

# a d d i c t i o n

## Crystal Meth Q & A

### Q. What is crystal meth?

A. Crystal meth is a smokable form of methamphetamine ("meth") one of a group of drugs called amphetamines. It is a stimulant, which means that it increases a person's heart rate. It is made in labs from ingredients that can be bought in local drug and hardware stores.

### Q. How many young people in Alberta use it?

A. In a survey done in 2005, 1% of teens reported ever using this drug.

### Q. What are the effects people want to get?

A. People use crystal meth to

- have high energy
- be awake
- feel joyful, powerful and successful
- temporarily increase their self-esteem
- feel an increased interest in sex
- lose weight

### Q. What are some of the problems associated with using crystal meth?

A. Some people who use crystal meth experience the following problems:

- imagining that they are experiencing something that is not really happening, becoming very afraid or acting violently
- itching and scratching until they have welts on their skin
- making reckless decisions
- feeling sick, vomiting, having diarrhea
- increasing their blood pressure, heart rate and body temperature, and increasing the risk of having a stroke
- having uncontrolled body movements

- Having seizures which can sometimes lead to death
- Feeling miserable and uncomfortable at the end of the "high"
- Sleeping for one to three days at the end of the "high"

### Q. What behaviour problems do people using crystal meth experience?

A. People who use crystal meth can also experience the following:

- poor sleeping patterns
- feeling alone and cut off from others
- not trusting other people
- acting violently
- feeling irritable and nervous
- not being able to focus their thinking or remember things
- problems with movement
- feeling extreme depression and having suicidal thoughts

### Q. How do you respond to someone who has used crystal meth?

A. It is important to stay a safe distance away from someone who has used crystal meth because they may feel threatened if you get too close. Try to calm things down by lowering your voice and speaking slowly and clearly. You can try to comfort them by telling them that what they are feeling is normal. Make no jerky movements and keep your hands where they can see them.

To learn more about recovering from crystal meth, contact your local AADAC office or call our toll-free number at 1-866-33AADAC.

# a addiction

When you were young. . .

**Remember how good it felt to have a “big friend,” someone**

- who was there for you
- who saw who you were
- who listened to what you had to say
- who inspired you to be the best you could be

**Kids who have caring, supportive relationships with an adult**

- Have improved mental health, self-esteem and confidence
- Are less likely to be harmfully involved with alcohol, other drugs and gambling
- Are more likely to stay in school

**Be a positive role model in the life of a child. You can make a difference!**



# a d d i c t i o n



## “Tobacco’s a drag”

- |   |                |
|---|----------------|
| addictive                               | burn holes     |
| heart disease                           | nausea         |
| skin aged                               | tar on lung    |
| bad breath                              | cancer         |
| heart speeds up                         | pollutes air   |
| smelly hair                             | can't quit     |
| blood pressure up                       | cough develops |
| irritates people                        | damaged lungs  |
| smoke                                   | dizzy          |
| breathing faster                        | expensive      |
| messy stroke<br>(this is a tricky one!) | -fire-         |

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R	E	T	S	A	F	G	N	I	H	T	A	E	R	B	S	█
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# a ~~addiction~~ ction

## Test your knowledge about alcohol, drugs and gambling

1. What percentage of Albertans (aged 15 and Over) currently use cannabis/marijuana?
2. What percentage of traffic collision fatalities in Alberta are alcohol-related?
3. Marijuana does not impair your ability to drive like alcohol does. True or false?
4. What type of gambling did Albertan spend the most money on in 2006/2007?
5. Drinking black coffee is a good way to sober up quickly. True or false?
6. Among Albertans who gamble, what percentage are likely to experience some sort of problem (financial, legal, social) because of their gambling?
7. What are the three "invisible" drugs?
8. A person who uses marijuana heavily will have increased motivation and interest, as well as better memory and concentration. True or false?
9. Which drink contains the most alcohol: a 12-ounce (341 ml) bottle of regular beer, 1.5 ounces (43 ml) of distilled spirits or a 5-ounce (142 ml) glass of wine?
10. How much alcohol can a pregnant woman safely drink?
11. Motor vehicle accidents are the leading cause of death for teens. What two factors contribute to these accidents?

