

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.



Stanford
MEDICINE

REACH Lab