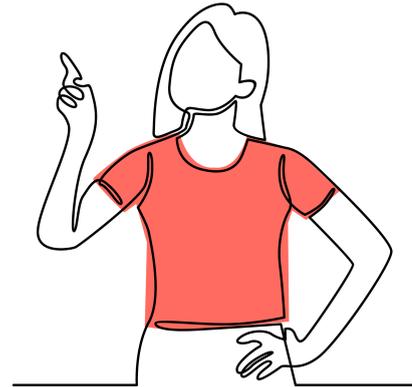


FACTS ABOUT METHAMPHETAMINE

These activities highlight the damaging effects of the drug methamphetamine on the body, and guide you to focus on the healthy aspirations you have for your body and life.



3.1 Learn about the dangers of methamphetamine addiction and dopamine

3.1.1 Watch the video 'Did You Know: Methamphetamine'

This video contains valuable information to help you understand the topic. (0:14 onwards) (Note: stats are for NZ)

 Did You Know: Methamphetamine

3.1.2 Discuss the information in this video.

Discuss what dopamine is and what it does. Think about what you learned in the previous lesson. Talk about dopamine and all habits and addictions eg chips, chocolate etc.

You can type in your answers

3.1.3 Read the passage

"In nature, rewards usually come only with time and effort. Addictive drugs and behaviors provide a shortcut, flooding the brain with dopamine and other neurotransmitters. Our brains do not have an easy way to withstand the onslaught.

Addictive drugs, for example, can release two to 10 times the amount of dopamine that natural rewards do, and they do it more quickly and more reliably. In a person who becomes addicted, brain receptors become overwhelmed. The brain responds by producing less dopamine or eliminating dopamine receptors—an adaptation similar to turning the volume down on a loudspeaker when noise becomes too loud." ([Understanding Addiction](#), Harvard Help Guides)

3.1.4 Explain the above passage in your own words (or draw pictures to illustrate)

3.1.5 Discuss: What information can be trusted?

Where would you look for trusted information about the drug methamphetamine. What is 'the word on the street?' Why is 'the word on the street' an unreliable information source?

3.2 Short and long term effects of the drug methamphetamine on the body

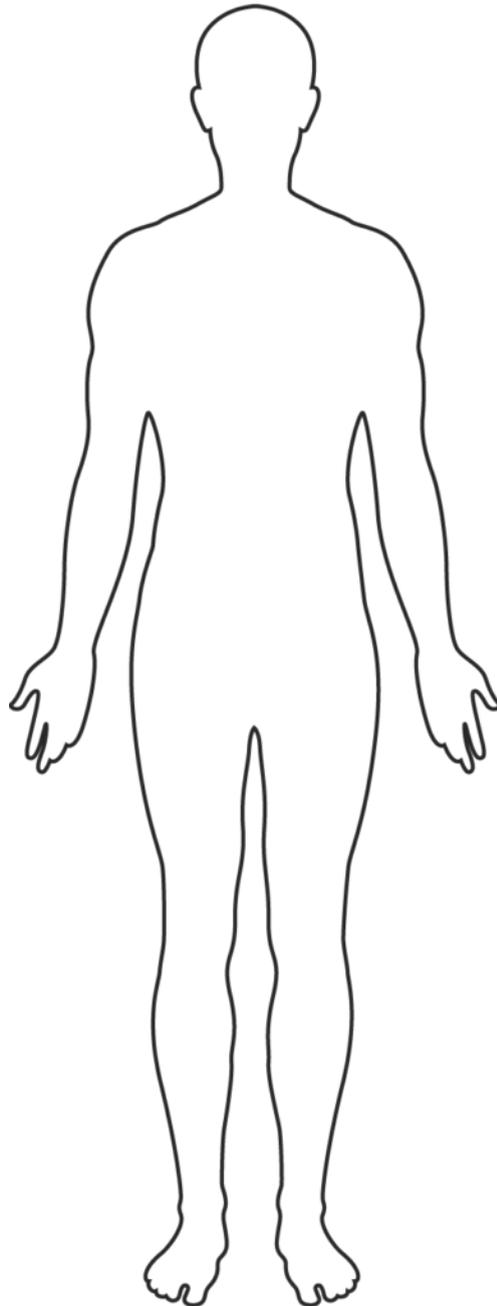
3.2.1 Read the information

Find out the facts. What are the short and long term, psychological and physical effects of the drug methamphetamine on the body?

 <p>Positive Choices website</p> <p>Methamphetamine ("Ice"): Factsheet</p>	 <p>Alcohol and Drug Foundation website</p> <p>Drug Facts: Ice</p>
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3.2.2 Draw the short term and long term effects of the drug methamphetamine on the body

If you are in the classroom, you can work in groups. Draw around a body to create a poster to hang in the classroom. The information from this lesson will be useful for the next lessons.

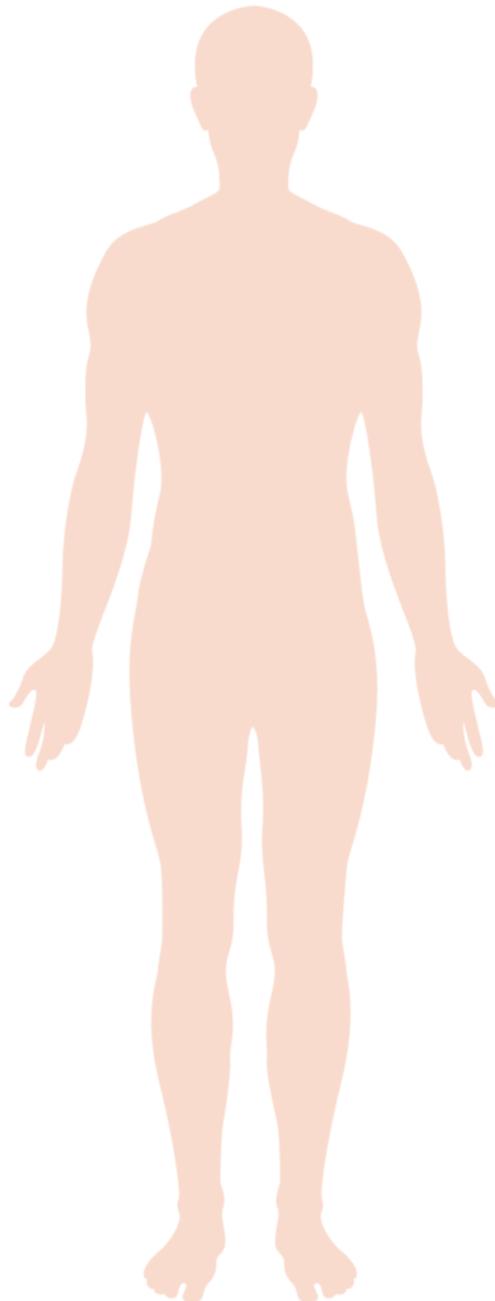


3.3 Build a healthy body and mind

What I want for my body and mind

3.3.1 Draw your aspirations for your body and mind.

For example: healthy skin, good memory, muscles etc. This could be funny, but hopefully it is memorable!



CHECK YOUR LEARNING



- Can you explain what dopamine is and how addictive drugs, like methamphetamine, affect the dopamine levels in the brain?
- Do you understand the short and long term, physical and psychological effects of the drug methamphetamine on the mind and body?
- Can you recognise the facts and trusted sources of information about the drug?
- Have you designed a healthy future for your mind and body?