

Vapes and Spice - What you need to know



If you vape you should read this leaflet.

If you don't vape but might try someone else's, read it too.

And if you are trying out or using THC or CBD in vapes then reading this is even more important.



It could save your life.

It could save your friend's life.

It could help you avoid a really horrible experience.

It won't take you long to read and if you have questions after there's people who you can speak to if you want to know more.

Spice is not Cannabis Spice is not Nice

Spice is a lab-made chemical. It was originally made to be like THC. This is the chemical in cannabis that gets you stoned. But now Spice is a lot more dangerous.

It used to be legal. It is now a Class B drug with serious penalties for possession and supply.

There are lots of chemicals that have been sold as Spice – **they keep changing and some are very dangerous.**

People have died from using Spice because they have got too hot, had heart attacks, convulsions, or hurt themselves when they were panicking.

Most people don't like Spice that much. **It's used a lot in prisons and by people who are homeless.**

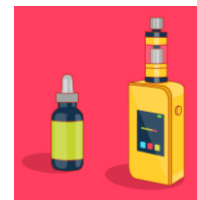
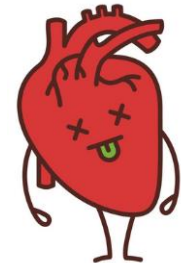
Spice is not just “fake cannabis” or “synth canna.”

- It is:
- **physically addictive** which can make it difficult to stop using
 - can cause **serious mental health problems** after just a couple of times of using
 - can **cause your heart or breathing to stop suddenly** which **can kill you.**

So of course you wouldn't choose to use it... would you?

But you could end up with it by accident...
very easily...

In a Vape.



How you can end up with Spice or something worse... without meaning to.

How do you know what's in your vape?

- because the website said so... or the packaging? **No! This is easily faked and no indicator of quality!**
- because the vendor said it was this... or they showed some Lab results? **No! They may be scamming you.**
- or because your mate said you can tell by the colour or the bubbles? **No! There isn't an easy way of spotting what has Spice in it.**

As soon as you buy anything other than a licensed regulated vape product it's a gamble. There's only one way to know what's in it: a laboratory test. And without that it's guesswork.



In research from Vapes confiscated in Schools, one in six of them had Spice in them!
A company in Wales tests drugs sent to them.
Only one in a hundred of the e-liquids they tested had THC in it.
Most had Spice in them.

If you buy or use any of the following you stand a good chance of getting Spice instead of what you wanted!

THC or CBD vape liquid refills: these little bottles are often cheap. But they are easy to make up fake bottles of liquid with just vape liquid, or nicotine or perhaps Spice. Probably the highest risk option.

Pre-filled vape pens: these are more expensive to fake with Spice but we still see packaged pens containing Spice. Vape Pens that are not sealed could be tampered with and refilled with something else.

Something worse?

Alongside Spice in vapes we also could end up with **other dangerous drugs in vapes** – powerful sedating drugs which could cause fatal overdoses.

And some Vapes contain dangerous chemicals such as Vitamin E acetate which can cause serious lung damage and death.



Keeping Yourself Safe

If you do vape and buy something which is not made properly it is risky.
The vape equipment itself or the chemicals in it could be dangerous and possibly fatal.

The safest thing to do is avoid vapes which are not properly licensed.

If you do use an unlicensed vape or refill you can do the following to reduce risks.

Use a very small amount to start with:

- try a little bit. See how you get on. Wait. See if you like it. Don't use too much too fast. Take regular breaks from use and have several days off between use.



Have a friend with you if it's a new product

- don't both use it. Agree what your friend will do in an emergency. Make sure they have a charged phone and a signal. Use the WhatThreeWords app to get help to you.



Don't mix!

Spice is even more dangerous if you mix it with some other drugs and medicines. Don't try vaping something new on top of other things, especially alcohol or medication like painkillers, antidepressants or medicine for anxiety or ADHD.



Get help if you feel ill

speak to a parent or carer, teacher or the emergency services if you vape something and it starts to make you feel very unwell.

Get your product tested!

Did you know you can get a vape or refill tested?!

Go to the website www.wedinos.org and follow the instructions about Sample Testing.

It's free and anonymous.

You'll then know to stay away from that vendor or product.

You can also look on WEDINOS to see how many people have ended up with Spice instead of THC!

If you want to know more about Spice, vapes or other drugs speak to your local young people's drugs service. You can find one close to you by **speaking in confidence to FRANK** – the National Drugs Helpline:
<https://www.talktofrank.com/> T: 03001236600

