



Signs of K2/Spice Abuse

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K2/Spice is a drug mixture of shredded plant material, herbs, and spices that is typically sprayed with a chemical similar to THC, the psychoactive ingredient in marijuana. Resembling potpourri, K2/Spice is increasingly being used by teens and can result in serious health consequences including addiction. The following are signs of K2/Spice abuse.

Physical Signs

- Bloodshot eyes
- Dilated pupils
- Increased heart rate

Behavioral Signs

K2/Spice 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.

- Restlessness
- Irritability
- Sleep difficulties
- Change in appetite
- Mental confusion
- Panic reactions
- Hallucinations

Paraphernalia

Paraphernalia is also a strong indicator of possible K2/Spice use. Similar to marijuana, K2/Spice paraphernalia include:

- Rolling papers
- Cigars to make a “blunt”
- Small plastic baggies and “stash cans”
- Deodorizers, incense, room deodorizers used to disguise the smell of smoking K2/Spice
- Pipes (metal, wooden, acrylic, glass, stone, plastic, or ceramic)
- Bongs
- Roach clips

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