



Name _____ Class _____ Date _____

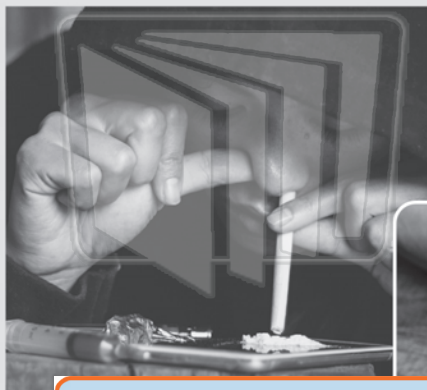
What is Methamphetamine?

Methamphetamine is a **stimulant drug** that can make you feel extra energized. It can look like a white powder, or it can be made into clear crystal shapes. Illegal methamphetamine is called "**meth.**" Other names for meth are *speed*, *crystal*, and *ice*.



How do people use methamphetamine?

People can **smoke** methamphetamine or **snort** the powder up their nose. They can also **inject** methamphetamine into their bodies with a needle. People use the crystal version of methamphetamine by smoking it in a **glass pipe**.



Some people take the drug again and again over a long period of time. This is because the high that people feel from taking methamphetamine doesn't last long. This is called a **binge**. When people are on a meth binge, they might give up food and sleep for days.



PREVIEW

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Can you become addicted to methamphetamine?

Yes, you can. Over time, methamphetamine changes the way your brain works. If you stop using it, you can start to feel really sick. This makes it hard to stop. This is called **addiction**. There is no way to predict who is likely to become addicted, it can happen to anyone.

The right treatment can help someone who is using methamphetamine feel better and stop taking it, but treatment is hard work and it can take many years to **recover** from the addiction. The best approach is to **never start using** the drug in the first place.



What if someone I know needs help?

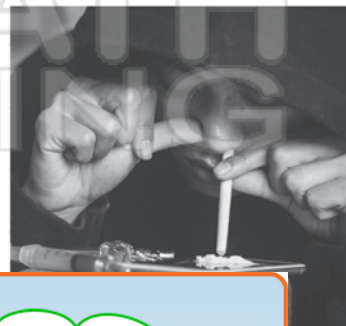
If you think a friend or family member has a problem with drugs, talk to an adult you trust—like a parent, coach, or teacher—right away. **Remember, treatment is available and people can get better.**



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How do people use methamphetamine?



List

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Can you become addicted to methamphetamine?

What should you do if someone you know needs help?
