

## The Facts about Fake Weed

- The average age of a fake weed user in DC is 13 years old.
- One in ten DC youth used synthetic marijuana or fake weed in 2011, according to the DC Youth Risk Behavior Study 2013.
- Fake weed now ranks as the second most frequently used illegal drug among high school seniors, after marijuana.

## Signs of Use

**Some signs to look for to determine if your teen may be using fake weed:**

- Small packets labeled “incense” or “potpourri” with colorful labels that may have cartoon characters or other recognizable logos.
- Strong clove smell
- Since fake weed is typically smoked, look for pipes, rolling papers, screens, blunts, lighters/matches and other drug paraphernalia.

**The physical signs of use include:**

- Agitation
- Elevated blood pressure, heart rate and palpitations
  - Loss of control
    - Pale skin
- Profuse sweating
  - Seizures
  - Vomiting

The physical effects of fake weed are fairly quick taking only three to five minutes, but can last from one to eight hours.



## Talk to Your Teen about Fake Weed

It is important for you to talk with your teen about fake weed. Chances are your teen may encounter fake weed at school, hanging out with friends, or at parties. Or they may know someone who is using fake weed. Take a moment to share information with your teen about the dangers of fake weed.

**Below are a few key messages that you can use to talk with your teen.**

- I want you to be healthy and happy.
- Smoking, drinking, eating or shooting anything that changes your feelings or behavior is a danger.
- Getting high – no matter how – carries risks of making unsafe or unhealthy decisions.
- Fake weed is a real drug with really dangerous side effects.
- Like any drug, it is impossible to know what is in fake weed and how it will effect you.

You can also visit

**[www.K2ZombieDC.com](http://www.K2ZombieDC.com)**  
to get more information about fake weed.



**WE ARE WASHINGTON**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA  
**DC** MURIEL BOWSER, MAYOR

**PARENT GUIDE:**  
**K2 ZOMBIE** \*\*\*  
DC  
DANGER: FAKE WEED + U = ZOMBIE



**What are your kids hiding from you?**

**[www.K2ZombieDC.com](http://www.K2ZombieDC.com)**

# K2/ZOMBIE<sup>\*\*\*</sup><sub>DC</sub>

DANGER: FAKE WEED + U = ZOMBIE

The DC Department of Behavioral Health recognizes that use of fake weed, especially among young people is becoming a serious issue. Further, fake weed is marketed directly to young people.

While the long-term effects of fake weed is not yet fully understood, they are a concern of physicians and the immediate effects can be severely harmful. It is critical to keep these substances out of the hands of our youth.

**LOOK FOR IT!!!**

**GET THE FACTS**

**[www.K2ZombieDC.com](http://www.K2ZombieDC.com)**



## What is Fake Weed?

Fake weed is an herbal mixtures that contains dried, shredded plant material and harmful chemical additives directly marketed to youth through sales in three-ounce plastic pouches decorated with colorful designs including cartoon characters or recognizable logos. Fake weed, is extremely harmful and unsafe for people to consume or ingest by smoking, drinking or eating.

The full danger of several of the synthetic chemicals that may be found in fake weed has not yet been determined. The chemicals used in these drugs means the effects could be lethal or even deadly if used just once.

## Public Health Effects of Fake Weed

Fake weed users may experience similar feelings to those produced by marijuana, but because it contains harmful chemicals users may also experience psychotic and negative health effects. The full health and psychological impacts of fake weed are still unknown and therefore, it is difficult to know how extreme the health effects will be.

Fake weed cause psychotic effects like extreme anxiety, paranoia, panic attacks, alienation/disassociation, psychotic episodes, and hallucinations and may cause long term mental illness including depression, anxiety and panic attacks. The psychotic behavior has been labeled the "zombie" effect.

The harmful chemicals in fake weed produces negative health effects including rapid heart rate, vomiting, agitation, confusion, tremors or seizures and hallucinations, which often sends users to emergency rooms for treatment. Fake weed has also been linked to brain damage, heart attack and kidney failure and in some instances death.

