

Kratom on Campus and in Schools

What students, parents and schools should know.



Kratom is showing up more on college campuses, as well as middle and high schools across Michigan. It's sold in gas stations, corner stores, vape shops and online, and often marketed as a "natural" way to boost energy, focus or mood. The problem is, kratom is not regulated. You can't always tell what's in it, how strong it will be, or how it might actually affect you.

Terms

- **Kratom (leaf products):** traditional plant powder, capsules, tea.
- **7-OH-spiked kratom products:** concentrated or enhanced products with high 7-OH.
- **7-OH:** the alkaloid responsible for strong opioid-like activity.

Where Students Are Seeing It

How Kratom is Being Sold

Kratom comes in a lot of different forms that can look like everyday products:



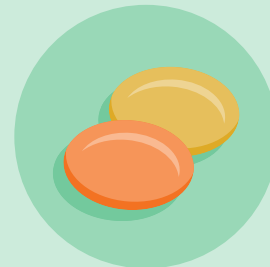
Powders and capsules.



Concentrated "shots" and extracts.



Teas and "energy/wellness" drinks.



Gummies and candies.

Common Names: Maeng Da, Bali, Borneo, Indo, Red/White/Green Kratom

Because these products often look like supplements or energy boosters, they can seem harmless — but they are not regulated, with strength and ingredients varying widely.

How Kratom Can *Affect* You

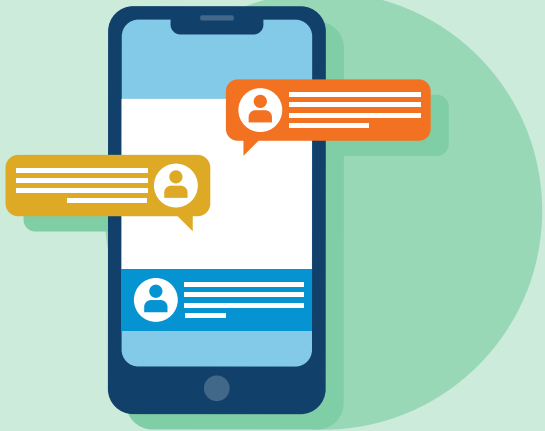
Kratom affects everyone differently. One person might feel energized; someone else might feel slowed down. Even the same product can have a different affect on different days. Possible side effects:

- Feeling alert or amped up.
- Feeling tired, slowed down, or out of it.
- Nausea or stomach upset.
- Dizziness or a racing heart.
- Anxiety, restlessness or confusion.

Some products contain **7-hydroxymitragynine or 7-OH**, which can cause **opioid-like effects**, especially in “extra strength” or “enhanced” versions.



Why Some Students Try It



What You Might Hear About Kratom

Students may hear about kratom from friends, social media, or online ads that claim it can help with **stress, anxiety, energy, focus, relaxing and sleep**.

These are marketing claims — not proof that kratom is safe or effective. Because kratom products are unregulated, there’s no way to know exactly what you’re taking or how it will affect you.

Feeling Stressed or Overwhelmed?

If stress, anxiety or sleep problems are showing up in your life, there are safer and proven ways to get support. **You don’t have to handle it alone.** Visit Michigan.gov/MI-Behavioral-Health-Crisis-Services or scan the QR code to find:

- Crisis and emotional support services.
- Local behavioral health resources.
- Help available 24/7 across Michigan.



Why It's Risky

Because kratom isn't regulated in Michigan:

- Labels might not match what's inside.
- Strength and ingredients can vary a lot.
- Some products have been found to contain **concentrated amounts of 7-OH, heavy metals, stimulants, and other opioid-like substances.**
- Kratom can interact with medications or other drugs — including alcohol, benzos and opioids.

Mixing kratom with other substances can increase the chances of serious side effects.



Supplement Facts

Serving Size: 1 Shot		
Serving Per Container:		
Amount Per Serving	% Daily Value	
Calories	40	
Total Carbonate	1	<1%
Sodium	10mg	<1%



How to Start the Conversation

A supportive approach goes a long way:

- "I've seen these products around — have you?"
- "Do you know what's actually in them?"
- "If you tried something and felt off, you can tell me."

Young people are more likely to open up when the conversation feels safe and judgment-free.

If Someone Looks Sick or Hard to Wake



Call 911 right away.

If you think an opioid might also be involved, **use naloxone** if you have it. For questions about possible poisoning or side effects, call **Michigan Poison Control** at **1-800-222-1222**.

Where to Get Naloxone and Help in Michigan

Naloxone is available at many pharmacies and harm reduction programs. You can locate free naloxone and harm reduction services at Michigan.gov/Naloxone.

