

# WHAT PARENTS NEED TO KNOW ABOUT METHAMPHETAMINE

**KNOW  
METH**  
knowmethwi.org



## WHAT IS IT?

Methamphetamine (Meth) is a highly addictive stimulant drug that can be made from common household items. Wisconsin's main source of meth is being trafficked from Minneapolis and St. Paul, Minnesota to northwestern Wisconsin.

## WHAT DOES IT LOOK LIKE?

Meth can be found in the form of pills or a white or cloudy powder, while crystal meth is similar to clear glass shards or shiny blueish white rocks.

## WHAT ARE COMMON STREET NAMES?

Meth, Chalk, Crank, Crystal, Glass, Ice, Up, Speed, Shards

## HOW IS IT USED?

Meth is taken orally, smoked, snorted, or dissolved in water or alcohol and injected. Smoking and injecting the drug are the quickest ways to access the brain.

## WHY DOES IT APPEAL TO PEOPLE?

By smoking or injecting meth, a person experiences an intense "rush" that lasts only a few minutes; however, meth highs are known for being long lasting. Meth is described as being highly pleasurable and can produce a feeling of extreme wakefulness.



Learn more at:  
[KnowMethWi.org](http://KnowMethWi.org)



LET'S NOT LIVE IN AN ALTERED STATE



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## WHAT ARE THE SIGNS OF USE?

- Agitation
- Chest pain
- Dilated pupils
- Elevated body temperature and heavy sweating
- Excited speech
- High blood pressure
- Hyperactivity
- Irregular heartbeat
- Loss of appetite
- Nausea, vomiting, and/or diarrhea
- Shortness of breath
- Anxiety
- Confusion
- Decrease in thinking and motor skill
- Hallucinations and delusions
- Insomnia
- Memory loss
- Meth mouth (severe tooth decay)
- Mood disturbances
- Paranoia
- Skin sores (delusions of insects crawling under the skin can lead to scratching obsessively)
- Violent behavior
- Weight loss
- Repetitive behavior (such as compulsively cleaning, grooming, or disassembling or assembling objects)
- Change in academic scores

## WHAT CAN YOU DO TO HELP?

- Talk to your children and family members about the risk and dangers of meth use
- Get involved in your local KNOW METH Campaign
- Get involved in your local coalition
- Monitor the use of pseudoephedrine (cold medicine) in your home
- Refuse to purchase pseudoephedrine for another person
- To find recovery resources in your area:  
[www.recovery.org](http://www.recovery.org)
- SAMHSA Treatment Services Locator:  
1-800-662-HELP (4357)  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)
- Visit: [www.knowmethwi.org](http://www.knowmethwi.org)

If you see suspicious activity, report it to law enforcement's drug tipline: 1-800-622-3784

## THE GOALS OF KNOW METH ARE TO:

- **Raise awareness of methamphetamine use in Wisconsin**
- **Communicate the risks and dangers of use**
- **Get Wisconsin residents to take action**

Marshfield Clinic Health System, Northwoods Coalition, and Alliance for Wisconsin Youth in partnership with the Wisconsin Department of Justice are committed to preventing and reducing methamphetamine use in Wisconsin through KNOW METH. Together we can help prevent methamphetamine use and addiction.

Learn more at:  
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