



# PARENT TOOLKIT

## — MARIJUANA METHODS OF USE —

Marijuana can be used in many ways and each of them affects the body differently. The chemical in marijuana that makes people 'high' [THC - Tetrahydrocannabinol] is found at different levels depending on the method of use.



### SMOKING

This is one of the most common methods of use. After marijuana smoke is inhaled, it could take seconds to a few minutes for the user to feel its effects and these could last up to six hours. Some people smoke marijuana in joints, blunts, hookahs, bongos or pipes. It is possible to turn common objects fruits, cans and bottles into devices to smoke marijuana.

#### HEALTH FACT

Marijuana smoke has many of the same toxic chemicals as tobacco smoke.



### VAPING

Some people use devices, such as vape pens or e-cigarettes for nicotine or marijuana. When used for marijuana, the dried marijuana flower or oil-concentrate is vaporized and inhaled. Effects can be felt within seconds or minutes. Vaping is often referred by teens as "juuling" due to the popularity of a vaping product called Juul. Vaping is popular among some teens as many devices are often small, easy to hide and hardly smell.

#### HEALTH FACT

Users that vape marijuana tend to inhale a high THC concentration, which can lead to addiction.



## DABBING

Dabbing is not as common as other methods due to the expensive devices used. Concentrated hash oil or wax is extracted from the marijuana plant. It is then heated on a glass or metal plate, which produces the vapor inhaled by the user. Effects can be felt within seconds to minutes.

### HEALTH FACT

Dabbing is one of the methods with higher THC concentration.



## EDIBLES

Marijuana edibles come in a variety of forms, from baked goods [cake, cookies], to candy [chocolate, gum, lollipops], crackers, and infused drinks. Edible products usually don't have a noticeable marijuana smell. It may take up to three hours for the user to feel effects, but these can last up to eight hours.

### HEALTH FACT

Marijuana users tend to overdose with edibles due to the delayed effect.



## TOPICALS

Marijuana topicals are products like lotions, balms, oils or alcohol, which are infused with THC extract and applied to the skin. They do not produce the feeling of being high.

### HEALTH FACT

The skin is the largest organ in the body, so even though there is not enough research to show its health effects, any chemicals applied to the skin can be absorbed and harmful.

## — IMPORTANT FACTS —

### NEW AND MORE POTENT

Due to more sophisticated growing techniques, the concentration of THC in marijuana is higher today than ever before. Some studies have shown that today's marijuana could be up to seven times more potent than the one used in the 1990's. More potent products lead to more negative outcomes like addiction, risky behavior, and mental health issues.

### MARIJUANA CONCENTRATES

Dabbing and vaping use marijuana concentrates such as oil, wax, shatter, etc. They have a very high concentration of THC [the chemical that makes people 'high'] sometimes from 40 to 80 percent. Since their THC levels are higher, their health effects can be more harmful. Concentrates can also be highly addictive to teens.