

# PARENT TIP SHEET

## Methamphetamines



The good news for parents is that most kids aren't using meth --- not yet and hopefully not ever. The bad news is that kids often drink or get high before using meth the first time. That first time is a gamble no one should take. Only 2% of first time meth users escape the addictive clutches of this monster drug. Once hooked victims are quickly dragged into a desperate and ugly life. Talking to your children about drugs is the most powerful prevention method available. Tell them to say no to the dangers of alcohol, marijuana, or any other illegal drugs.

Meth can be called many names such as "speed," "chalk," "ice," "crystal," and "glass." It can come in the form of powder, rocks, or tablets and can be smoked, injected, snorted or taken orally.

Be alert for signs of meth use. Meth users may:

- Neglect their personal hygiene
- Lose weight rapidly and look unhealthy
- Have a chemical or cat urine odor on their bodies or clothes
- Have facial twitches or make twitchy, jerky body movements
- Focus on specific tasks: cleaning, taking items apart
- Act paranoid and nervous, think that they are being watched all the time
- Have tooth discoloration and/or visible decay
- Suffer from acne-like skin eruptions

Signs of a meth house:

- Lots of traffic at strange hours
- Windows always closed, covered with sheets or other fabrics
- Lots of garbage, very messy yard
- Heet cans, Coleman coolers, stripped batteries
- Strange smells like cat urine or mayonnaise and pickles

If you suspect your child or a family member, a neighbor or community member of using meth call one of these numbers for help.

Referral information	Dial 211 in eastern Nebraska & southwest Iowa 712-396-7016 (local call to Omaha and Council Bluffs) 1-877-9 NoMeth
24/7 Help line	1-866-242-4111
Report a meth lab	1-888-664-4673

"Be aware. Kids can get any drug they want. You can't keep them away from it, but you can inform them of it before they see it."

– Anonymous teen