

# UNDERSTANDING CHEMS & STAYING SAFE

## CRYSTAL METH

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- Potent psychostimulant
- Meth, speed, ice, Tina, crystal, tweak, crank, glass
- Smoked
- Injected (slammed)
- Rectal (booty bump)
- Snorted
- Swallowed (“bombing”)

# Short-term effects

- ↑ heart rate, blood pressure & temp.
- Sweating, rapid shallow breathing, dilated pupils
- Strong euphoria & ↑ sexual desire
- ↑ energy/alertness
- ↓ anxiety/appetite/sleep

# High doses

- Chest pain, arrhythmia
- Breathing difficulty, very high temp
- Paranoia, seizures, stroke, coma
- Erectile dysfunction (“crystal dick”)

# Comedown

- Anxiety, depression
- Fatigue, headache

# Long-term use

- Tolerance → higher/frequent dosing
- Dental decay; weight loss; skin picking
- Mood swings, insomnia

Psychosis/paranoia/hallucinations

- Strong psychological dependence
- Withdrawal: depression, irritability, attention deficit

# Mixing with

- Meds for psychosis/blood pressure → weaken their effect
- Ecstasy, cocaine, poppers, erectile dysfunction drugs, some antidepressants → blood pressure dysregulation, heart attack or stroke

# Harm reduction

- Eat beforehand (high-fat food helps for oral uptake)
- If using condoms: change every 30 min
- Use water-based lube
- Take breaks: water/juice + electrolytes
- Avoid sugar/caffeine/alcohol
- Take smaller amounts, longer intervals
- Brush teeth, sugar-free gum

# Comedown recovery

- Sleep in a quiet, safe place
- Drink water/juice + electrolytes
- Eat nutritious food, incl. protein
- Avoid sugar/caffeine/alcohol
- Calcium/magnesium + multivitamin
- If overwhelming: reduce/pause use & seek non-judgmental support
- Stay connected to trusted people
- Avoid triggering environments

Content is shortened for Instagram

For full information, see

*AIDS Action Europe,*

**Harm reduction in the context of  
chemsex: training manual**