



## **Synthetic Marijuana Teen Tip Sheet**

### **What is synthetic marijuana?**

- It is a mixture of herbs and spices applied with a synthetic chemical compound (psychotropic drug JWH- 018 and JWH-073) similar to THC, the active ingredient in marijuana. It creates a distinct high, very euphoric, and almost mimics the high of marijuana.

### **What are other names for it?**

- Fake weed, spice, K-2 spice, K-2 summit, Genie, Zohai

### **What are the risks of using synthetic marijuana?**

- Anxiety
- Numbness and tingling
- Pale appearance
- Hallucinations
- Vomiting
- Tremors and seizures

### **What are some ways to resist the pressure to use synthetic marijuana?**

- Change the subject. They might forget they offered you the drug or realize that you are not interested
- Make up an excuse to not use or to leave the area
- Walk away, pretend you didn't hear the request to use drugs
- Say, "I'm not into that" or "I don't use"
- Use your parents as an excuse by saying, "My folks random drug test me or they meet me at the door when I come home."

### **What can you do to help someone who is using synthetic marijuana?**

- 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
- Encourage your friend to seek professional help. For information and referrals, call 1-866-242-4111.

*Source:* "Refusal Skills", Learn how to say "No" without losing your friends, Syndistar, Inc.