

Thank you for your interest in doing the Don't Meth With Us presentation. Kids around the world are receiving this presentation, and it's changing lives! Before we start, I'd like to give you a few tips.

1. GET EXCITED! This topic is important. Make sure your attitude reflects how important and exciting this information is. If you're pumped up, your audience will be pumped up.
2. DON'T DEMEAN THE KIDS! Don't talk down to your audience. Look them in the eye. Speak to them like young people, not babies. If you show them respect, they'll show you respect. Don't lie or exaggerate. This drug is bad enough without you making things up or spreading rumors. Kids know when they're being lied to.
3. MAKE IT YOUR OWN! The following script is written in my words. These are my mannerisms, and my way of speaking. Make it yours. Own it!
4. DO YOUR RESEARCH! Read every article you can find online. Talk to some people who have experienced addiction. Ask experts questions. Become an expert on Meth.
5. ANSWER QUESTIONS! During the presentation, when you ask for audience participation, just ask questions and field answers until you get the right one. Don't take too many answers for the sake of time. At the end take 15-30 minutes to field additional questions from the students. We don't want anyone going home curious.
6. TAKE A DEEP BREATH! Don't be nervous. 5<sup>th</sup> graders are friendly and attentive. They're not judgmental.

The following is the script written 11/2/16 to match the most current form of the Powerpoint presentation. Anything in [] is not meant to be said out loud. We incorporate our annual contest into the opening and closing statements. Of course that is optional. Welcome to Don't Meth With Us! Let's change the world!

Sincerely,

Allen S. Elmore

Lead Presenter – Farmington, NM

Paul McQueary – President , “Don't Meth With Us” Foundation

Script:

[SLIDE 1 – Logo Screen]

Hey kids! My name is \_\_\_\_\_, and I'm with \_\_\_\_\_ We're a group that gives presentations to 5<sup>th</sup> grade students about a very important topic. How many of you like money? [They'll raise hands] That's great! We have a contest where we give away a BUNCH of money. The only way to win is to pay very close attention to the information we're going to show you. At the end of the presentation we'll ask you for your help and let you know how you can get your hands on some serious dough!

[SLIDE 2 – Kamikaze]

Who here knows what a Kamikaze is? [Looking for answer: pilot, etc.] That's right! Kamikaze pilost were Japanese pilots who were given Meth and would then fly their planes, loaded with bombs, directly into US ships. They were suicide bombers. How many of you know what meth is? [Looking for answer: drug, etc.]

[SLIDE 3 – What is meth]

That's right. Meth, Methamphetamine, Crystal Meth, Glass, Ice, Crank, Go-Fast, Speed, whatever you call it, is a drug, but not only that, meth is the most addictive drug ever invented. Who knows what addiction is? [Looking for answer: can't do without something, etc.] That's right. Addiction is a very power thing that's also very hard to explain, but I'm going to try. When you wake up in the morning, what's the first thing you want? [Looking for answer: breakfast, food, etc.] Me too! Breakfast is so important. You crave it, don't you? What if you skip breakfast? Now you're really hungry. What if you skip lunch too? Now you're starving! What if you don't eat all day? Food is all you can think about, right? That's a physical addiction. Your body craves food like an addict craves drugs. It's all they can think about. It's all-consuming.

[SLIDE 4 – 9/10 addicts relapse]

Almost 9 out of 10 meth addicts relapse after receiving rehabilitation. I need everyone to stand up! [Wait until all students are standing] We're going to use our imaginations. Let's imagine we're all Meth addicts. Let's pretend we're all going to rehab. Who knows what rehab is? [Looking for answer: a place addicts go to get better, etc.] That's right! Rehab is a place addicts go for 28 days to a year to fight their addiction. So lets pretend we're all Meth addicts, and we al went to rehab. Now I want the kids from here [motion with hand to 10% of the kids] to the wall to sit down. [10% of kids should be sitting now] Now all of us have gotten out of rehab. Meth is such a powerful drug that rehab didn't work for those of you still standing. You relapsed, or went back to using. Meth is the most addictive drug there is.

