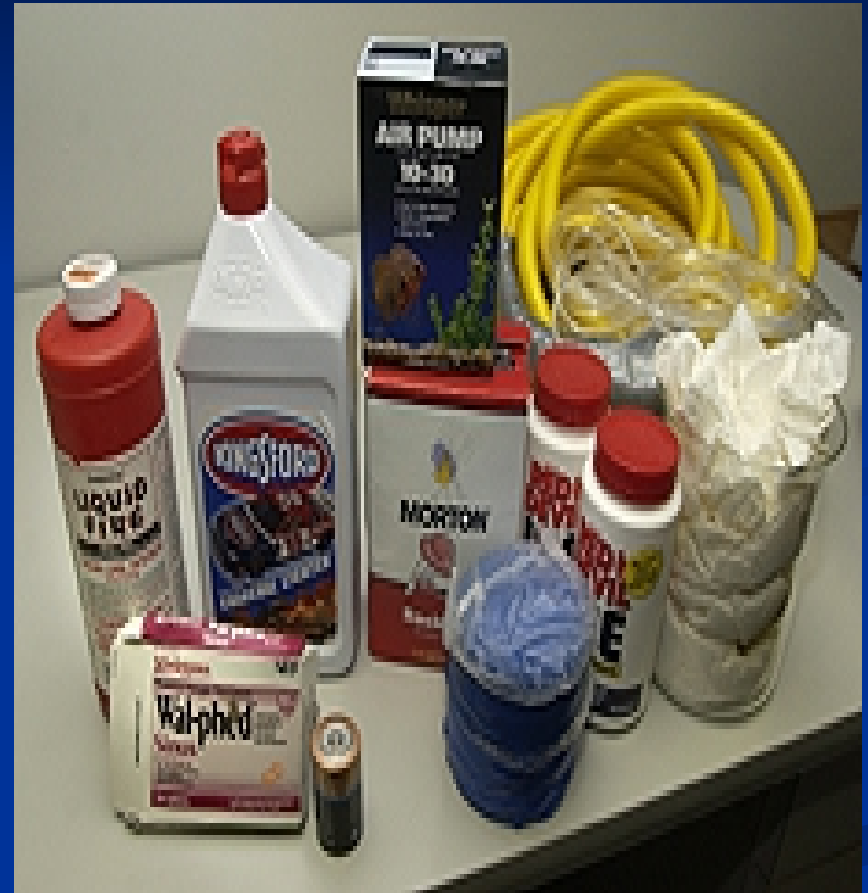


Methamphetamine (Tik)



How is it made ?

- Anhydrous nitrate
- Ephedrine
- Red Phosphorous
- Lithium
- Antifreeze
- Lantern fuel



Methods of use



Scott Houston / Corbis Sygma

Stages of a Tik use

- **Rush (20 – 40 minutes)**
- **High (3 days)**
- **Binge**
- **Crash**

Short term effects

- **anxiousness and nervousness**
- **incessant talking**
- **extreme moodiness and irritability**
- **purposeless, repetitious behavior, such as picking at skin or pulling out hair**
- **sleep disturbances**
- **false sense of confidence and power; aggressive or violent behavior**

Dilated pupil - stimulant intoxication



Longer term signs of abuse

- **disinterest in previously enjoyed activities; and severe depression.**
- **Dry mouth, sores in and around the mouth**
- **Weight loss**
- **Irritability, temper outbursts, aggression**

Effects of Tik Abuse



1998



2002

What are the medical complications ?

- rapid heart rate, irregular heartbeat,
- increased blood pressure
- convulsions
- damaged blood vessels and skin abscesses
- Acute lead poisoning
- 50 % of the dopamine producing cells in the brain can be damaged

Tik : not a great injectable drug



Dental problems caused by Meth



Abscesses caused by “cranking” (injecting Meth intravenously)



Meth needle marks



Tik Psychosis

- intense paranoia
- confusion, anxiety
- visual and auditory hallucinations
- Out-of-control rages
- delusions

