

EDIBLES



What do they look like?

- Brownies
- Cookies
- Candies
- Beverages
- Chocolates
- Baked goods
- Gummy bears



The Numbers



For most, it takes **between 20 minutes and 1-2 hours** to feel the effects of the cannabis.

The high typically lasts for hours.

The THC **concentration varies greatly**, even within the same batch of edibles.

Very **easy to over consume** because of the masking flavor of sugar & the time it takes to feel the effects.

Note



The high from edibles is different from other forms of cannabis because it **can have hallucinogenic and other effects** throughout the body.



Children & pets are at high risk for eating these by mistake.

Edibles are sometimes labeled with their ingredients, but **not always clearly**.



What is an Edible?

Edibles are cannabis-infused foods and drinks.



Because it takes so long to feel the effects, people may take more and more until the high kicks in, so it is **very easy to take way too much**.



VAPING CANNABIS



What do they look like?

- Vapes can look like flash drives or pens.
- They consist of concentrated cannabis oil, a battery, a mouthpiece, and other chemicals.

The Numbers



It takes **5-10 seconds** for the THC to reach the brain and for the effects to be felt.

The high lasts about **30 minutes to several hours**.

In a vape pen, cannabis oil is not 'vaporized'; it is actually **aerosolized**.

The THC concentration **depends on the oil used**, which is often mislabeled.

Vaping is **NOT harmless**.

Note



Inhaling smoke of any kind causes **damage to the respiratory system**.

Sharing these devices puts users at risk of getting herpes, mono, and colds.

What is a "vape"?

- Vapes are e-cigarette devices used to inhale and exhale aerosol.
- Concentrated cannabis oil or wax is heated and **turned into an aerosol, not a vapor**.



Using "vape" products is not a harmless alternative to smoking, it's just another form of smoking cannabis.



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TINCTURES, SPRAYS, PILLS, & CAPSULES



What do they look like?



The Numbers



Effects of using tinctures can be felt in about **15 minutes** or so.

Typically, the effects of tinctures last about **4 hours**.



The THC and/or CBD in these products is/are **absorbed through the mucus membrane** in the mouth or in the gastrointestinal system.

Note



These products are often labeled with dosage & ingredients, but the **clarity and accuracy can vary** widely from brand to brand.

These products are **not closely regulated**, so there is no way to really know what they really contain.

What is a Tincture/ Spray/ Pill/Capsule?



TINCTURES & SPRAYS

Oil or alcohol-based liquids containing cannabis.



PILLS & CAPSULES

Pills and capsules contain cannabis, usually floating in an oil.



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JOINTS, SPLIFFS, & BLUNTS



What are joints, spliffs & blunts?



JOINT

Cannabis flower wrapped in rolling paper.



SPLIFF

Cannabis flower and tobacco wrapped together in a thin paper.



BLUNT

Cannabis flower wrapped in a thin paper made for rolling cigars.

The Numbers



It takes **5-10 seconds** for the THC to reach the brain and for the effects to be felt.

The high lasts between **30 minutes to several hours**.

The THC **concentration varies** depending on the cannabis flower used.

Note



Inhaling smoke of any kind from any form of cannabis or nicotine **damages the respiratory system**.

Nicotine + Cannabis:

There are about **1.2 to 6.0mg** of nicotine per cigar wrapper.

Blunt & spliff users get **high & addicted** from BOTH the nicotine and THC in them.

Blunts & spliffs **expose users** to harmful tobacco substances, like nicotine as well as THC.



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PIPES & BONGS



What do they look like?

Pipes and bongs are typically made of glass and can come in various colors.

The Numbers



It takes **5-10 seconds** for the THC to reach the brain and for the effects to be felt.

The high lasts between **30 minutes and several hours**.

The THC concentration in a pipe or bong depends on the **amount of cannabis flower used**.

Note



Inhaling smoke of any kind causes **damage to the respiratory system**.

Sharing these devices puts users at risk of getting herpes, mono, and colds.

What are pipes & bongs?



PIPES

In pipes, cannabis flower is burned and its smoke is inhaled.



BONGS

In bongs, cannabis flower is burned and its smoke is cooled through water before being inhaled.



The water used in bongs DOES NOT make them a safer way to inhale cannabis. The water only cools the smoke.



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