



Corbin & Associates, Inc.
Lesson Plan of the Month
(April 2003)

Topic: Crystallized Methamphetamine
Target Group: High School
Prepared By: Deputy Paul Benton
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Objectives:

After this block of instruction the student will be able to:

- Know the slang names of Crystallized Methamphetamine.
- Identify Crystal Methamphetamine.
- Be aware of the dangers of Crystal Meth use.
- Know the difference of Crystal Meth and Meth.

Introduction:

Deputy Paul G. Benton
19 year member of CCSD
Started in the jail
Promoted to Sgt.
Appointed to fire investigation team 1984
Navigation patrol
Road Patrol 1988
D.A.R.E. 1996
S.R.O. 2003

Married with 2 children
Life residence of C-M
K-12 C-M
CCCC-AAS Degree
Various police and fire schools

Today's topic Crystallized Methamphetamine

Body:

- I. What is Crystal Meth?
 1. A smoke able more powerful form of the drug methamphetamine.
 2. Crystal Meth is named for its appearance, that of a clear large chunky crystals resembling rock candy.
- II. What is Methamphetamine?
 1. A stimulant drug chemically related to Amphetamine but with stronger effects on the nervous system. (speed, crack, meth)
 2. Like cocaine, meth is potent central nervous system stimulant.
- III. Where does Crystal meth come from and how is it made?
 1. Crystal meth is usually made in secret, illegal labs that are hidden from the public.
 - a. Meth cooks rarely have any scientific training.
 2. Some of the ingredients used to make Meth
 - a. Coleman fuel
 - b. Matchbook strikers or road flares
 - c. Anhydrous ammonia
 - d. Cold medicine
 - e. Lithium batteries
- IV. What effects does crystal meth have on you?
 1. Increased heart rate and blood pressure
 2. Increased wakefulness; insomnia
 3. Increased physical activity
 4. Decreased appetite
 5. Respiratory problems
 6. Extreme anorexia
 7. Causes acne
 8. Hyperthermia, convulsions and cardiovascular problems which can lead to death
 9. Euphoria
 10. Irritability, confusion and tremors
 11. Anxiety, paranoia or violent behavior
 12. Can cause irreversible damage to blood vessels in the brain producing strokes
 13. May cause a condition called code bugs
 14. The high only last a few minutes
 15. The more you use, the more or it you need to get high

Crystal meth is very hard on the user's body and mind. Serious side effects occur early. Immediately people who use have increased level of physical activity, lose their appetites and desire to sleep.

V. Addition

1. Repeated use of high dose meth produces a withdrawal syndrome similar to that of narcotics and CNS depressants.
2. Several hours after last use, the individual experiences a drastic drop in mood and energy level.
3. Sleep begins and may last for a long period (several days) and upon awakening, severe depression exists that may last for days.
4. While users are in this depressed state, suicide is a major concern
5. These symptoms occur after use and may be reversed by once again taking meth, thereby fitting the definition for a withdrawal syndrome
6. The most dangerous stage of addiction is the binge cycle which is known as "tweaking". Typically, during this stage, the abuser has not slept in three to fifteen days and is irritable and paranoid.

VI. Treatment

1. Treatment for meth users is a long, slow and difficult process that needs to take place in a drug treatment facility. Meth affects the pleasures part of the brain and once that has been injured, it may take 5 years of depression and total boredom before a user can start to have a good time. Some users do not last the period of time the brain needs to repair its self but kill themselves, while others remain in a vegetative state or die.

VII. Want to find out more on crystal meth or other drugs?

1. <http://www.intheknowzone.com>

REVIEW

- I. You learned what crystal meth is
- II. You know what the dangers of crystal meth
- III. You know what it looks like
- IV. You know the street names.
- V. You know why you should not use crystal meth

PRACTICE

Either Q&A to test knowledge or a short quiz.

Documentation And/Or Sources:

Lesson plans from Learning Tree – Stimulants

My Personal Experiences

National Child Safety Council – Confusions Magazine

United States Drug Enforcement Administration – Methamphetamine Publication

Syndistar Inc. – Methamphetamine

American Crisis Publishing Inc. – Americans for a drug free America

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