[SLIDE 5 – How addiction works]

How many of you like science? That's awesome! I LOVE science. I'm going to explain to you how people get addicted, scientifically. Dopamine is in our brain. It tells our body how good something feels or how good something tastes. I bet you know how it feels. How many of you play soccer? You know that feeling you get when you score a goal? That's dopamine! How many of you play video games? You know how good you feel when you beat a really hard level? That's dopamine. How about when you open a present and get something super cool? How about ice cream on a hot day? All those good feelings? That's your body releasing dopamine.

The first time you try meth it releases a bunch of dopamine, but it starts to destroy your body's natural ability to produce dopamine. [Have someone dim lights if possible] Each time you take some it kills off more of your dopamine, until eventually none of that stuff feels good any more. [Switch all lights off if possible] It doesn't feel good to score a goal, or beat a video game. The only joy an addict feels is from the high of the drug. How sad is that? [Turn lights back on]

[SLIDE 6 – Choices]

What are some examples of good choices? [Looking for 4-5 answers: doing homework, etc.] That's right. What are some examples of bad choices? [Looking for 4-5 answers: not listening to parents, etc.] That's right. We like to say that good choices take you forward and bad choices take you backwards.

[SLIDE 7 – Train Tracks]

What do you want to be when you grow up? [Looking for 4-5 answers: Doctor, etc.] If you want to be a doctor when you grow up, do you think you get there by making a bunch of good choices or bad choices? Meth destroys your life. We like to call it a “train wreck”. How do you avoid being hit by a train? [Looking for answer: stay off train tracks, etc.] That's right! The only way to get hit by a train is to play on the train tracks. In this

case we're talking about using alcohol, marijuana, or experimenting with prescription pills. People messing with these things are much more likely to try Meth.

[SLIDE 8 – What's in meth]

Now I'm going to share with you some of the things that they make meth out of. [Grab bag of empty chemical bottles] Often Meth is made in make-shift labs with some of these things: [Point to screen] Cold pills, Acetone, Gasoline Additives, Rubbing Alcohol, Brake Cleaner, Engine Starter, Drain Cleaner, Iodine, Battery Acid, Lye, Red Phosphorus, and Muriatic Acid.

[SLIDE 9 – Volunteers SKIT]

All right. I need 2 volunteers that are really good at reading and can be loud enough for everyone to hear them. [Pick a boy and a girl] Alright guys, come on up. Now, I have a bag full of the chemicals that they use to make Meth. I'm going to have one of you reach in and grab a bottle and the other one will read what it is and the warning label. [As kid reaches into the bag PPE Inspector should come running in blowing a whistle loudly]

[PPE Inspector] WAIT! WHAT ARE YOU DOING???. DROP THAT BOTTLE! Didn't he mention that those were poison???. I'm the PPE Inspector. Does anyone know what PPE stands for? [Looking for answer: Personal Protective Equipment] It's Personal Protective Equipment. These chemicals put off fumes that can damage your lungs. What should our chemical-handler be wearing to protect his lungs? [Looking for answer: a mask] That's right! Let's put a mask on him! [Put mask on handler] These chemicals can burn your skin. How do we protect his hands? [Looking for answer: gloves] That's right! Let's put some gloves on him. [Put gloves on handler] What about his eyes? What if these chemicals splash into his eyes? How do we protect them? [Looking for answer: safety glasses] That's right! Let's put these safety goggles on him. [Put goggles on handler] There! I think we're set now.

[Main Presenter] Wow! I guess these chemicals are pretty awful. Grab one and we'll have her read it. [Have handler grab a bottle. Have other kid read chemical and warning. Do this for 5-6 bottles asking questions like "What is fatal?", etc.] Thank you guys so much for your help. Here are a couple gift cards for free ice cream! Everyone give them a round of applause! [Leave chemicals out for rest of presentation.]

[SLIDE 10 – What does meth look like]

Meth comes in many forms. Most of the time it's white and looks like crystals. Sometimes it's powdery. People smoke it out of glass pipes, lightbulbs, and tin foil. Some people use needles to inject it or snort it up their noses.

[SLIDE 11 – Hey, try this]

What if they offer you something that doesn't look like this? [Looking for answer: Don't try it!, etc.] That's right! What if it's rat poison or something? If you don't know what something is, don't do it.