### Answers

1. 15% (2004). This is the most popular illicit drug in Alberta.
2. 9% of all drivers involved in fatal collisions in 2004 had been drinking.
3. False. Use of marijuana can distort your perception of time and space. It can also impair your coordination and concentration.
4. Slot machines (\$680 million) topped the list followed by VLTs (609 million). For the 2006/07 fiscal year, nearly \$1.5 billion was spent on gambling.
5. False. Drinking coffee does not change the rate at which the liver breaks down alcohol. It takes an adult one to two hours to metabolize a standard drink.
6. About 5% are likely to experience moderate to severe financial, legal or relationship problems because of their gambling.
7. Alcohol, nicotine and caffeine are called the invisible drugs because they are so commonly used and most people think they are not drugs.
8. False. Heavy use of marijuana may result in decreased motivation and interest, and difficulties with memory and concentration.
9. All of the above drinks have the same amount of pure alcohol.
10. No safe limit has been established. Most experts recommend that women drink no alcohol during pregnancy.
11. Alcohol use and high speeds.

# a addiction

## Rate the decisions and the risks

Below are situations in which people are gambling or using alcohol or other drugs. Rate the physical, social or legal risks as HIGH, MEDIUM or LOW. List reasons for your choice. Your own values, attitudes and beliefs will influence how you rate the risks.

**Attitudes** how you think and feel about things

**Beliefs** the things you accept as true

**Values** the things that are important to you

1. After school 10-year-old Corey is hanging out with his older brother Brad. Brad and his friends are smoking cigarettes. They want Corey to try. "just one won't get you hooked," they say. He decides to try smoking for the first time.  
 High     Medium     Low
2. Mike, a 15-year-old, always smokes a joint at lunch to help him make it through his afternoon classes.  
 High     Medium     Low
3. Marla is 16 years old. Ever since she was 14, her parents let her have a glass of wine with Sunday dinner.  
 High     Medium     Low
4. Hasan and some of his high school teammates are having a card game on the bus to a tournament. Hasan is worried that his losses will leave him short of food money for the three days they'll be away, but he doesn't want to drop out because he's down \$45 and needs to win it back.  
 High     Medium     Low
5. Fred goes over to his friend's house every Saturday night and drinks until he passes out.  
 High     Medium     Low
6. Sarah goes into the washroom at the arena. Two of her friends offer her a small white pill to help her feel alert and energetic. She takes it.  
 High     Medium     Low
7. Aisha is out with her boyfriend. He gets drunk and passes out. She is supposed to be home at midnight. John, who has also been drinking, offers her a ride home.  
 High     Medium     Low

# a ~~addiction~~ action

## Remarkable role models

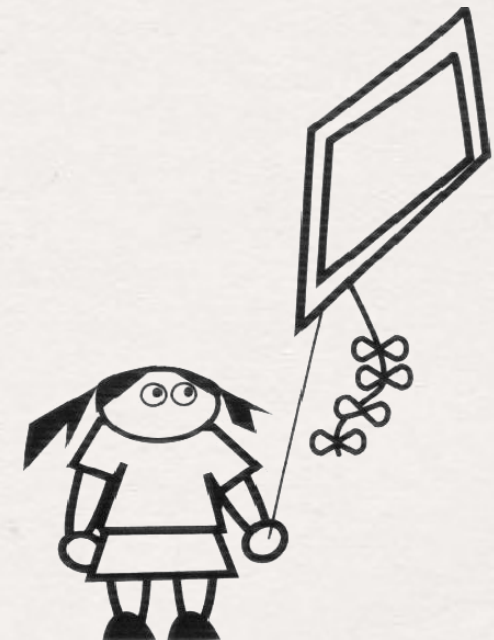
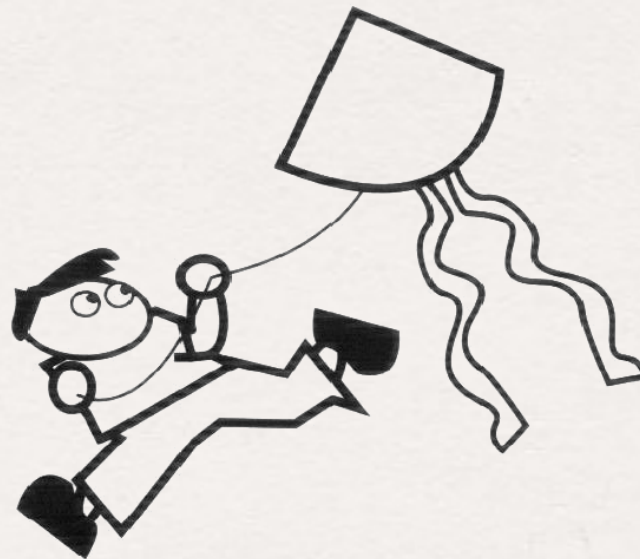
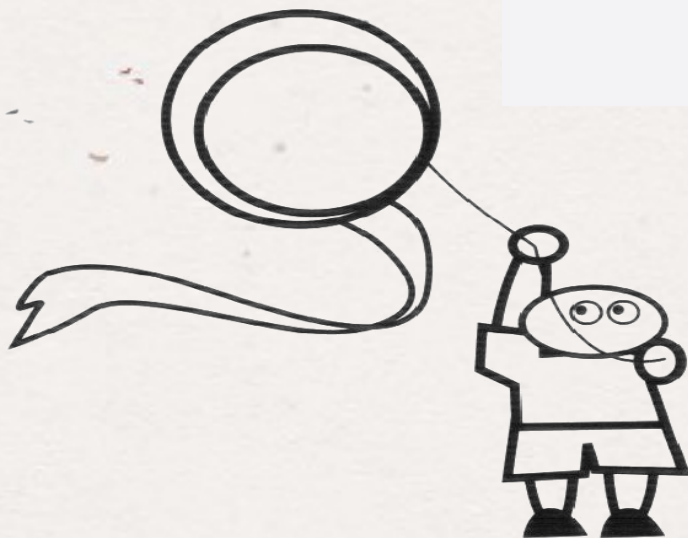
A role model is a person who is a positive influence for others

