripple effect into *your* future. Of course you want what is best for yourself! So take the time to weigh your options and make the right choice because it does influence where you go next!

Here are some ideas that will help you start to make better decisions:

- Figure out where choices are coming from . . .  
peers, peer pressure, family, media, friends ???
- Are your decisions informed, spontaneous, considered?
- Slow down and really listen to yourself. Focus on the options that will effect your life in a positive way and that make you feel good about your future.
- Stop and take a moment to picture yourself in the future – maybe 5, 10, 20 years from now. Where would you like to be in your life?
- What kind of lifestyle do you want to have for yourself, your friends and family? (Yes, it is important to think of your friends and family – your decisions do affect those around you!)

Now that you have a picture of the life you want in your future – is this decision going to help make that a reality? Or will it have a negative effect and push you in the opposite direction of where you would like to be?



## Further Information

Here is a list of some resources you may want to explore to learn more about the effects of crystal meth addiction, how to get addiction help for yourself or other and how to help yourself find solutions when you feel overwhelmed:

### **BC Health Guide: Teen Alcohol and Drug Abuse**

[www.bchealthguide.org/kbase/topic/special/tp17749/sec1.htm](http://www.bchealthguide.org/kbase/topic/special/tp17749/sec1.htm)

### **Canadian Centre on Substance Abuse**

[www.ccsa.ca](http://www.ccsa.ca)

### **Covenant House Vancouver: Help for Family and Friends - 604-685-5437**

[www.covenanthousebc.org/family/crystal\\_meth.html](http://www.covenanthousebc.org/family/crystal_meth.html)

### **Crystal Meth BC**

[www.crystalmethbc.ca](http://www.crystalmethbc.ca)

### **Kids Help Phone: 604-668-6868**

[www.kidshelpphone.ca/en/](http://www.kidshelpphone.ca/en/)

### **Narcotics Anonymous: Crystal Meth Addiction**

[www.narconon.ca/resources/meth\\_addiction.html](http://www.narconon.ca/resources/meth_addiction.html)

### **NIDA for Teens: The Science Behind Drug Abuse**

[teens.drugabuse.gov/mom/tg\\_intro.asp](http://teens.drugabuse.gov/mom/tg_intro.asp)

### **Fraser Valley Health**

[www.fraserhealth.ca](http://www.fraserhealth.ca)

### **Fraser Valley Health “Cold As Ice” Educational DVD**

[www.fraserhealth.ca/News/NewsReleases/2006-04-25.htm](http://www.fraserhealth.ca/News/NewsReleases/2006-04-25.htm)

### **The Odd Squad**

[www.oddsquad.com/](http://www.oddsquad.com/)

### **CBC Television, The Fifth Estate: The Dark Crystal**

[www.cbc.ca/fifth/darkcrystal/canada.html](http://www.cbc.ca/fifth/darkcrystal/canada.html)



## Further Information

### **Books:**

*Overcoming Crystal Meth Addiction: An Essential Guide*, by Dr. Stephen Lee

*Iced: The Crystal Meth Epidemic*, by Jerry Langton

*Leaving Dirty Jersey: A Crystal Meth Memoir*, by James Salant (available in 2007)

If you would like further information or want to get help for yourself these are the addiction services agencies in the communities in which you live.

**Drug and Drug Information Referral Service in the Lower Mainland call:**

604-660-9382 or 1-800-663-1441

**Abbotsford:** IMPACT 604-853-1766; Substance Abuse Services 604-850-5106

**Agassiz:** Agassiz/Harrison Community Services 604-796-2585

**Burnaby:** Burnaby Addictions Services 604-453-1910; Odyssey 1-604-299-6377

**Chilliwack:** Chilliwack Addiction and Prevention Services 604-824-6883

**Chilliwack, Delta, Langley, Maple Ridge, Ridge Meadows, Surrey:** ASTRA 604-592-6200

**Coquitlam:** Share Community Services 604-464-3165

**Delta:** Deltassist Family and Community Services 604-869-2466

**Langley:** Langley Family Services 604-534-7921

**Maple Ridge:** Alouette Addictions Services 604-467-5179

**Mission:** Fraser House 604-826-6810

**Surrey:** Surrey Addictions Services 604-953-4900 (Youth call 604-953-4995 local 3071 Colin)

**White Rock:** ADEPT 604-538-2522

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## Not Only Meth

Methamphetamine isn't the only popular drug amongst teens. There are many other drugs out there that promise to produce different types of highs, lows and stuff in between. The important thing that they all share is that they will hurt you. All drugs, alcohol, and nicotine included, negatively affect your brain and body. Most drugs trick part of your brain (the limbic system), into releasing dopamine (a neurotransmitter) which is the chemical that makes us feel some kind of pleasure. This is how an addiction starts; people don't want that feeling to end. But in the very end, addiction will not make you feel any real pleasure - it will do quite the opposite.

Here's a list of a few other drugs, what they do to you and how you can tell if someone is using them:

### *Cocaine/Crack*

**AKA:** Coke, Blow, Flake, Nose Candy, Rock, Snow, Lady, and Big C. **What:** It is a brain stimulant, which will make you feel energetic and possibly euphoric. **How:** Snorted, or dissolved in water and then injected, or heated and smoked (crack). **Results:** It creates a quick high and when it leaves your system, you will crash. People on the low end seem irritable, angry and depressed. Extended usage may cause you to:

- Suffer from paranoid psychosis, leading to visual and auditory hallucinations
- Get ulcers in your nose
- Become malnourished
- Have a heart attack
- Have a stroke
- Suffer from bowel gangrene

### *Ecstasy*

**AKA:** X, MDMA, E, Adam, Empathy, Hug, Love Drug- ecstasy has many different names. **What:** It is a drug that is often taken to alter one's mood / emotions. It is also a brain stimulant, which creates feelings of contentment, heightens the senses and seems to increase alertness. **How:** Taken orally, usually as a pill or capsule – can sometimes be manufactured to look bright in colour, like candy. **Results:** One pill usually lasts 4- 6 hours and is a mood enhancer. Users often feel confident, accepted and a sense of closeness of and with others. You may also suffer from:

- Involuntary teeth clenching
- Severe sweating
- Chills
- Nausea
- Seizures

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- Rashes/Acne

## *Heroin*

**AKA:** Smack, Horse, Black Tar, Junk, and “H”. **What:** Is a fast acting stimulant (particularly when injected) that immediately “rewires” your brain. It will begin as a euphoric high and then will make the user feel listless and incapable of thinking straight. It will drastically affect the way you think, behave and feel. **How:** Injected, snorted or smoked. **Results:** Once it has entered your body, heroin is quickly converted into morphine, which alters the chemicals in your brain. Users feel an intense rush of happiness and excitement which leads to dullness, tiredness, depression and impaired mental functions. You may also suffer from:

- Constricted pupils
- Slow respiration
- Nausea
- Infectious diseases, like HIV/AIDS and Hepatitis, caused by needle sharing
- Collapsed veins
- Pulmonary diseases
- Coma
- Convulsions
- Clogged blood vessels, causing organ serious organ damage