



Signs of Bath Salts Abuse

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Also known as “designer cathinones,” “bath salts” are synthetic derivatives of cathinone, a central nervous system stimulant found naturally in the khat plant. Available over the Internet, in convenience stores, and in “head shops,” “bath salts” can have serious negative effects on teens’ health. The following are signs of “bath salts.”

Physical Signs

Since “bath salts” can be snorted, smoked, injected, or taken by mouth, the signs of use can vary. Here are some signs to look out for:

- Burns on mouth or fingers
- Wearing long sleeves in the middle of summer
- Nosebleeds
- Impaired perception
- Reduced motor control
- Disorientation
- Dizziness

Behavioral Signs

“Bath salts” use can lead to behavioral changes. While some of these changes are typical of adolescence in general, many are brought on by use of the drug.

- Agitation
- Irritability
- Insomnia
- Depression
- Delusions
- Extreme paranoia
- Violent episodes

Paraphernalia

Paraphernalia is also a strong indicator of possible “bath salts” use. Since “bath salts” can be snorted, smoked, injected, or taken by mouth, paraphernalia can vary. Some paraphernalia associated with using bath salts may include:

- Rolling papers
- Pipes (metal, wooden, acrylic, glass, stone, plastic, or ceramic)
- Bong
- Lighters
- Short plastic straws
- Razor blades
- Small plastic baggies and “stash cans” to conceal drugs

Source: *The Partnership for a Drug-Free America*, www.drugfree.org/Parent/HowToSpotUse/Articles/Is_Your_Teen_Using.aspx