



<https://www.youtube.com/watch?v=vDJbp8xoLOg>

The Moose Jaw Crystal Meth Strategy Committee (MJCMSC) in cooperation with Shaw Spotlight, is pleased to present a locally filmed documentary “Stop Mething Around”. The 71-minute video features two individuals, Chad and Meagan, who speak about their lived experience with crystal meth addiction and recovery. In addition, front line workers from Moose Jaw Police Services, Mental Health and Addictions (Saskatchewan Health Authority) and Moose Jaw and District EMS Paramedic Services share their knowledge regarding the crystal meth crisis in Moose Jaw and area.

**DISCUSSION QUESTIONS FOR PARENTS and/or EDUCATORS:**

1. There are a lot of facts presented in “Stop Mething Around” about the dangers and negative effects of crystal meth. What is one thing in the video that stuck with you the most?
2. In the video, Constable Torgunrud discusses some of the reasons why crystal meth is used more frequently now. Why do you suppose crystal meth is a drug of choice for some people?
3. Most youth are concerned about fitting in and not wanting to disappoint their peers. Meagan talked about her struggles with wanting to ‘fit in’. Discuss what young people can do to fit in with their peers without using drugs.
4. Both Meagan and Chad talked about using other drugs before they started using crystal meth. Often times people are using other substance, such as alcohol or marijuana, before they try crystal meth. They say that very often the first time you use meth is when you can become addicted to it. What are some ways you can respond if you are offered crystal meth?
5. We hear in the video that there’s not a lot of support for families of people who are addicted to crystal meth.
  - a. Discuss how crystal meth affects the families and their lives.
  - b. Discuss the things that families can do to help and support the individual affected by crystal meth.
  - c. Discuss the things family members do that ‘enable’ the individual affected by crystal meth.
  - d. What does “enable” mean? What is the difference between “support” and “enable”?

6. Meagan and Chad both talked about how crystal meth affected their feelings and thinking processes and how crystal meth made them 'not care' and how it controlled their lives. There's a theme of loss in both Meagan and Chad's stories during the time they were using crystal meth. Review the effects that crystal meth had on their lives and the losses they experienced.
7. Chad talked about why he took crystal meth but he also talked a lot about the negative effects he experienced from crystal meth use. For some people, drug use is a way to numb or escape. What do you think they escaping from?
8. Both Chad and Meagan talked about 'getting busted' for possession for the purpose of trafficking (selling drugs), eventually going to Drug Treatment Court and how ultimately this was what saved their lives. How did getting arrested be something they are grateful for?
9. Chad and Meagan talk about their need to work on their recovery and keep accepting support on an ongoing basis. There's no such thing as "when you quit crystal meth you are okay". Why do you think that is the case?
10. In the video, Meagan talked about being able to relate to her addiction counsellor's story. She said this was the first time she was able to connect with and open up to an authority figure. Think of an adult that you would consider a mentor—what is it that they say or do that motivates you to be the best person you can be?
11. Meagan says "this (the sexual assaults) is what happened to me. If it happened to you, you would be like me too". She was feeling like a victim at the time but now feels like a survivor. How do you distinguish the difference between "victim" and "survivor"?
12. What are your thoughts on the music video by Freshie IE ("Crystal") at the end?

## **WHO ARE WE?**

The Moose Jaw Crystal Meth Strategy Committee is a network of several human service organizations and individuals that are interested in building awareness about the dangers of crystal meth through the 2021 "Spread the Word" prevention campaign.



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