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V I E W I N G G U I D E

JUST ONCE

Topic: The Dangers of Crystal Meth

The Facts

- ☛ Methamphetamine affects and damages the brain, the body and self-control. (National Clearinghouse for Alcohol and Drug Information, 2004)
- ☛ Methamphetamine sends more people to the emergency room than any other "club" drug. (NCADI, 2001)
- ☛ Because it can be made from ingredients such as battery acid, drain cleaner, lantern fuel, antifreeze, iodine and pseudoephedrine, there is a greater chance of suffering a heart attack, stroke or serious brain damage with this drug than other drugs. (National Drug Intelligence Center, 2006)

Start a Conversation with Your Kids

1. Ask your kids if they are aware of drug use in their schools and community. How do they say "No" to drugs? Practice ways they can say "No" to drugs and alcohol, and be sure to offer yourself as the scapegoat with the phrase, "My parents would kill me if ..."
2. With your children, identify acts of moral courage by people in the news or people in your community or school. How can these people be used as role models to do the right thing despite pressure to do otherwise, even when it is extremely difficult to do so?
3. Establish that your family doesn't use drugs, nor does it condone experimentation with drugs. Reassure your children that you will never shut them out if they make mistakes, but that you believe there are healthier ways to enjoy life and fix problems than resorting to drugs.

Advice From the Experts

According to experts at Life or Meth (www.lifeormeth.org), parents must begin talking to their children at an early age about the dangers of drug abuse and give them the personal values and self-confidence they will need to resist peer pressure to try drugs. One discussion is never enough – constant reminders and constant support go a long way.

If you suspect your child is using drugs, you should express your concern, state that you are opposed to any drug use, and let them know that along with enforcing your position, you will support them in their efforts to stay away from drugs.

Try to be:

- **Understanding** – Know the pressures they face.
- **Firm** – Assert your position that you will not tolerate drug abuse.
- **Supportive** – Reassure them that you will help them find ways to refuse drugs.
- **Self-examining** – Take a good look at your own behaviors to see if your own alcohol and/or drug consumption have negatively influenced your child.

Remember, if your child is using drugs, he or she needs your help. Seek the help of a counselor trained in working with youth substance abuse, and find parent support groups in your community.



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