



Pathway to Prevention

teen use & abuse stops here

In this Issue:

- What is Spice?
- Who is smoking Spice?
- What does Spice do?
- Using Spice? What to look for.

For More Help:

Visit our website to sign up to receive future Parent Awareness Reports via email and connect with us on Facebook and Twitter.

Website:

www.pathwaytoprevention.org

Parent Awareness Report

Spice/K2/Fake Weed

What is "Spice?"

"Spice," a relative newcomer to the drug scene, is a smokeable plant material treated with chemicals that change constantly to evade DEA restrictions on controlled substances. Spice goes by many names, such as "K2" and "Fake Weed," and it can be legally purchased in smoke shops, convenience stores or online.

Spice packets contain a **plant material that has been sprayed with synthetic chemicals** designed to deliver a psychoactive or mind-altering effect or "high." The chemicals can include anything from pesticides to poison to heavy metals to neurotoxins. The chemicals are not regulated in any way and are constantly changing. Spice can be purchased legally, and it is usually smoked like marijuana.

Who is smoking Spice?

Spice products are **extremely popular among young people**. Spice is the second most used illicit drug after marijuana, according to the 2014 *Monitoring the Future* study of approximately 41,000 students across the country. Past year use by high school seniors showed that 34.6 percent had used marijuana and 11.3 percent had used Spice. Spice is more popular among boys than girls, according to a 2012 study of 12th graders.

What does Spice do?

Spice can cause **unpredictable and dangerous side effects** including nausea and vomiting, shortness of breath or depressed breathing, hypertension, an abnormally fast resting heart rate, chest pain, muscle twitches, acute kidney failure, anxiety, agitation, psychosis, thoughts of suicide and cognitive impairment. Deaths have been reported after just one "hit" of Spice. The long-term or residual effects are unknown. (2014 overview of side effects compiled by scientists from NIDA and the University of Maryland).

How you might know if your teen is smoking Spice

- Spice does NOT show up on standard drug tests.
- It's a big red flag if you come across a colorful package labeled "Spice," "K2 Incense," "Spice Diamond," "Spice Gold," "K2," "Mr. Smiley," "Skunk," "Yucatan Fire," "Red X Dawn" or "Blaze." The plant material in the package

looks like potpourri. Packages will be labeled “Not for human consumption” although they are broadly marketed as safe and legal alternatives to marijuana.

- If you find suspicious packages, take a close look at your teen for the typical indicators of drug use such as slipping grades; changes in appearance, behavior or personality; accidents or altercations; changes in sleeping or eating behavior; or a new circle of friends.
- If you think that your teen is using Spice or other drugs, go to drugabuse.gov to learn about steps to consider for teens or young adults who have problems with drugs or alcohol. You may also want to consult with your physician or school counselor.

“Spice” consists of a plant material that is sprayed with unknown, potentially deadly synthetic chemicals that can range from poison to pesticides to heavy metals.



**Pathway to
Prevention**
teen use & abuse stops here



Contact Us:

Phone: (877) 393-9109

Email: info@pathwaytoprevention.org

Web: www.pathwaytoprevention.org

Reproduction Rights for Our Parent Awareness Reports

Pathway to Prevention designed the Parent Awareness Reports to provide information to help reduce the risks of teenage drug and alcohol use and abuse.

You may download our Parent Awareness Reports for non-commercial, personal use only provided you do not modify the reports and you retain all copyright and other proprietary notices contained on the materials.

You may not distribute, modify, transmit, reuse, re-post, or use the Parent Awareness Reports for public or commercial purposes with this exception: You may reproduce the Parent Awareness Reports for hard copy distribution to the public as long as you don't modify them AND you retain all copyright and other proprietary notices contained on the materials.