

DID YOU KNOW: METHAMPHETAMINE

While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW THAT... METHAMPHETAMINE USE IS VERY UNCOMMON IN NEW ZEALAND. ONLY 0.6% OF SECONDARY SCHOOL STUDENTS HAVE REPORTED EVER USING METH, AND HALF OF THOSE HAD ONLY USED IT ONCE.

BUT SOME PEOPLE WILL START USING METHAMPHETAMINE TO HELP DEAL WITH THINGS.

METHAMPHETAMINE IS A STIMULANT THAT CAN BE FOUND IN MANY FORMS.

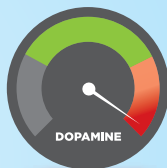
HOWEVER IT CAN BE HIGHLY ADDICTIVE AND EXPENSIVE

HOW IT WORKS

IT SPEEDS UP THE BODY, AND AFFECTS THE REWARD PATHWAY IN THE BRAIN.

THIS PATHWAY USES DOPAMINE TO MAKE A PERSON FEEL GOOD WHEN THEY ARE DOING THINGS LIKE EATING, HAVING FUN, OR HANGING OUT WITH FRIENDS.

METH **FORCES** THE RELEASE OF DOPAMINE IN THE BRAIN, TO CREATE FEELINGS OF PLEASURE AND CONFIDENCE.



WARNING!

THESE FEELINGS DON'T LAST, AND ARE USUALLY FOLLOWED BY A NASTY COMEDOWN WITH CRAVINGS FOR MORE.

PHYSICAL SIGNS OF METHAMPHETAMINE USE INCLUDE ENLARGED PUPILS, ITCHY SKIN, INCREASED ENERGY, AND APPETITE LOSS

USING METH IN LARGE AMOUNTS OR FOR A LONG TIME MAY LEAD TO PARANOIA, HALLUCINATIONS, AND AGGRESSIVE OR VIOLENT BEHAVIOUR.

METHAMPHETAMINE CAN CHANGE HOW YOUR BRAIN EXPERIENCES THINGS LIKE EXCITEMENT, AFFECT YOUR DECISION-MAKING, ATTENTION, LEARNING AND MEMORY

ALSO BEING HYPERACTIVE, AND VERY TALKATIVE.

SHARING EQUIPMENT ALSO INCREASES CHANCES OF INFECTION.

SO. STOP AND THINK...

- IS THIS ME?
- HOW IS MY USE AFFECTING THE PEOPLE AROUND ME?
- AND REMEMBER, ALWAYS LOOK OUT FOR YOUR MATES.

WANT TO FIND SUPPORT FOR A YOUNG PERSON IN NEW ZEALAND? CALL THE ALCOHOL AND DRUG HELPLINE ON 0800 787 797



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