[SLIDE 12 – Physical effects]

As you know meth is made from terrible chemicals. Meth users stay up for many days straight. We need sleep. Without it our brains don't work right. Meth users don't eat. They don't take care of their bodies.

Their mouths dry out. Their skin pores release toxins in their body. They itch and scratch. This results in spider bites and meth mouth.

[SLIDE 13 – Pics of spider bites and meth mouth]

As you can see, Meth really messes up your body. How would you like to kiss that mouth? Your teeth need saliva to keep them clean and acid free. If your mouth stays dry for too long, acids will deteriorate your teeth. This is a permanent effect. Some Meth addicts have to get dentures in their 20's!

[SLIDE 14 – Mug shot 1]

This man was arrested for some reason. Here he is ONLY 3 months later! This is what meth can do to you in 3 months.

[SLIDE 15 – Mug shot 2]

This woman on the left was arrested a couple years later. Look how awful she looks!

[SLIDE 16 – Mug shot 3]

This is what meth can do to a person in 8 years. The woman on the bottom doesn't even look like the woman in the first picture, does she? It's awful isn't it?

[SLIDE 17 – Effects on your life]

Meth doesn't just affect your body. It will DESTROY your life! Meth addicts tend to drop out of school since their only concern is getting high. They can't hold jobs. A lot of places test for drugs. Since they are mostly unemployed and they need money to buy meth, they steal and lie, so real friends and family disown them. They lose anyone who loved them before. They spend all of their money on meth, making it hard to own nice things or even have a place to live. They suffer from seizures, strokes, hallucinations, heart issues, and paranoia [explain each briefly as you go]. Some of these effects are permanent!

[SLIDE 18 – Be prepared]

The reason we're here today is so that you're prepared. Some day someone you will probably be offered drugs, and it's probably going to be by someone you know or trust. Maybe a friend or a family member. Maybe while you're at a party. You won't expect it to happen, but it won't be some sort of monster jumping out of the bushes. So you need to be prepared with an answer. You have that card we gave you? You see the part where it says "If someone asks me to try meth I will tell them"? I want you to right an answer there. It shouldn't just be NO though. I want you to make it personal. Think of why you don't want to do meth. Think about your goals and hopes and dreams. If someone asks you, what will you say? [Looking for 4-5 answers: "No way, I want to be a teacher!", "Sorry, I like my teeth!", etc.]

[SLIDE 19 – How many...]

So, I'd like to review. How many of you know some of the awful stuff they put in meth? That's great! How about how meth affects your body? Awesome! How many of you know what meth does to your life? Wow! You guys know a lot about meth now! How many of you want to be doctors when you grow up? How about nurses? Police officers? Sports stars? Race car drivers? Astronauts? Vets? [SLIDE 19] How many of you want to grow up to be a drug addict? [Pause] No one? That's funny. How many of you have seen drug addicts or maybe know one? [Looking for 2-3 answers: family member, sleeping in alley, etc.] So we've seen drug addicts begging for change at gas stations, or some of us are related to them. If I was standing in front of them in 5<sup>th</sup> grade, do you think they would have said, "heck yeah I want to be a drug addict"??? No way! No one wants to be a drug addict when they grow up. The people you see wanted to be teachers and doctors and police officers and sports stars. What happened? [Looking for answer: they mad a bad choice, etc.] That's right. They made a bad choice and tried it once. But, they weren't prepared, and you are. Right?

[SLIDE 20 – Talk to someone]

Talk to someone. If you're approached about drugs or you know someone who's doing drugs, talk to someone you trust. Your parents or a teacher or your coach. Anyone.

Now, remember when I said I had a favor to ask of you. After the presentation you're going to get a t-shirt and a pencil. The pencil has our web address on it. We need your help to change the world. We change the world by changing our community. This evening go home and take your family to our website. Show them our presentation and teach them about how awful meth is. Show them what you learned today. You could save their lives!

Now, how many of you like money! We have a contest each year we'd like to tell you about. [Have someone tell them about the contest details.]

[SLIDE 21 - Logo]

Do you have any questions about meth? [Carefully field 10-30 minutes worth of questions.] Can I make a video of you guys? I'd like for you to yell, "We are the future! Don't meth with us!" On the count of three. One! Two! Three! "We are the future! Don't meth with us!" Thanks guys! Have a great afternoon!