

# Meth in Our Community

## Issue 3

### Is My Teen Using Meth?

#### Meth Use Impacts the User:

##### Physically:

- Dilated pupils, dark circles or bags under their eyes
- Increased sensitivity to light
- Noticeable change in sleeping patterns
- Rapid or extreme weight loss
- Complaints of chest pain, rapid breathing
- Excessive sweating and body odor
- Bad breath, poor dental hygiene, and tooth grinding
- Dry, itchy skin
- Negative change in appearance, greasy hair, skin sores

##### Emotionally & Psychologically:

- Increased level of self-confidence and euphoria
- “Wired” – Restless, excitable and anxious
- Irritability or aggressiveness
- Drastic mood swings
- Dizziness or confusion, disconnected chatter

##### Socially:

- Change in attire, clothes that highlight drug use
- Hanging out with a different group of friends
- Subtle changes in conversations and behavior with friends (being more secretive, etc.)
- Noticeable change in values, lying, stealing, etc.
- Increase in borrowing money or trading of possessions
- Presence of meth paraphernalia such as pipes cans, needles/syringes, sandwich baggies, etc.

**If you notice one or two of these signs, it doesn't necessarily mean your teen is using Meth.**

**However, several signs in combination are red flags of a serious issue.**

### What Can I Do if I Have Suspicions?

**Get Educated:** Learn as much as you can about Meth use. Attend available educational events and reach out to organizations in your community like Prairie View Prevention Services.

**Act Now:** Keep track of changes in behavior, appearance, and friends of your teen.

**Don't Make Excuses:** Enabling makes it harder for a young person to become responsible and self-reliant.

**Have the Talk:** Let them know you know.

#### How Do I Have the Talk?

Practice what you want to say, and how you want to say it. Your teen may react in a number of ways from denial to anger to confrontation to relief. If your teen asks about you in your youth, be honest, but link your bad choices to negative consequences.

The following process may help:

**“I Care”** – Let your teen know love them and are concerned.

**“I See”** – Be specific about the things you have seen (behaviors, appearance, attitude, etc.) or found (pipes, needles, baggies, etc.) that cause you concern.

**“I Feel”** – Be honest about how your teen's behaviors make you feel.

**LISTEN** – Listen quietly and respectfully to what your teen has to say. Give your teen time to share feelings, problems, and explanations.

**“I Want”** – Acknowledge what your teen has shared. Suggest, don't demand, what changes you want to see happen. If possible, allow your teen to come up with a workable solution.

**“I Will”** – What can you do to help your teen change and reach the new goals? This may include moral support or referral to professional help. You may want to set new rules and consequences that are reasonable and enforceable.

Referral for professional help is the most caring thing you can do. Schedule an appointment with Prairie View Prevention Services for an evaluation or assistance with a referral to a treatment provider.

**Make it clear you are willing to keep talking, and if your teen chooses to say nothing right now, the door is open for future discussion.**



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