

methamphetamine



know what you're
signing up for

And because your conscience is confused – your reason is confused. It is very hard for you to actually see outside yourself anymore. It is very hard for anyone to tell you how much you are hurting yourself. It is very hard for anyone to make you believe you are a P addict and you need help. You are on the downward spiral. The deeper down you go, the harder it is to hear those calling out to you from the top.

If you have had no experience with P, you may think that this sounds a bit exaggerated. You should perhaps find out some more information on P, and particularly stories from those who have been on it. You may find in the end that, if anything, the effects of P are even worse than what is written here.

This is the fine print written on the back of the P contract.

This is what you get when you sign up.

For more information check out a website like www.methcon.co.nz. Read the detailed description of the actual chemical reactions that take place inside the brain.

To get a real picture of how this drug is affecting our society – look at the court system. The New Zealand Herald website (www.nzherald.co.nz) has a disturbing article titled 'Waging War On P' that includes details of many P-related crimes that have occurred over the last few years.

-- P.K

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P user' you may have seen on TV and on the internet - covered in sores and scabs for example. Your malfunctioning nervous system is telling you that you are itching everywhere and so you are picking at yourself until you bleed. Because you are full of false confidence in yourself you cannot see the damage to your body for what it is – you believe it is all under control.

Another effect of P is the increased anger that can surge through the user's body. P gives you a very 'short wick'. Because your mind is irrational, your anger can be irrational as well. Zero to one hundred in five seconds flat. Random outbursts of unjustified anger that have no known capped level are just as common in users as the high. If there is no limit to how great and in control you can feel, then the same can be said for the extent of the violence.

This is when you could end up physically hurting and even killing others – be it friends, family, people you don't even know but who are 'in your way', and even your own children. Your conscience is 'hardened up'.

You do not see what you are doing for what it really is any more. Your extreme behavior is caused, and also justified, by the drug you are putting into your brain, and the drug you are putting into your brain is now your fuel. The drug makes you believe and feel that you need it to keep going.



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You have probably heard people talking about the 'P Problem' in our society at the moment. 'P' is a common street name for the most pure form of methamphetamine. You may know of someone who uses this drug, or you may have even tried it yourself. Maybe you are a person who uses P.

There is no doubt that this drug is having a major impact on our people at this time. It is the reason behind many crimes, and it is the reason behind many family / whanau problems.

The reason why P is causing so much ruin across this land is the nature of the drug itself.

You can think about using P as kind of like signing up to a deal.

You are being offered something – but you need to sign a contract to do this, and to a person who is being tempted by this drug, the front page of the contract sounds great. It sounds like this drug can do great things for you.

A person who takes methamphetamine experiences a feeling that is hard to explain to someone who has not used it. You will feel a euphoria that is quite unlike anything else. It takes the ordinary and makes it extraordinary. You feel a confidence that you never knew you had – ten foot tall and bullet-proof. Many people feel 'cool, calm and collected' in situations that they would otherwise not.

To the person who has never tried P, this sounds very appealing.

It is very hard for you to actually see outside yourself anymore. It is very hard for anyone to tell you how much you are hurting yourself.

What is happening inside you to make you feel like this?

Basically, once inside the body, whether it be through injection, smoking or whatever, the methamphetamine travels through your body and up to your brain. Once there, it stimulates nerve endings in parts of your brain. Your brain starts to produce more of a chemical that causes your nervous system to experience pleasure.

Up to this point in the contract for P, there would not seem to be much to worry about.

So you take some P – you feel great – big deal?

The problem is that, like many things in life, if it sounds like a great deal – there is probably a hidden catch, print' on

the 'small the back page of the P contract.

In the case of P, there is quite a lot of small print. It is in the small print of the P contract that we find the reasons why P is devastating peoples lives and their families.

In the small print can be found more detail about what is actually happening inside your brain. The pleasure you feel is very real and very great. But it is an 'artificial pleasure', because it is not being produced naturally, but by the adding of chemicals to your brain.

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Part of the catch is that your brain 'gets used' to the stimulation of P. The nerve endings become 'hardened' to the P. Every time you use, you need more P to get these nerve endings in your brain to produce the 'pleasure chemical' you now crave. And the nerve endings keep on slowly hardening up as you put more and more in. So you end up in a cycle of needing 'just a little bit more' – all the time.

Now this where the small print hides a dangerous clause.

The nerve endings that you are hardening up are the same nerve endings needed for your brain to feel normal everyday pleasures.

So it is now going to be a lot harder for you to feel the same kind of feelings you used to before you started adding methamphetamines to your brain's pleasure system.

When you are not on P – things do not bring you the same amount of pleasure that they used to. Everything seems a bit 'flat', and the longer you have been doing P, the flatter things seem to be.

But it is not only the feelings of pleasure that are affected by P – there are other feelings that are effected as the nerve endings are 'hardened'.

They are also involved in the process in our brains that effects our emotions – for example; emotions like, love, empathy and sympathy, to name a few. So while your feelings of pleasure are gradually becoming 'flatter', so are these other very important emotions. As these emotions become less able to be felt, the combined effects upon your brain, and your mind, start to seriously damage perhaps the most important part of you as a human being – your *conscience*.

When your conscience is eroded by P, your emotions are eroded by P and you can no longer feel pleasure from the normal everyday things that you once used to without P, you can become very dangerous and hurtful – not only to yourself, but to those you love, those who love you and potentially to any one else who crosses your path.

You are now kind of like a 'P zombie'. The drug has 'become' you. Flattened of emotions and void of conscience, your whole life is now dominated by yourself

P. Your feelings about and about others are distorted through the fog of methamphetamine. Your mind and nervous system are no longer functioning correctly because the normal chemical reactions of your body are messed up by the chemical P.

This is when you could end up becoming the classic 'horror story

you end up in a cycle of needing 'just a little bit more' - all the time