



## **Synthetic Marijuana Parent Tip Sheet**

### **What are the symptoms of synthetic marijuana use?**

- Hallucinations Severe agitation
- Vomiting
- Elevated heart rate
- Elevated blood pressure
- Tremors and seizures
- Anxiety
- Numbness and tingling
- Agitation
- Pale appearance

### **What signs might indicate my teen is using synthetic marijuana?**

- Negative changes in schoolwork, missing school or declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant or perfume to hide smoke
- New friends
- Increase in borrowing money
- Evidence of drug paraphernalia, such as foil packets, dried herb residue and ash
- Bottle of eye drops, which may be used to mask bloodshot eyes or dilated pupils

### **How can I help my teen stay safe?**

- Check your teen's spending and where their money is going
- Monitor your teen's physical and mental health
- Require your teens to check in with you when they get home at night so you can check for signs of use, such as odors on clothing, breath and hair
- Check websites your teen has visited and track purchases made with a credit card

### **What if my teen needs help?**

- Take individual to the emergency room or the nearest hospital
- Call the Iowa Statewide Poison Control Center toll-free hotline at 1-800-222-1222
- For additional resources go to [www.theantidrug.com/parentresources](http://www.theantidrug.com/parentresources)

*Sources:* "Navigating the Teen Years, A Parent's Handbook for Raising Healthy Teens", Office of National Drug Control Policy, "Suspect your Teen is Using Drugs or Drinking?"