How Tik works in the brain

Dopamine



Normal pleasure

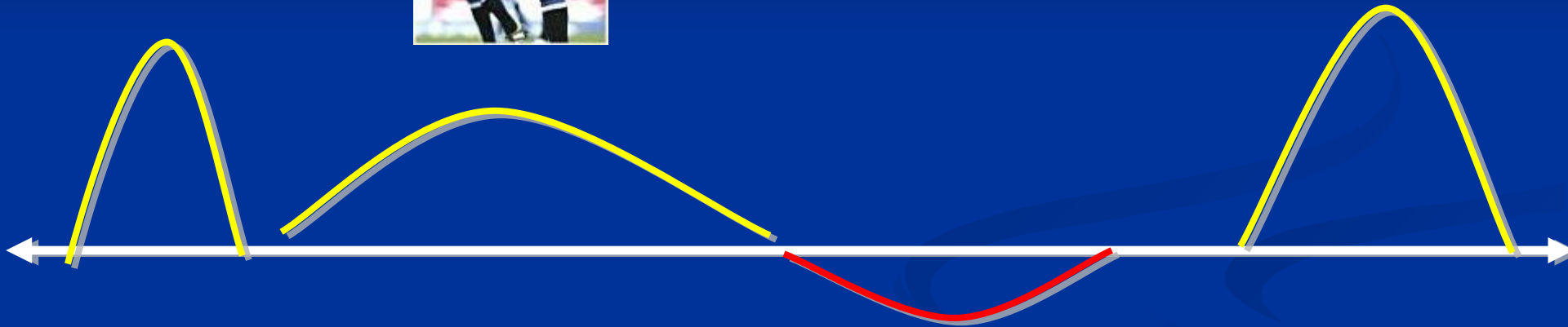
How Tik works in the brain

TIK → **DOPAMINE** → **RUSH**

DOPAMINE SHORTAGE



Euphoria



Depression

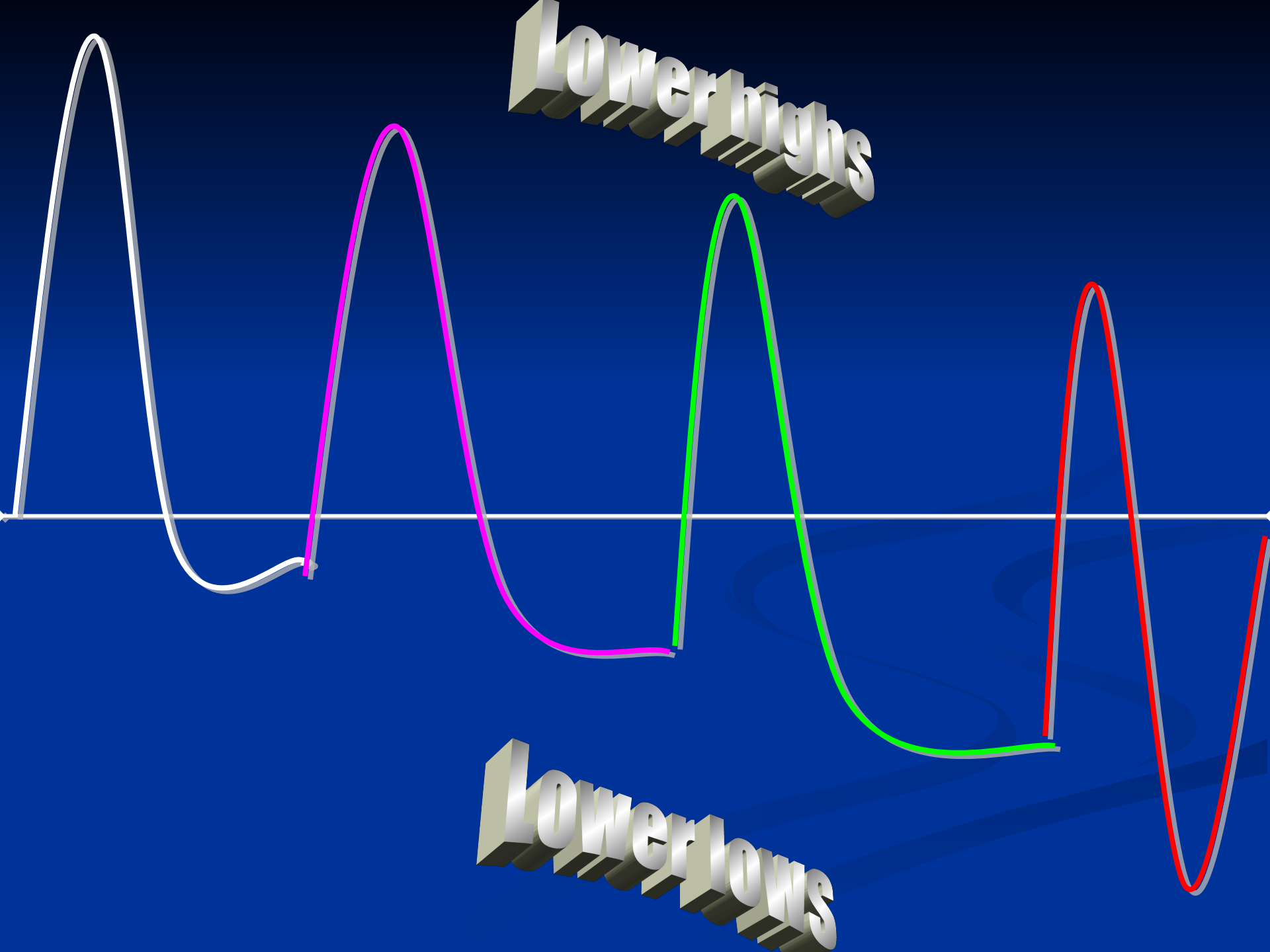


Euphoria



Depression

Lower highs



Lower lows

How long does Tik stay in the system ?