A role model

- sets a positive example for others
- works hard to achieve personal goals
- has positive qualities

Inside the characters' flying kites, write the names of three people who have been role models for you (such as a family member, a friend, a coach or a teacher). Write down how each person has made a difference in your life.

With a positive example to follow, you people have somebody to trust and lean on for support.



# a addiction

## Spit tobacco

1. Using spit tobacco will not harm my health.

True  False

2. Spit tobacco causes cancer.

True  False

3. Spit tobacco causes other health issues.

True  False

4. Most people who use spit tobacco start as adults (18 and over).

True  False

5. Using spit tobacco will help you to play sports like baseball or hockey.

True  False

6. It is legal for stores to sell spit tobacco to people under the age of 18.

True  False

7. It is easy to quit using spit tobacco.

True  False

### Answers

1. **FALSE.** Spit tobacco has over 3,000 chemicals, including carcinogens, which are cancer-causing agents.

2. **TRUE.** Spit tobacco can cause cancer of the tongue, gums, jaw, throat, voice box, esophagus, stomach, colon, bladder and others.

3. **TRUE.** Other health risks include high blood pressure, hardening of the arteries, heart attacks and stroke.

4. **FALSE.** Most people who use spit tobacco start very young (between the ages of 9 and 10).

5. **FALSE.** Studies that examine the effects of spit tobacco on reaction time in athletes do not show any improvement in performance.

6. **FALSE.** It is illegal in Alberta for stores to sell tobacco products to anyone under the age of 18.

7. **FALSE.** Nicotine is the drug in spit tobacco, which is highly addictive. People who use spit tobacco often have a very hard time stopping even when they want to.

# a d d i c t i o n

## Family drug awareness quiz

This is a true or false quiz to test your basic knowledge about alcohol and other drugs. You can use it with the whole family to get a discussion going.

- Chocolate bars contain caffeine.  
 True     False
- Once someone is hooked on drugs, they always will be.  
 True     False
- Alcohol use is the number one drug problem in Canada.  
 True     False
- Kids will not drink if their parents don't.  
 True     False
- Alcohol is a depressant drug.  
 True     False
- It is okay for kids to take medicine on their own.  
 True     False
- People with drinking problems drink every day.  
 True     False
- Medicines are always safe to take.  
 True     False
- Nicotine is a stimulant drug.  
 True     False

### Answers

- TRUE.** Caffeine is a stimulant drug that is also in tea, coffee, cola, and some headache and cold medicines.
- FALSE.** People can get treatment to change their behaviour, even if they have been addicted for a long time.
- TRUE.** Alcohol is the most widely used drug in Canada and causes more problems for people than any other drug.
- FALSE.** Children can be influenced by peers and society as well as by their parents
- TRUE.** Alcohol slows down the parts of the brain that control behaviour.
- FALSE.** Kids should only take medicine under the supervision of a parent or guardian.
- FALSE.** Some people with problems do drink everyday. Others on drink on weekends or once in a while, but when the do drink, it causes problems.
- FALSE.** They are safe when used properly, but medicines can be just as dangerous as non-medical drugs when they are not used properly.
- TRUE.** Nicotine causes the heartbeat and blood pressure to increase.

