WHAT PARENTS NEED TO KNOW:

KRATOM & 7-OH

Parenting today means staying informed about things we never expected to navigate. The U.S. Food and Drug Administration (FDA) warns consumers to avoid kratom and 7-OH due to risks of addiction and serious health effects, even though these products are often marketed as "natural" or "herbal." The good news is awareness is powerful and connection is protective.

WHAT IS KRATOM?

- Kratom (Mitragyna speciosa) is a plant-based product from a tropical tree in the coffee family native to Southeast Asia
- Its compounds can act as stimulants ("uppers") at low doses and opioid-like drugs at higher doses

WHAT IS 7-OH?

- 7-OH (7-Hydroxymitragynine) is a potent compound found in kratom
- It's often sold in synthetic or concentrated forms
- Use can quickly lead to dependence, withdrawal, and other medical complications

WHAT'S THE DANGER?

KIDS ARE AT RISK:

- These products are sold in places youth already visit, often without age limits or safety controls
- They are commonly sold as drinks, powders, or tablets, making them easy to access and easy to hide
- Packaging is bright, flavored, and misleading, making dangerous substances look harmless
- Early exposure increases the risk of addiction and mental health challenges
- Kratom use has been linked to dependence, psychosis, and hallucinations
- 7-OH is especially dangerous and can cause severe withdrawal

WHAT CAN PARENTS DO?

You don't need all the answers—listening, staying curious, and keeping the conversation open helps kids make safer choices and reach out when they need support.

- Talk with your child—when age-appropriate—about the risks of products sold at gas stations or smoke shops that promise quick fixes
- Be honest: some products are dangerous, and laws can't always keep up with what's being sold
- Remind your child they can come to you or another trusted adult for help with stress, pain, or overwhelm
- If needed, reach out to a doctor, school counselor, or mental health professional
- Support is available: Adults and teens can call or text 988, or chat at 988lifeline.org, for free and confidential support 24/7 from trained crisis counselors

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