

**It's Time To Be**

# **Crystal Clear**

**About Partying Smart**

*A message from the Pride Center of Western New York. For  
information and assistance, call 716-852-PRIDE (7743)*

**pride**  
CENTER OF WNY

**What is crystal?**

Crystal methamphetamine (crystal meth, Tina, speed, crank, ice) is a stimulant that lowers sexual inhibitions, raises energy and stamina, and lessens the ability to sleep.

**Is crystal addictive?**

Regular use can lead to a severe dependence. Crystal causes a powerful craving for more of the drug, and long-term use can cause physical and mental problems.

**How is it used?**

Crystal can be smoked, swallowed, snorted or injected. Injecting is the most dangerous way to use crystal meth.

**What are the side effects?**

Physical and psychological effects include hallucinations, paranoia, aggressive behavior and increased blood pressure.

**KEEP YOURSELF SAFE**

*Not using meth is the only way to be 100% safe. But if you're going to party, here are some ways to be more safe:*

- Crystal users are at a higher HIV and Hepatitis risk through unsafe sex and needle sharing. **ALWAYS use condoms and lube** and **clean needles**, if injecting.
- **Drink lots of water.**
- **Plan ahead and set limits.** Set a limit for how much you spend. Take only that amount with you, and leave your ATM card at home.
- **Eat and sleep.** Eat whole grains and protein to replace nutrients, and give your body time to rest.
- **Keep track of time.** Use an alarm clock or CD to remind you to check the condom or change activities.

*For information, visit [www.pridecenterwny.org](http://www.pridecenterwny.org) and [www.tweaker.org](http://www.tweaker.org).*