Adapted with permission from: Parent Awareness Program Workbook, Saskatchewan Health

# a addiction

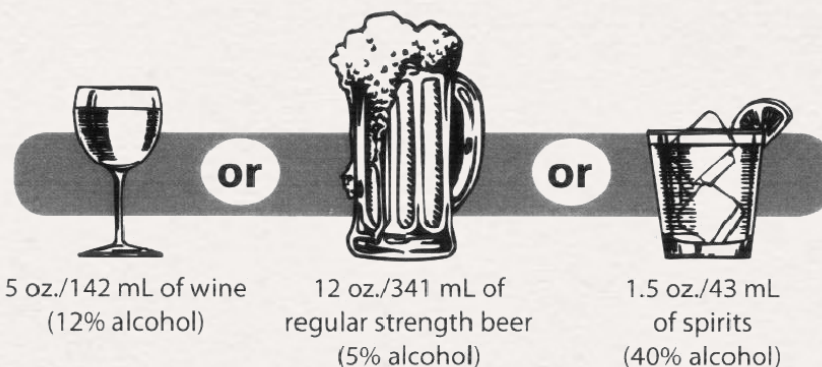
## Low-risk drinking

Alcohol has deep roots in our culture. For thousands of years alcohol has been used as part of social gatherings, rituals and religious ceremonies. People drink to celebrate, relieve stress, relax, socialize and complement food.

Individuals, communities and cultures have different views on what are “safe” drinking levels. To avoid alcohol-related problems, the Center for Addiction and Mental Health (CAMH) recommends following Low-Risk Drinking Guidelines, for people who are of legal drinking age. But first, it is important to know what is a standard drink.

What is a standard drink?

A standard drink is 13.6 g of alcohol.



### Low-risk drinking guidelines

- If you drink, avoid getting drunk.
- Drink slowly. Wait at least one hour between drinks.
- When you drink, have something to eat and a non-alcoholic beverage, such as water, pop or juice.
- Drink no more than two standard drinks on any day. If you exceed this level, take precautions to avoid injuries and other problems.
- Limit your weekly intake to 14 standard drinks if you are a man, and nine if you are a woman.

Remember: these are “low-risk” drinking guidelines, not “no-risk” guidelines.

Most Canadians drink responsibly. If alcohol is causing problems with your family, friends, work, health, or the law, you should consider getting help.

For more information, contact your local AADAC office, call 1-866-33AADAC or visit our website at [aadac.com](http://aadac.com).

# a d d i c t i o n



## Deliver a healthy future

Fetal alcohol spectrum disorder (FASD) is a term used to describe the range of symptoms seen in some children born to women who drank alcohol during pregnancy. Are the following statements about pregnancy and FASD true or false?

1. Children with FASD often have trouble learning and paying attention in class.
2. The best advice for women is not to drink when they are trying to get pregnant, when they are pregnant or while they are breastfeeding.
3. It is okay for a woman to drink a little bit when she is breastfeeding.
4. You can be supportive of children with FASD by praising them when they act appropriately and follow instructions correctly, and by only asking them to do one thing at a time.
5. It is safe to take over-the-counter drugs when you are pregnant.
6. Fathers need to be aware of the amount of alcohol they drink as well.
7. Supporting a pregnant woman to not use alcohol during pregnancy can help prevent FASD.
8. There is no known safe amount of alcohol to drink during pregnancy.

### Answers

1. **TRUE.** Children with FASD often have trouble concentrating, have short attention spans, are impulsive and have memory difficulties. They may also repeat words, questions or actions.
2. **TRUE.** Research shows that stopping drinking, even if a woman is not aware she is pregnant until the second trimester, can have benefits for the child.
3. **FALSE.** Alcohol passes from the mother's blood into the breast milk. The baby can take in enough alcohol to slow the growth of the brain.
4. **TRUE.** It is important to know that children with FASD may need extra support and patience. To help, remember to understand their limitations and focus on their strengths.
5. **FALSE.** Some over-the-counter drugs are harmful during pregnancy. It is important for pregnant women to check with a doctor, or pharmacist or community health nurse before taking any drugs while pregnant.
6. **TRUE.** When a man drinks heavily, his sperm may not be normal and he may have a lower sperm count, which makes it harder for him to have a baby with his partner. Also, a father who drinks heavily may not give his pregnant partner the emotional support and care she needs.
7. **TRUE.** FASD can be prevented by not using alcohol during pregnancy.
8. **TRUE.** The best thing is not to drink during pregnancy. And it is never too late to quit.