

CANNABIS... DID YOU KNOW?

By adopting the Spanish word "marijuana," rather than the already widely-used "cannabis," Harry Anslinger, First Commissioner of the Federal Bureau of Narcotics was connecting marijuana use by brown and black bodies, to fabricated side effects of the drug.

For this reason, we refer to marijuana as cannabis in this document.

1960's

Raising awareness in **substance use prevention work** allows a potential user of a substance to make their best decision.



SUBSTANCE USE IN THE 1960S IS NOT THE SAME AS SUBSTANCE USE IN THE 2020S



2020's

Consider that 1960 flower products were rarely higher than 5% THC. Today we find dispensaries (Curaleaf) advertising **THC levels of 15.28% - 33.49%** in flower products.

SOURCE: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6312155/>

WHAT IS THC & CBD?

- THC affects a person's mental state. THC is the chemical responsible for getting a person "high".
- The main cannabinoids are THC and cannabidiol (CBD). CBD does not get you high - it is not psychoactive.
- The amount of THC in cannabis has been increasing steadily over the past few decades.
- Edibles take longer to digest and produce a high. Therefore, people may consume more to feel the effects faster. a negative side effects such as rapid heart rate, nausea and pain.

THC

CONTENT OF CANNABIS PRODUCTS



That cookie may not be just a cookie, it might be a **prescription.** (THC 20-250mg)



THC can be mixed into **candy**, making it hard for kids to tell the difference. (THC 2.5-15mg)

ONE SERVING OF CANNABIS IS
APPROXIMATELY 2.5-10% THC

SALT
Sullivan Allies Leading Together
WE CAN·WE WILL

SALT'S NYS LEGALIZATION OF RECREATIONAL CANNABIS BROCHURE



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HOW DO PEOPLE USE CANNABIS?

People smoke cannabis in hand-rolled cigarettes (joints), in pipes or water pipes (bongs) and blunts—emptied cigars that have been partly or completely refilled with cannabis. To avoid inhaling smoke, some people are using vaporizers. These devices pull the active ingredients (including THC) from the cannabis and a person then inhales the vapor, not the smoke. Some vaporizers use a liquid cannabis extract.

Cannabis Extracts

Smoking THC-rich resins extracted from the cannabis plant is on the rise. People call this practice dabbing. These extracts come in various forms, such as:

- **Budder—a soft solid like lip balm**



- **Wax**



- **Shatter—a hard, amber-colored solid**



These extracts can deliver extremely large amounts of THC to the body, upward of 95% with “dabs, crystals, shatter, budder, and concentrates”.

SOURCE: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6312155/>

FAST FACTS

- **Cannabis affects your brain.** THC, the chemical responsible for most of cannabis's psychological effects, affects brain cells related to learning and memory, coordination, and addiction.¹
- Cannabis affects your lungs it contains 50-70% more **cancer-causing** substances than tobacco smoke.²
- Cannabis **can be addictive.** Approximately 9% become addicted, and some users develop signs of dependence.³
- **LOOK AROUND YOU. Most teens aren't smoking cannabis.** In fact, only 6.5 percent of youth ages 12 to 17 said that they had smoked cannabis in the past month.⁴

USE & MISUSE

- What is “misuse” to you?
- Do your answers change when you consider the age, health, or access to health care of the user?

1,2, <https://www.drugabuse.gov/publications/research-reports/cannabis/letter-director>

3, <https://nida.nih.gov/publications/research-reports/marijuana/marijuana-addictive>

4, <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

WORRIED
ABOUT YOUR
CHILD?

PARENT:
“I DON'T WANT
TO OVERREACT!”

LOVED ONE:
“NEVER SECOND
GUESS.”

WHY IS MEDICAL ATTENTION NEEDED AT TIMES?

You can't overdose from cannabis, weed or any THC products. But you can have a strong reaction that frightens or leads to the need for a hospital visit.

Smoking/Ingesting Cannabis Flower

- Onset of symptoms is quick, 5 to 30 min.
- Symptoms typically do not last longer than a couple of hours.

Ingestion of Cannabis Food or Beverage

- The onset of symptoms can take as long as one to four hours
- Affects can last for several hours.

There is a large range of potential symptoms, if you are experiencing an unpleasant reaction please contact your health care provider or call 911.

How does this differ in younger kids?

The most common toxicity incidents in children occur when the drug has been combined with food in an “edible” form of cannabis. This is because edibles can have a stronger and prolonged effect, especially in children under the age of 12 years old.

SALT would like to keep kids out of harms way by educating parents and the community about safe storage to prevent accidental marijuana ingestion by children keeping them healthy and happy.

SOURCE: <https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/safety/>