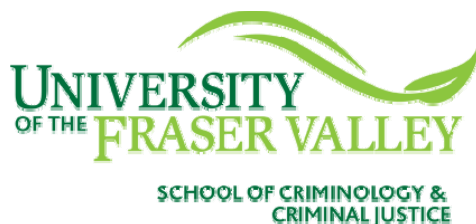




### CONTACT INFORMATION

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### Hours of Operation

*Monday-Friday*  
9:00am - 4:30pm

*Saturday, Sunday and Holidays*  
CLOSED



### PARTNERS:

On November 25, 2005, the BC Centre for Social Responsibility officially opened at the University of the Fraser Valley (UFV).

This provincial resource centre at UFV coordinates, facilitates research, and evaluates programs with a focus on anti-social behaviors, such as alcohol misuse, gaming, and internet addiction prevention, FASD strategies, and social responsibility. This is a joint initiative of the Ministry of Labour and Citizenship Services, Office of the Chief Information Officer, and UFV.

Through research, referrals and resources the BC Centre for Social Responsibility supports:

- Government Ministries
- Provincial and Community Organizations
- Law Enforcement
- Academics and Education Partners
- Local Health Authorities
- The Public



The BC Centre for Social Responsibility is also co-located with Simon Fraser University for research, and is housed in the UFV School of Criminology and Criminal Justice.



# CRYSTAL METH



## Fact and Resources

# Crystal Methamphetamine: Information for Parents and the Public

## What is Crystal Methamphetamine?

Crystal Methamphetamine is a man-made stimulant drug that increases the activity of neurotransmitters (dopamine and serotonin) in the brain. It is made into either a white, odorless powder or a clear, crystal substance.

### Common Ingredients include:

- Battery acid
- Sulfuric Acid
- Rubbing alcohol
- Drain cleaners
- Kerosene
- Antifreeze
- Paint thinner
- Iodine
- Ether
- Cold/allergy medication

## Why do Youth use Crystal Meth?

- To escape problems
- Experience
- Curiosity
- Lack of hobbies or interests
- Boredom
- To fit in with peers

## What are the Effects of Crystal Meth?

- Restlessness
- Insomnia
- Agitation
- Teeth clenching/grinding
- Increased mental and physical performance
- Euphoria
- 4-12 hour “high”
- Increased energy
- Wakefulness
- Decreased appetite

*“first time use of crystal methamphetamine often occurs in grade 9 or 10”*

*“5% of grade 7-12 BC high school students have tried crystal methamphetamine at least once”*

## What are Some of the Long-Term Consequences of Crystal Meth use?

- Skin sores
- Tooth decay
- Malnutrition
- Paranoid delusions
- Drug-induced psychosis
- Kidney and liver failure

## What can I do to Prevent my Child from using Crystal Methamphetamine?

- Set clear boundaries
- Set high, but achievable, expectations
- Be aware of transition periods
- Be there for your child
- Show your child that you love them and believe in them
- Demonstrate a healthy lifestyle
- Make time to talk to your child about substance use issues (make sure you are well informed first)
- Avoid lecturing
- Listen to what your child has to say

### Resources

Talking With Your Kids  
[www.talkingwithyourkids.ca](http://www.talkingwithyourkids.ca)

Crystal Meth Society of BC  
[www.crystalmethbc.ca](http://www.crystalmethbc.ca)

No 2 Meth  
[www.no2meth.ca](http://www.no2meth.ca)

For more information on this and other topics visit the BC Centre for Social Responsibility at: [www.bccsr.ca](http://www.bccsr.ca)