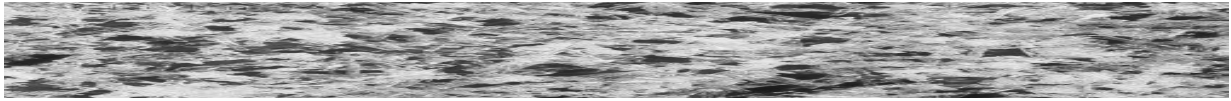


GREEN THUMB THEATRE
presents

CRANKED



By
Michael P Northey



CRANKED

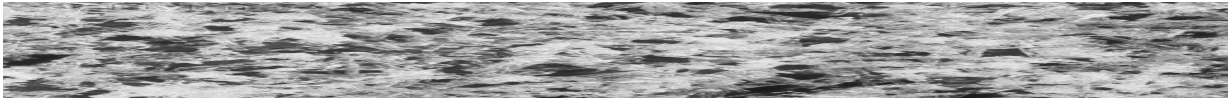
Study Guide

What is Crystal Meth?

- Methamphetamine is a recreationally used psychostimulant drug. It can come in several different forms, with different names such as ice, glass, crystal, crank, speed and chalk. “Crank” is a form of meth that is a non-crystalline powder prepared for insufflation (i.e. blowing and breathing in) or injection.
- It is highly addictive, cheaper than other drugs, and only a small amount needs to be used in order to produce a long, intense high. The effect of it can cause increased activity, decreased appetite and a sense of well-being.
- Meth initially triggers the brain to release increased amounts of dopamine, the chemical which is integral to feeling pleasure. Research suggests that meth damages areas of the brain which control learning, memory, and movement (NIDA). Over time, increased meth usage also damages the brain’s ability to produce dopamine, making the duration of a high shorter and thus potentially increasing the frequency of usage.
- Use of crystal meth is steadily increasing in the young adult population. As it is relatively cheap, easy to produce and widely available, proactive steps must be taken now **not only** to inform young people about the pitfalls of crystal meth addiction but also to suggest other options for dealing with stressful situations.

Signs that Someone May be Using Meth

- Loss of appetite and weight loss
- Aggression
- Dilated pupils
- Rapid speech
- Anxiety
- Psychotic symptoms (hallucinations and delusions)
- Headaches
- Over-confidence
- Insomnia
- Changes in dress, friends and slang
- Drug paraphernalia: light bulbs, glass straws (so-called "lollies" or "popeye")



Synopsis

Stan a.k.a. “ definition”, is a horror film buff and was a rising freestyle DJ when it all crashed. Stan preps for an upcoming freestyle competition without the crystal meth habit that dominated his previous life. His memories of the films, the meth highs and the rush of music all collide as he struggles to recapture his life

Cranked examines the rising epidemic of crystal meth use by teens. Using spoken word and hip-hop, playwright Michael P. Northey and Green Thumb Theatre offer a dramatic exploration of addiction and the drug culture.

CRANKED

by Michael P Northey

Directed by Patrick McDonald

Stan	Kyle Cameron
DJ/Sound	Joel Etkin
Stage Manager	Elizabeth Steele
Beats by	Kyprios & Stylust

CRANKED is touring because of the generous support of:



Canada Council
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CITY OF VANCOUVER



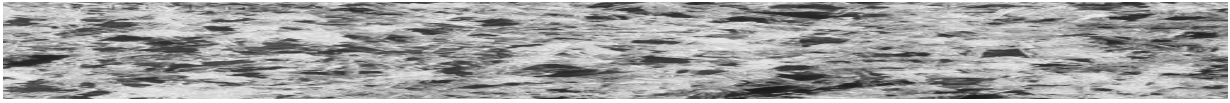
Ministry Of Public Safety & Solicitor General
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Topics for Discussion

