



Corbin & Associates, Inc.
Lesson Plan of the Month
(May 2000)

Topic: Methamphetamine
Target Group: High School
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Objectives:

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

- What methamphetamine is
- Why it is dangerous
- Why some people make and use it
- What happens in addiction
- What to do if you, a friend, or a family member is involved

Introduction:

Name, agency, background

Body:

- I. Get Rich Quick?
 - A. Overweight?
 - B. Tired?
 - C. Sad?
 - D. There are some that would tell you the answer to all these woes is Methamphetamine.
 - E. It goes by many other names:
 1. Tweek
 2. Junk
 3. Sketch
 4. Ice
 5. Jet Fuel
 6. Go
 7. Crank

- II. What is it?
 - A. CNS stimulant manufactured using a variety of toxic chemicals, most of which can be purchased in a pharmacy and hardware store.
 - B. Mixture of these chemicals is highly volatile and yields a finished product that is extraordinarily dangerous.

- III. So, why do people make and use Meth?
 - A. For a short time it often makes them feel very happy, powerful and full of confidence.
 - B. Gives the user a short burst of energy that usually results in hyperactivity and a loss of appetite.
 - C. Desperate dieters are sold on the idea that meth is the magic potion that will finally result in the body they desire.
 - D. People "cook" meth because of the lure of easy, quick money.
 - E. New production techniques can produce a batch of meth in as little as two hours.
 - F. Batch made from about \$200 of ingredients could sell on the streets for as much as \$5,000.
 - G. It's Get-Rich-Quick in its most seductive form
 - H. Danger of being arrested or even blown up, if the chemicals explode, seem a small risk to take for many.

- IV. But what's the reality?
 - A. Meth cookers are generally:
 - 1. Filthy or infested with a variety of parasites
 - 2. Dazed and stupid, sometimes permanently due to working around toxic fumes
 - 3. Dangerous because of their paranoia, greed and fear of being taken to jail (which means withdrawal)
 - 4. Living in poverty because they use far more of their product than they sell

V. Addiction - More powerful than the desire for food, shelter, love or even sex

VI. Consequences of Physical Addiction

- A. Holes eaten through the nostrils and septum
- B. Acne and Sores all over from dry skin and needle marks
- C. Dangerously rapid heart beat
- D. Increased temperature
- E. Permanent damage to liver, kidneys, lungs, brain and heart
- F. Nausea and vomiting
- G. Insomnia
- H. Headaches and blurred vision
- I. Loss of appetite
- J. Seizures
- K. Strokes that leave you paralyzed or blind
- L. Death

VII. Psychological Consequences

- A. Restlessness
- B. Uncontrolled Talking
- C. Paranoia
- D. Mood Swings
- E. Poor Judgment
- F. Rage
- G. Hallucinations
- H. And depression to the point of being suicidal

- VIII. Consequences for the User's Life
- A. A high number of infections
 - B. AIDS (from needles and unsafe sex)
 - C. Financial problems
 - D. Legal problems
 - E. Loss of family, job and respect
- IX. Consequences for Society
- A. Higher crime rates
 - B. Danger from hazmat, fire explosions in labs
 - C. Child abuse and neglect
 - D. Harm to newborns
- X. Resources:
- A. Family and Friends
 - B. Drug programs
 - C. Employee Assistance
 - D. Support groups
 - E. Yellow Pages

Review:

We discussed:

- What meth is
- Dangers and consequences of addiction
- Misconceptions
- Ideas for getting out

Practice:

- Q & A
- Documentation And/Or Sources:
- Pamphlet: About Crystal Methamphetamine
- Text: Brady's Emergency Care in the Streets
- Pamphlet: Methamphetamine
- Text: Fundamentals of Nursing

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