

## Legal Drug Trends

**Synthetic Marijuana** (Spice, K2, Bliss, Black Mamba, Genie, Skunk, Moon Rocks, etc.)

- Synthetic marijuana is commonly known as Spice. This product consists of plant material laced with synthetic cannabinoids (technically classified as "poisonous") that have been dissolved in solvents such as acetone, or formaldehyde.
- Marketed as "100% organic herbs", or "herbal incense" suggesting they are safe, even though "Not for Human Consumption" is stamped on the packaging to bypass FDA rules.
- Health effects of this "safe" drug include rapid heart rate, vomiting, agitation, confusion, and hallucinations. It can also raise blood pressure and cause reduced blood supply to the heart, and in some cases cause heart attacks.
- The onset of this drug is 3-5 minutes, and the duration of the high is 1 to 8 hours. K2 products are usually smoked in joints or pipes, but some users make it into a tea.
- The National Poison Control Center reported 2,925 calls regarding synthetic marijuana poisoning in 2010. In 2011 the number rose dramatically to 6,955.
- The Partnership for a Drug-Free America reported in 2013 that there are now over 140 different types of synthetic marijuana.

### Purple Drank

- Purple Drank is a concoction of the prescription cough syrup promethazine with codeine, typically mixed with soda such as 7up™ or Sprite™, or with alcohol like gin or vodka.
- At high doses or if mixed with other depressants or alcohol, Purple Drank can lead to a slowed respiratory system and potential cardiac arrest.
- Also due to its impairment of motor functions, users are at a very high risk for driving accidents/fatalities.
- In addition, codeine can be very addictive leading to potential withdrawal symptoms.

### Overdosing on Supplements

- Studies indicate that as many as 40% of all young athletes take protein enhancements.
- Teens take supplements in order to improve muscle growth, muscle recovery, and overall athletic performance. These supplements can have harmful effects such as weight gain, muscle cramping, high blood pressure, and heart problems.
- Overuse can cause blood acidity, which then draws calcium from the bones leading to declining bone strength and kidney stones.

### Cinnamon Challenge

- This new YouTube "Cinnamon Challenge" involves swallowing one tablespoon of cinnamon without drinking any water or spitting the cinnamon out.
- Once swallowed the cinnamon immediately dries up the throat, causing choking, trouble breathing, and even collapsed lungs.
- According to the American Association of Poison Control Centers, in the first 3 months of 2012 they received 122 calls regarding the "Cinnamon Challenge".
- There are over 50,000 videos on YouTube showing the challenge.

### Vodka Gummy Bears

- A new way for teens to sneak alcohol past their parents is soaking the candy "gummy bears" in vodka. They absorb the alcohol and turn into an alcoholic treat.
- Vodka doesn't have an odor and the bears keep the same color and original shape (a little plumper if soaked for days).
- Teens are bringing these into sporting events at schools, dances, and the classroom. Adults not familiar with this trend look right past their children drinking.

### Dexing, Skittling, Robo-Tripping

- Dextromethorphen or DXM are ingredients found in most popular nonprescription cold and cough medicines. When taken in high doses it can produce euphoric highs and even hallucinations.
- Many teens are taking as much as 28-30 times the recommended dosages.
- One out of every fourteen kids aged 12-17 admit using cold and cough medicine to get high.

### Drinking Hand Sanitizer

- Hand Sanitizer is an over the counter cleanser and yes teens are using it to get high.
- It's cheap, easily accessible and contains 62% ethyl alcohol.
- Teens are showing up in hospitals around the U.S. with alcohol poisoning after drinking hand sanitizer.



## Illegal Drug Trends

### Inhaling Alcohol

- Teenagers are inhaling alcohol because they see it as a way to get really drunk, really fast, and unfortunately that is enough to appeal to many underage youth.
- There are several methods to "inhale" or "smoke" alcohol (often involving dry ice) and there are inexpensive devices being created in homes and sold online to specifically aide in the process.
- This process is even more dangerous than traditional drinking; it goes directly to the lungs, brain, and bloodstream, making a person more susceptible to alcohol poisoning.
- This new trend may lead more easily to addiction due to the rapid rush of alcohol to the brain.
- It is also said that this practice can dry out the mouth and nasal passages, increasing a person's risk for infection.

### Party Drugs

- Across the country, teens and young adults enjoy partying and encounter more than just music and dancing. Dangerous substances known as club drugs- including Ecstasy, GHB, and Rohypnol are gaining popularity.
- Although users may think these are harmless, research has shown that club drugs can produce a range of unwanted side effects, including hallucinations, paranoia, amnesia, and in some cases death.
- When used with alcohol these drugs can be more harmful. Studies suggest club drugs found in party settings are often adulterated or impure and much more dangerous. Because some club drugs are colorless, tasteless, and orderless, they are easy for people to slip into drinks. Some of these drugs have been associated with sexual assaults and for that reason are referred to as "date rape drugs".

### Call Out...

"What do you know about K2 or Spice?"

"Have you been asked to bring prescription pills to school or to a party?"