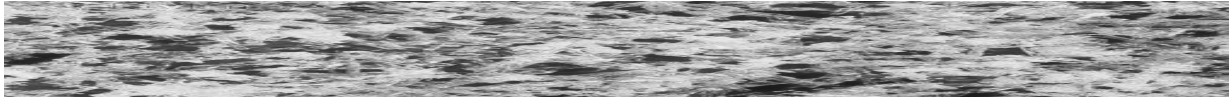
1. Dependency: Zombies vs. Humans

Stan is a big fan of horror movies. He likens zombies and their cravings to those of a drug addict:

"They crave flesh! And when you crave flesh ... When you need that flesh so bad it hurts. When the flesh is the only thing you think about. When it is the sole thing in this universe that you can focus on and you want it as bad as your next breath of air? Oh yeah, you will run. You will sprint. You will rob, cheat and do whatever you have to do ... to get that flesh. See I know what it is like to be a mindless monster wandering the wasteland searching for that one thing and one thing only."

This is a very strong way of illustrating the hold that meth has on him.

- Have you ever felt that you needed something this strongly?
- Did it make you feel more out of control or more in control of your feelings?
- Is being dependent on certain things always negative?
When is it positive?
- What are you dependent upon?
Are these dependencies positive or negative?



Topics for Discussion

2. Out of Control

Stan's desire for escape quickly turns into an addiction that seems uncontrollable.

"I know what it's like to crave something so bad it becomes more important than anything else in your world."

■ Does dependency in any one thing always result in you losing some amount of control?

■ What is controlling Stan?

How?

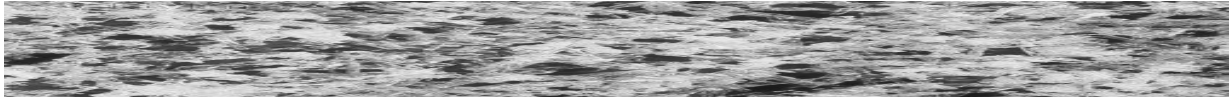


Not only does crystal meth cause immediate brain damage, it leads to the following:

- High euphoria
- Anxiety
- Depression
- Mental confusion
- Aggressiveness
- Increased respiration and body temperature
- Poor judgement
- Delusions
- Visual and auditory hallucinations
- Rapid mood changes
- Fatigue
- Erratic, aggressive behaviour

We all know that drugs are dangerous and yet people continue to use them.

■ Why is this?

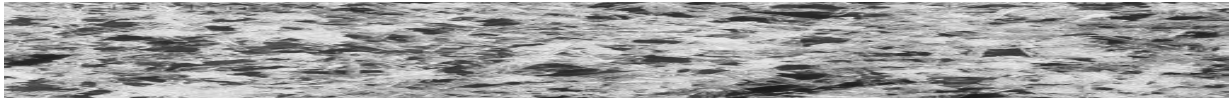


Topics for Discussion

3. Regaining Control

Stan's life felt unmanageable to him and he turned to drugs as a solution. By using crystal meth, Stan felt more in control of his life. The drug made him *feel* as though everything in his world was alright. But there were issues that Stan needed to deal with, like his anger at his father and his feelings of low self worth . By relying on meth, Stan was really running away from his problems.

- What kind of situations make you feel like “running away”?
- Can you avoid problems by running away from them?
- Why or why not?
- When is it important run to away from a situation?
- When is it important to stay and try to work it out?



Topics for Discussion

4. Turning a Negative into a Positive

*I've cried tears and I know that things will be better now.
I've fought hard just to say that I am better now.
Well for those passed remember this.
That as life goes on you're gonna be missed.
When I wake up every morning it's life I kiss.
From now on, life is a gift.*

The fact of the matter is that Stan chose to use crystal meth to help him through some difficult moments and feelings in his life. But that doesn't mean that he is stuck and can never overcome his past choices. We can always have a fresh start. Sometimes the effort it takes to do this is immense and it can be a daunting decision. But it is in your power!

■ Have you ever made an important decision that you've regretted?

