

Cannabis

101



THE BASICS:

CANNABIS *or* **MARIJUANA**

a preparation of the cannabis plant intended for use as a mind-altering drug.



THC

(TETRAHYDROCANNABINOL)

the mind-altering chemical that changes the brain and makes people feel physical effects.

SLANG TERMS:

The way people talk about cannabis products changes depending on region, age, consumption and other factors.



Youth Now (youthnow.me) is a program of Prevent Coalition (preventcoalition.org).

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An Initiative of CASA-Trinity, Inc.

HOW ^{is} cannabis USED?



Smoking



Marijuana is commonly smoked using pipes, water pipes called bongs, or hand-rolled cigarettes called joints. It is sometimes also combined with tobacco to make blunts.

Vaping



Vaporizers heat marijuana to release its active THC and the vapor is inhaled. Vaping often refers to nicotine use, but vape pens are also commonly used to inhale THC.

HASH OIL dabbing Wax



THC concentrates, like hash oil, wax, and shatter, can contain up to 60-80% THC and may take effect very quickly. High levels of THC can be dangerous. At this time, we don't know the safety of dabbing.

EDIBLES



Candies, baked goods, teas, and sodas can contain more THC than a user is aware of. Edibles take longer to take effect, causing some users to consume too much. The stronger potency and longer-lasting effects of marijuana infused edibles makes them especially unsafe around young children.

TOPICALS



Marijuana infused lotions, salves, and balms are sold for localized pain, inflammation, and skin conditions. Some do not contain THC and do not make the user feel high. Most infused products contain THC and effects can be felt for hours.

WHY do people USE cannabis?



To cope with stress, physical pain, or emotional suffering

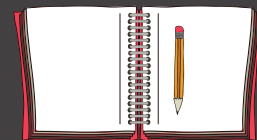


To relax, to fit in, or "have fun," much like alcohol



Misperception of information or low perception of risk or harm using marijuana

BUT WAIT..There are Healthier Alternatives!



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Cost of Marijuana Use

Laws vary from state to state.
Most cannabis usage and possession is still a federal crime.



COLLEGE

You can lose your Federal Financial Aid.



freedom



You can be arrested & convicted for possessing cannabis or sharing with friends.

LOCK it UP!

Protect youth by storing all medications and alcohol out of sight and restrict access to kids and teens.

→ The main reason kids give for not using drugs or alcohol is that they don't want to disappoint their parents.

→ There is no safe, responsible, or legal way for youth to recreationally use marijuana.

→ Setting clear boundaries and starting conversations helps build the foundation for future conversations.

→ Letting your kids know how much you care creates connection and trust (Even if they roll their eyes and squirm away).

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Did you Know??



In Tioga County, the average age youth reports first using marijuana.

14

Early education matters!

Remember... Not Everyone is Doing it!

79%

The percent of Tioga County youth reported never using marijuana.



Tioga County youth feel that smoking marijuana even once or twice a week is harmful to someone.

73%

Resources



National Institute on Drug Abuse

"Marijuana: Facts Parents Need to Know"

www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know



Partnership for Drug-Free Kids

"Marijuana Talk Kit"

www.drugfree.org/download/marijuana-talk-kit/



U.S. Health & Human Services

Marijuana Use in Adolescence

www.hhs.gov/ash/oah/adolescent-development/substance-use/marijuana



Substance Abuse and Mental Health Services Administration

"Tips for Teens: The Truth About Marijuana"

www.samhsa.gov