

CRANKED

by Michael P Northey

Directed by Patrick McDonald

Stan

Kyle Cameron

DJ/Sound

Joel Etkin

Stage Manager

Elizabeth Steele

Beats by

Kyprios & Stylust

Presented by Green Thumb Theatre

www.greenthumb.bc.ca

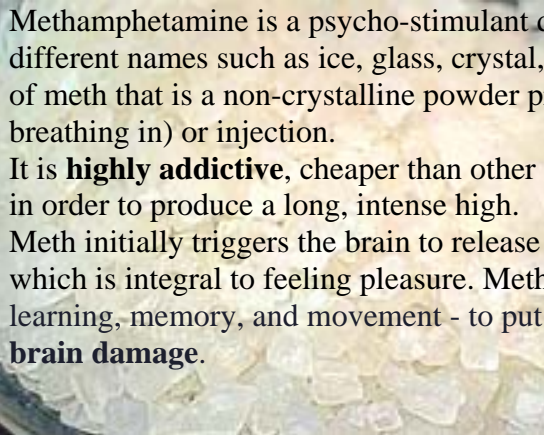
Student Guide

What is Crystal Meth?

Methamphetamine is a psycho-stimulant drug that comes in several different forms, with different names such as ice, glass, crystal, crank, speed, tina and chalk. "Crank" is a form of meth that is a non-crystalline powder prepared for insufflation (i.e. blowing and breathing in) or injection.

It is **highly addictive**, cheaper than other drugs and only a small amount needs to be used in order to produce a long, intense high.

Meth initially triggers the brain to release increased amounts of dopamine, the chemical which is integral to feeling pleasure. Meth also damages areas of the brain which control learning, memory, and movement - to put it bluntly, crystal meth causes **irreparable brain damage**.



Signs that Someone May be Using Meth

- Loss of appetite and weight loss
- Aggression, episodes of sudden violent behaviour
- Psychotic symptoms (hallucinations and delusions)
- Changes in dress, friends and slang
- Over-confidence
- Compulsive, repeated actions
- Drug paraphernalia: broken light bulbs, glass straws (so-called "lollies" or "popeye")
- Dilated pupils
- Rapid speech
- Anxiety
- Headaches
- Insomnia

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STUDENT GUIDE

What's Best For Me: Quick Tips For Decision Making

Sometimes, when you are right in the middle of a tricky situation, it's hard to weigh the pros and cons and make the "right" decision.

- What helps you make your choices? Your experiences, your family or friends, media?
- What information should you rely on to make the right decision for yourself, for both your present and future?

It's important that you listen to yourself – both your head and heart. Here are some ideas that will help you start to make better decisions:

- Figure out where choices are coming from . . .
peers, peer pressure, family, media, friends ???
- Are your decisions informed, spontaneous, considered?
- Slow down and really listen to yourself. Focus on the options that will effect your life in a positive way and that make you feel good about your future.
- Stop and take a moment to picture yourself in the future – maybe 5, 10, 20 years from now. Where would you like to be in your life?
- What kind of lifestyle do you want to have for yourself, your friends and family? (Yes, it is important to think of your friends and family – your decisions do affect those around you!)

Some Resources

(your teacher has more in the Teacher's Guide to this production)

BC Health Guide: Teen Alcohol and Drug Abuse
www.bchealthguide.org/kbase/topic/special/tp17749/sec1.htm

Covenant House Vancouver: Help for Family and Friends - 604-685-5437
www.covenanthousebc.org/family/crystal_meth.html

NIDA for Teens: The Science Behind Drug Abuse
[//teens.drugabuse.gov/mom/tg_intro.asp](http://teens.drugabuse.gov/mom/tg_intro.asp)

CrystalMeth BC
[//crystalmethbc.ca](http://crystalmethbc.ca)

Narcotics Anonymous: Crystal Meth Addiction
www.narconon.ca/resources/meth_addiction.html