

## Methamphetamine ("Ice"): Factsheet



### Evidence ratings:

This resource has undergone expert review. See our [Help/Q&A section](#) for more details.

**Year:** Year 7–8, Year 9–10, Year 11–12

**Targeted Drugs:** "Ice" (Methamphetamine), Methamphetamine

**Tags:** Tina, crystal, meth, Go-ey, base, speed, ice, shabs

**Time Allocated:** Partial lesson (under 45mins)

**Origin:** Australian Resource

**Cost:** Freely available

### Attachments

 [Methamphetamine: Detailed Resource \(for Parents/Teachers\)](#)

## What is methamphetamine?

Methamphetamine comes in three main forms:



**Ice/Crystal meth** - Translucent crystals, sometimes shards



**Base** - White to brown, thick oily substance



**Speed** - White or off-white powder

All forms of methamphetamine can be 'cut' (mixed) with other substances, which reduce the purity. Sometimes these other substances can also be harmful. Methamphetamine is often contained in pills sold on the illicit drug market as ecstasy.

Form	Also known as	Potency	Mainly used by
Ice/Crystal meth	Shabu, Shabs, Tina, glass, meth, crystal	Medium to high; this is normally the most potent form	Smoking, injecting
Base	Pure, point, wax, meth	Medium to high	Swallowing, injecting
Speed	Go-ey, meth	Low to medium	Snorting, swallowing, injecting

Ice or crystal usually have higher purity than speed, and for this reason it gives a stronger "high" and lasts longer. It also has more potent side effects during use and in the 'comedown' or 'crash' phase. There is greater potential for methamphetamine users to develop dependence (addiction), psychosis, as well as long-term physical and mental health problems.

## How many young people have tried it?

## Avoiding drugs? You're in the majority.



According to the Australian secondary schools' survey, 1 in 45 students (2.2%) aged 12-17 used methamphetamine last year.

### What are the effects?

Methamphetamine takes effect quickly. The effects can last between 4 and 12 hours, although it can take 1 to 2 days for the drug to completely leave the body.

**Methamphetamine is a very unpredictable drug. Toxic (and sometimes fatal) reactions can occur regardless of the amount used, whether the person is a first-time, occasional or regular user. Methamphetamine is more addictive than most other drugs, especially when taken in crystal form.**

Effects of methamphetamine vary, but may include:

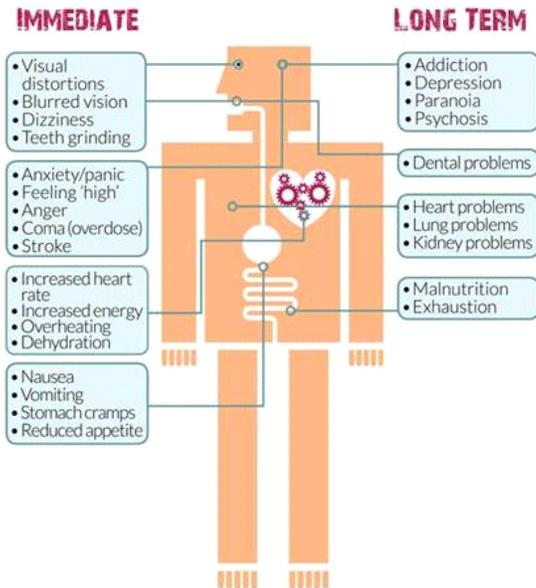
#### Immediate

- Increased heart rate and blood pressure
- Dilated (enlarged) pupils
- Increased energy
- Feeling of euphoria (a 'high')
- Aggressive behaviour
- Trembling
- Bad headaches and dizziness
- A 'comedown' (see [glossary](#))
- Insomnia
- Stomach cramps
- Reduced appetite
- Blurred vision
- Anxiety and panic attacks.

#### Long Term

- Dependence (addiction)
- Dental problems
- Heart, kidney and lung problems
- Malnutrition and exhaustion
- Depression
- If injected there is an increased risk of infections like Hepatitis C and HIV
- Paranoia (feeling extremely suspicious and frightened)
- Psychosis (see [glossary](#))
- Stroke.

### Methamphetamine: Effects on the Body & Mind



### Evidence Base

This factsheet was developed following expert review by researchers at the NMRC Centre of Research Excellence in Mental Health and Substance Use and National Drug & Alcohol Research Centre, UNSW.

See detailed attachment for a list of sources for this information.

- Credit to 2&2 for the 'Avoiding Drugs?' infographic.