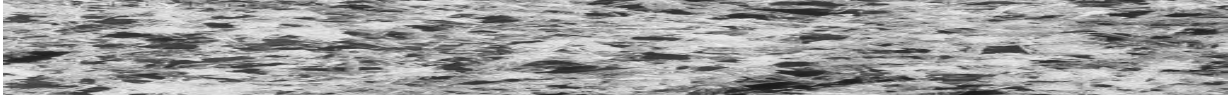
■ Were you able to turn that negative decision around?

How?

■ What did you learn from this decision/situation?

Did this experience help you in making a better decision in a similar situation?

■ How do you think Stan could have better dealt with his unhappiness at home?



Critical Thinking & Decision Making

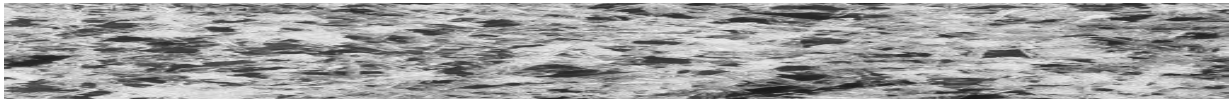
Sometimes, when you are right in the middle of a tricky situation, it's hard to weigh the pros and cons and make the "right" decision.

- What helps you make your choices?
Your experiences, your family or friends, media?

- What information should you rely on to make the right decision for yourself, for both your present and future?

- It's important that you listen to yourself – both your head and heart. They may both give you conflicting information. Perhaps your head tells you what you *should* do and your heart tells you what you *want* to do or vice versa. It's your job to figure out what will be good for you in the long term, not just the short term. The decisions we make every day do not just influence the "right here, right now" but they cause a ripple effect into *your* future. Of course you want what is best for yourself! So take the time to weigh your options and make the right choice because it does influence where you go next!

- The more you practice listening to yourself and making good decisions, the easier it will become. At first it may feel like slow going – having to analyse your thoughts, feelings and the outcomes of your decisions. But the more you do it, the more natural it becomes.



Critical Thinking & Decision Making

1. Where Are My Options Coming From?

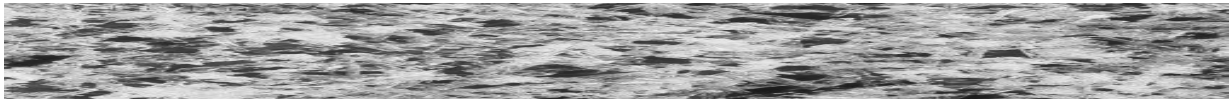
- Is this something you want to do, or is someone suggesting that you do it?
- If you are taking advice or instruction, is this person or persons looking out for your best interest? Is this someone who has nothing to gain from you taking their advice?
- Are you comfortable with your options? Note if an option makes you uncomfortable.

2. Using Your Intuition

Once you know what your options are, where they are coming from (eg. Media, a friend, a parent, co-worker, yourself etc...), you need to clarify your position/feelings on them.

Try this quick test:

- Which option makes me feel good about the future?
- Which option makes me feel uncertain?
- Which option makes me feel negative about my future?



Critical Thinking & Decision Making

3. Calculating: Weighing the Pros and Cons

Now you need to look at your options more deeply and figure out the following:

■ Is there a possible positive outcome from each option? What are they?

■ Is there a possible negative outcome from each option? What are they?

Now look at all of your “data” and think about the following:

■ Do the positives outweigh the negatives in the long term?

In other words, which option has the most positive future outcome and which has the most negative outcome?

4. Where Do I Want to Be

Stop and take a moment to picture yourself in the future – maybe 5, 10, 20 years from now.

Where would you like to be in your life? What kind of lifestyle do you want to have for yourself, your friends and family? (Yes, it is important to think of your friends and family – your decisions do affect those around you, just as Stan’s did!)