- **Approximately 5 days**

Realities to prepare for if you're dealing with Tik in your home

- **Tik cravings are long lasting and repetitive**
- **Small valuables start disappearing**
- **As addiction progresses, aggression will set in**
- **Use of downers may follow**

For assistance

- **Tygerberg - 9199557**
- **Athlone – 6375116**
- **Mitchell's Plain – 3972196**
- **Atlantis - 5727461**





Before

After

The following poem was written by a young girl who was in jail for drug charges, and was addicted to crystal meth. She wrote this while in jail. As you will soon read, she fully grasped the horrors of the drug, as she tells in this simple, yet profound poem. She was released from jail, but true to her story, the drug owned her.

Please keep praying for our Children, Teens, Young adults. Understand, this thing is worse than any of us realize...

Please don't choose to be ignorant about this and don't be naïve.

Love your kids and show them support every moment in every aspect.

My Name: "Is TIK"

I destroy homes, I tear families apart,
take your children, and that's just the start.
I'm more costly than diamonds, more precious than gold,
The sorrow I bring is a sight to behold.

If you need me, remember! I'm easily found,
I live all around you - in schools and in town.
I live with the rich; I live with the poor,
I live down the street, and maybe next door.

I'm made in a lab, but not like you think,
I can be made under the kitchen sink.
In your child's closet, and even in the woods,
If this scares you to death, well it certainly should.

I have many names, but there's one you know best,
I'm sure you've heard of me, my name is crystal meth.
My power is awesome; try me you'll see,
But if you do, you may never break free.

Just try me once and I might let you go,
But try me twice, and I'll own your soul.
When I possess you, you'll steal and you'll lie,
You do what you have to -- just to get high.
The crimes you'll commit for my narcotic charms
Will be worth the pleasure you'll feel in your arms,
(your lungs, and your nose).

You'll lie to your mother; you'll steal from your dad,
When you see their tears, you should feel sad.

But you'll forget your morals and how you were raised,
I'll be your conscience, I'll teach you my ways.

I take kids from parents, and parents from kids,
I turn people from God, and separate friends.

I'll take everything from you, your looks and your pride,
I'll be with you always -- right by your side.

You'll give up everything - your family, your home,
Your friends, your money, then you'll be alone.

I'll take and take, till you have nothing more to give,
When I'm finished with you, you'll be lucky to live.

If you try me be warned - this is no game,
If given the chance, I'll drive you insane.

I'll ravish your body, I'll control your mind,
I'll own you completely; your soul will be mine.

The nightmares I'll give you while lying in bed,
The voices you'll hear, from inside your head.

The sweats, the shakes, the visions you'll see,
I want you to know, these are all gifts from me.

But then it's too late, and you'll know in your heart, That you are
mine, and we shall not part.

You'll regret that you tried me, they always do,
But you came to me, not I to you.

You knew this is would happen, many times you were told,
But you challenged my power, and chose to be bold.

You could have said no, and just walked away,
If you could live that day over, now what would you say?
I'll be your master; you will be my slave,
I'll even go with you, when you go to your grave.

Now that you have met me, what will you do?
Will you try me or not? It's all up to you.

I can bring you more misery than words can tell,
Come take my hand, let me lead you to hell.

If you care enough, please forward this profound poem and share the deadly outcome of this drug that is killing our young people & even our old.

Remember, this is from the heart of a once beautiful young & innocent girl, someone's beloved daughter and God's child. Do not judge, but let her message be a warning to all whom choose to turn their backs on the reality, influences, evil and danger that face our children out there every single day even in the most protective schools and families. Teach them, love them, keep them otherwise occupied with family life and support and nurture their talents, and pray for them - that might give them better focus in life to make the right choices and not be so easily tempted and have opportunities to wander and try dangerous things to be "cool". Help them become young responsible adults with self-respect and build their self-esteem and courage to say no under group pressure. Listen to them and show interest.

What can be more important to us than our loved ones - do not allow other responsibilities to rob you of you quality time with them!!