

#1 in a series. Look for others...

HI!
MY NAME IS

Tina

DO YOU KNOW TINA?

What is Tina?

It's the name we give to a drug called crystal methamphetamine. The name Tina is used interchangeably with crystal, crystal meth, and meth in Toronto's gay/bi community. Other street terms like speed, ice, glass, and crank are sometimes used.

Where does Tina come from?

Tina is made in illegal labs with inexpensive, toxic and flammable ingredients. The chemicals and processes used vary from lab to lab, affecting the strength, purity and effect of the final product. Some of the different materials, chemicals and substances often used in the production of Tina include toluene (brake cleaner), acetone (nail polish remover) and muriatic acid (swimming pool cleaner).

How is Tina taken?

Tina comes in two forms: powder and "crystals" and it can be taken in one of five ways: snorted, swallowed, smoked, injected, or inserted in the ass. Each of these ways has different risks associated with it.

How does Tina make you feel?

In general, Tina makes us feel alert, energetic, confident and euphoric. Crystal meth can be a powerful antidepressant and aphrodisiac. In a sexual context, gay and bi men also feel extremely horny, driven for sexual release, and often submissive. We may feel little need for food or sleep when high.

After the initial effects of the drug have worn off, users are left feeling tired and depressed. Use of the drug continuously over a period of days or even weeks, called a 'binge and crash' cycle, invites serious health risks and drug dependency.

What are the effects of using Tina?

The high can be great but so are the consequences. Crystal meth use produces many negative short-term effects on our bodies, our minds and behaviours, and our lives. Over the long-term, crystal can cause significant health challenges like gum and mouth diseases, heart disease, high blood pressure and depression. How you take crystal can affect the time to get off, the intensity of the rush, and the length of time you feel high.

Is Tina addictive?

YES. Tina is one of the most addictive 'recreational' drugs. Not everyone that tries crystal gets hooked but many people consider crystal to be more addictive than alcohol, pot, cocaine, k (ketamine), GHB, ecstasy and perhaps heroin.

Tolerance to the effects of Tina builds up quickly in regular and even occasional users, meaning that more and more of the drug is needed to achieve the desired effect.

Is Tina dangerous?

YES. Tina causes the heart to beat faster and blood pressure to rise. This strains the heart and circulatory system. An overdose of crystal meth can result in high body temperature, irregular heartbeat, nausea, seizures, heart attack, stroke and death. The risk of overdose is highest when the drug is injected (or 'slammed').

RESOURCES

For more information about what you need to know about Tina, please visit www.himynameistina.com