METH

Methamphetamine: the facts, the real numbers, and how to use them.

Know the Basics

What it is
Methamphetamine is a powerful, highly addictive stimulant. It comes as crystals ("ice" or "glass"), powder or pills, and speeds up the brain and body.

Short-term effects
Racing heart, higher body temperature, little appetite or sleep and a hard crash afterward.

Long-term effects
Addiction, anxiety, paranoia, psychosis, memory problems, severe dental damage and skin sores.

Fake pills
Counterfeit Adderall and other fake pills can contain meth, and the meth supply is often mixed with fentanyl.

Stimulant overdose
Too much can cause a heart attack, stroke, seizures or dangerous overheating, especially mixed with other drugs.

THE REAL NUMBERS

99.8%+
of Indiana students in every grade, 7th–12th, did **not** use meth in the past month. No grade was above 0.2%.

0.1%
of Indiana 12th graders used meth in the past month in 2026, down from 0.7% in 2016.

36%
of Indiana overdose deaths in 2024 involved meth or other stimulants. This figure covers all ages, not just teens.

Sources: 2026 Indiana Youth Survey; Indiana Department of Health

Indiana Trends by Grade (Past-Month Use)

Grade	Methamphetamine		Misused prescription stimulants
	Indiana (2016)	Indiana (2026)	
8th	0.1%	**0.1%**	0.3%
10th	0.3%	**0.1%**	0.5%
12th	0.7%	**0.1%**	0.4%

No national comparison exists: Monitoring the Future no longer asks about past-month meth use. **Handle tiny numbers with care:** 0.1% is about 1 student in 1,000, so small shifts can happen by chance, and a single school's rate can swing on one answer. Source: 2026 Indiana Youth Survey.

Laws & Safety in Indiana

- **Possessing meth is a felony** in Indiana, and dealing carries much heavier penalties.
- **Cold medicine with pseudoephedrine** is sold behind the counter with ID and purchase limits because it can be used to make meth.
- **Only take stimulants prescribed to you** and filled at a pharmacy. Sharing or selling ADHD medicine is illegal and risky.

Stimulant Emergency: What To Do

Signs: chest pain, very high body temperature, seizure, extreme agitation or confusion, trouble breathing or passing out.

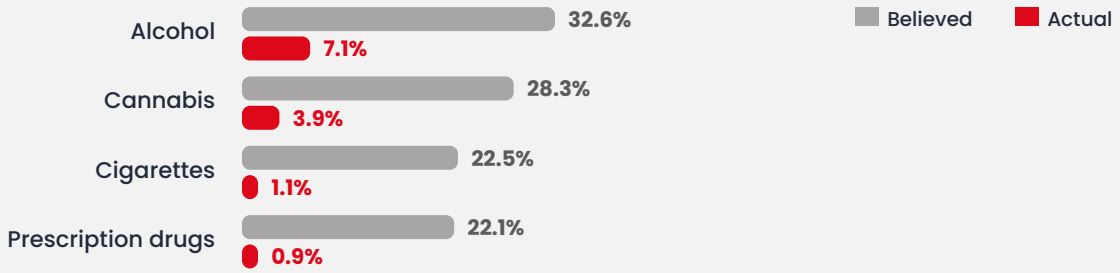
1. **Call 911.**
2. **Keep them calm and cool** in a quiet space, and stay with them.
3. **Give naloxone** if they're hard to wake or breathing slowly. Fentanyl may be mixed in, and naloxone won't cause harm.

Using Data in a Norms Campaign

Social norms work when the numbers are accurate, local and believable.

Meth use among Indiana teens is rare, but meth is in the news because of adult addiction and overdose deaths. Strong campaigns keep those two stories separate. Lead with the teen healthy majority, report tiny numbers carefully and connect to the stimulant pressures teens actually face.

The Perception Gap: Students Overestimate Every Substance Measured



Past-month use, grades 7–12 combined, 2026 Indiana Youth Survey. The survey doesn't ask students to guess peer meth use, but the pattern holds for every substance it measures.

DO

- **Lead with the healthy majority:** "More than 99 in 100 Indiana students didn't use meth in the past month."
- **Say tiny numbers plainly:** "fewer than 1 in 500 students" is clearer than "0.2%."
- **Connect to real pressures:** staying awake, studying, sports and fake Adderall.
- **Pair the norm with a skill:** only take your own prescriptions and know how to respond to an emergency.

DON'T

- **Use "faces of meth" scare images.** Fear-based messages don't work with teens and add stigma.
- **Call a change from 0.2% to 0.1% "cut in half."** Shifts that small can happen by chance.
- **Use adult data as teen norms.** Overdose deaths and arrests mostly reflect adults.
- **Invent a national comparison.** No current national teen number exists.

Message Makeover

WEAK

"Meth will rot your teeth and ruin your life!"

STRONGER

"Nearly every [School] student stays meth-free. We only take pills from our own prescriptions."
[Insert your local number and source.]

Find Your Local Data

1. **Ask your school counselor or principal** whether your school took part in the Indiana Youth Survey. Participating schools get their own report.
2. **Contact your county's Local Coordinating Council (LCC)** or local prevention coalition. Many have county-level data.
3. **Check the Indiana Department of Health overdose dashboard** for county overdose data, and inys.indiana.edu for survey results.
4. **No local data?** Use state data and label it clearly as Indiana statewide.

Sources: Indiana Youth Survey 2026, Prevention Insights, IU School of Public Health-Bloomington; Indiana Department of Health; National Institute on Drug Abuse (NIDA); DEA; CDC.