

Parent Study Hall

TOPIC: SYNTHETIC DRUGS



TODAY'S LESSON:

BATH SALTS, K2, SPICE, SYNTHETIC MARIJUANA... WHAT ARE THEY—REALLY?

BATH SALTS...

WHAT IS IT? Man-made chemical stimulant that is ingested orally or snorted through the nose; Used to elevate mood, increase a sense of well-being, or increase energy.

WHAT DOES IT DO?

Affects begin within 15 minutes of use, can last 4-6 hours, and include: severe paranoia, suicidal thoughts, agitation, combative or violent behavior, confusion, hallucinations, increased heart rate, chest pain, serious injury or even death.

WHAT DOES IT LOOK LIKE?

- Fine powder that looks like traditional bath salts; packaging similar to a single sugar packet.
- Packaging may claim to contain "vitamins" or "energy boosters".
- Often labeled "not for human consumption", "for adults only", or "not illegal"... obviously created for something other than a hot bath!
- May also be labeled as plant food, insect repellent or stain remover; Distributors keep changing the way they market these products to get around laws and to deceive the public.

WHERE IS IT FOUND?

- Sold in gas stations, convenience stores, or online
- Also sold in "head shops" - stores that sell drug paraphernalia just inside the limits of the law

did you know? synthetic marijuana calls to poison control centers for exposure to synthetic marijuana doubled between 2010 and 2011 and calls for exposure to bath salts were 20 times higher in 2011 than the previous year.

K2 & SPICE...

WHAT IS IT?

- These are street names for synthetic marijuana—a mixture of herbs and other plant material that's been sprayed with chemicals said to mimic the affects of THC, the psychoactive ingredient in marijuana.
- Typically smoked, so parents may smell something like cloves and find related items such as coffee grinders (used to grind into fine powder for smoking), pipes or screens.

WHERE IS IT FOUND? It's labeled as "incense" and sold in convenience stores, in head shops and online under names like Blaze, Bliss, Black Mamba, Genie, and Bombay Blue OR by the names of chemicals used in production, such as JWH-018.

WHAT DOES IT DO?

- Affects begin quickly upon use and often last from 1 to 8 hours
- Affects include: agitation, profuse sweating, pale skin, vomiting, loss of physical control over the body, lack of pain response, seizures, paranoia and dysphoria (a feeling opposite of euphoria, said to be an extremely dark, morbid sensation)

HELP IS AVAILABLE

At School: Contact the nurse, counselor, social worker or Youth Service Center

In the Community:
Bluegrass Comprehensive 859-233-0444

Mayor's Alliance/Fayette Co. Agency for Substance Abuse Policy: www.drugfreefayette.com

To find a local drug rehab center:
www.findtreatment.samhsa.gov

What's A Parent To Do??

Parents and other adult influencers can talk to kids about the dangers of putting anything into their bodies that would change their feelings or emotions. The human brain is an incredible machine, and being even more careful with the teenage brain is vital because it is a work in progress.

Tell Your Kids:

- It's impossible to know what these drugs contain, who made them.
- Getting high—no matter how—carries the risk of making unsafe decisions.
- Just because a drug is legal — or is labeled as legal — doesn't mean that it is safe.
- We don't know the long-term effects of synthetic drugs because they are so new to our society.

For more information on teaching your kids the truth about substance use please contact:

Bluegrass Prevention Center
859-225-3296

Or check out these websites:

www.timetotalk.org
www.parentfurther.com
www.drugfreefayette.com