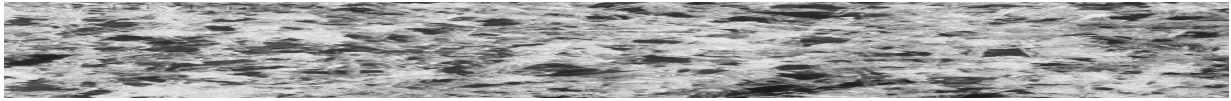
Now that you have a picture of the life you want in your future – how is this decision going to help make that a reality?

■ Will it have a positive effect? Why?

■ Will it have no effect at all? Why?

■ Will it have a negative effect? Why?

If choosing one option over another will result in a negative effect in your future, is it worth pursuing? Where could it lead? Do you want to be there?



FURTHER INFORMATION

Here is a list of some resources you may want to explore to learn more about the effects of crystal meth addiction, how to get addiction help for yourself or others and how to help yourself find solutions when you feel overwhelmed:

BC Health Guide: Teen Alcohol and Drug Abuse
www.bchealthguide.org/kbase/topic/special/tp17749/sec1.htm

Canadian Centre on Substance Abuse
www.ccsa.ca

Covenant House Vancouver: Help for Family and Friends - 604-685-5437
www.covenanthousebc.org/family/crystal_meth.html

Crystal Meth BC
www.crystalmethbc.ca

Kids Help Phone – 604-668-6868
www.kidshelpphone.ca/en/

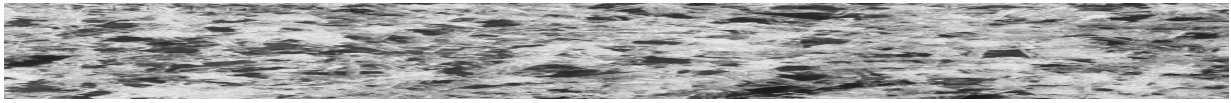
Narcotics Anonymous: Crystal Meth Addiction
www.narconon.ca/resources/meth_addiction.html

NIDA for Teens: The Science Behind Drug Abuse
teens.drugabuse.gov/mom/tg_intro.asp

Fraser Valley Health
www.fraserhealth.ca

Fraser Valley Health “Cold As Ice” Educational DVD
www.fraserhealth.ca/News/NewsReleases/2006-04-25.htm

The Odd Squad
www.oddsquad.com/



FURTHER INFORMATION

CBC Television, The Fifth Estate: The Dark Crystal
www.cbc.ca/fifth/darkcrystal/canada.html

Alcohol and Drug Information Referral Service in the Lower Mainland call

604-660-9382

or

1-800-663-1441

Books:

Overcoming Crystal Meth Addiction: An Essential Guide, written by Dr. Stephen Lee

Iced: The Crystal Meth Epidemic, written by Jerry Langton

Leaving Dirty Jersey: A Crystal Meth Memoir, written by James Salant (available in 2007)

Other Reading:

Crystal Meth and Other Amphetamines: an Integrated B.C. Strategy - released August 2004 by B.C. Ministry of Health Services, Mental Health and Addictions (pdf file)

www.healthservices.gov.bc.ca/mhd/pdf/meth_final.pdf

A Community Stakeholder View of Crystal Meth in Edmonton - released February 2004 for the Social Development Working Group of the Safer Cities Advisory Committee, Edmonton (pdf file)

www.edmonton.ca/CityGov/CommServices/SaferCitiesReportOnCrystalMethFebruary04.pdf

CRANKED

STUDY GUIDE : Sunita Singh-Pierce



PRODUCTION CREDITS :

Assistant Director: Rebecca Ananda

Set Designer: Justus Hayes

Head Painter: Amaan Merali

Lead Painter: Justus Hayes

Cases: Dinosaur Cases

Drop: Stage Fabrications

Stan's costume: dipt urban hook-ups

Produced & Commissioned by
Green Thumb Theatre
Vancouver
www.greenthumb.bc.ca

