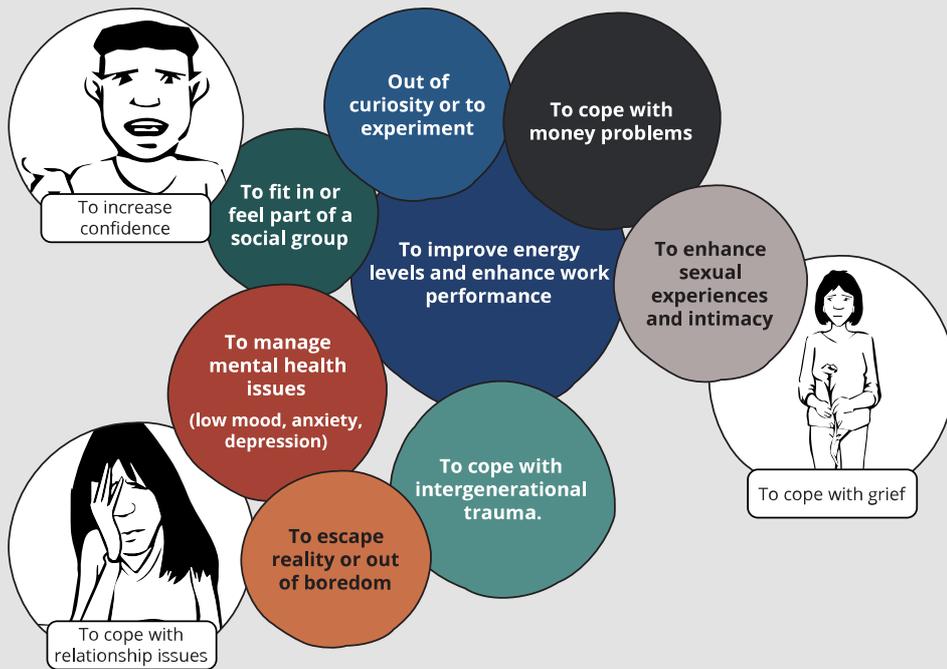


There is no single reason why people use crystal **methamphetamine** (*'ice'*). Regardless of why someone starts to use ice it can become a problem. Common reasons for using stimulant drugs such as ice include:



Social networks and activities can play a role in encouraging ice use. People who use ice often have friends, family or partners who use ice and may spend time in places where drugs are easy to get and normalised.

Although many people report that they use ice to feel more confident or to make them feel happy, in fact taking methamphetamines like ice often increases nervousness, worrying, agitation and can trigger **anxiety** attacks. During the **'comedown'** phase of the drug wearing off it is common for people to feel sad or depressed. [Click here](#) for tips to help manage nervousness or low mood after taking ice.

## Tips to help you say no to ice

Although it is different for each person, times when you have to disagree with others or say no to something, can be hard to do and can make you feel uncomfortable.

### Option 1: Stay Away

Stay away from the situation if you don't think you will be able to avoid the pressure to take drugs.

Good friends and family members should respect your decision not to use drugs. Try to hang out with people who have the same interests as you and do not use drugs. It may be a good idea to find new interests and meet some new people.

### Option 2: Provide Excuses

You can make excuses to get out of the situation: For example:

"No thanks, I'm leaving soon"

"Last time I had it, I didn't feel too well"

"I'm being picked up soon"

"I can't tonight; I'm on medication"

"No thanks, I just want to make sure everyone else stays safe".

### Option 3: Leave the situation

If you are offered ice, you can just give your excuses and go. This doesn't mean you need to leave a party, or the social situation that you are in, but it may be best to walk away from that person. For example:

"I need to go to the bathroom" or

"Is that Jason over there? I'm just going to say hello; I haven't seen him in ages".

## Option 4: Stay Strong

Be strong and **assertive**:

- Give your answer, state your reason and show understanding
- Be respectful and tolerant
- Keep a clear firm voice, speak clearly and directly.
- Keep eye contact
- Face the person with your body so that you do not look like you are hiding

Learning to be **assertive** takes practice, so don't be upset if it doesn't work straight away. Giving reasons for your choice makes it hard for people to keep pressuring you. There may be times when a person will keep trying, but most people will stop. Usually people will see that it's a waste of their time and will drop the subject pretty quickly.

Here's a quick example of **assertive** communication:

**Toby:** Just have a little bit, your parents will never know.

**Sophie:** No thanks, I don't want to risk it. They probably won't find out but if they do I'll be in so much trouble.

## Option 5: Use the 'broken record' technique

This just involves continually saying "no" in the politest possible way. You just say it over and over again and never change your tune:

**Toby:** Come on, just take some with me.

**Sophie:** No thanks, I don't really want to.

**Toby:** Just this time?

**Sophie:** No thanks, not even once.

**Toby:** But you're normally so fun!

**Sophie:** Not tonight. No thanks.

**Toby:** Go on...

**Sophie:** Yeah, but no thanks, I don't feel like it.

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