



KNOW THE FACTS: Cannabis and THC Products



Cannabis Basics

The words “cannabis” and “marijuana” are often used interchangeably, but they don’t mean the same thing. **Cannabis** refers to all products derived from the *Cannabis* plant.

Marijuana refers to parts of or products from *Cannabis* that contain substantial amounts of tetrahydrocannabinol (THC).

- **THC** is a natural compound that can make users feel “high.” Delta-8, Delta-9, and Delta-10 are forms that can be impairing or intoxicating. Delta-9 is the most potent.
- **CBD** does not cause a “high.”
- **Hemp** is another type of cannabis plant that has lower THC levels.

How Cannabis Can Be Used



Cannabis can be smoked, vaped, dabbed or consumed as edibles. When vaped, it is often in a highly concentrated form.

Effects of THC

Everyone reacts differently to cannabis products. Weight, metabolism, gender, and eating habits can effect absorption into the body. Effects may include:



- Relaxed feeling.
- Slurred speech and racing heart.
- Slower reactions and decreased concentration.
- Confusion, anxiety, paranoia.

Consumption



When consuming edibles or smoking cannabis, not all people experience the same thing.

Some EFFECTS may:



take up to **2 HOURS** to kick in



last up to **10 HOURS**

Be mindful of the amount of THC in a serving. Risk of overdose increases if multiple servings of edibles are consumed.

Is It Addictive?

Research shows that:

- 1 in 6 people who start using the drug before the age of 18 can become addicted.
- 1 in 10 adults who use the drug can become addicted.



Today’s cannabis has **3X** the strength of THC compared to 25 years ago.



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KNOW THE FACTS: Cannabis & Kids—A Risk You Can't Ignore



Edible Cannabis and Youth

Too often, edible cannabis looks like snacks and appeals to children.

Its use can be scary and dangerous for children. As more states legalize its use, emergency rooms have seen an increase in children brought to the hospital after accidentally ingesting edibles.

Cannabis dependence increases when someone starts using at an early age, and increases the risk of abuse or dependence on other substances.



No amount of THC is safe for the developing teen brain.



Tips for Parents & Caregivers



Signs of Use in Children

- Intoxication.
- Altered perception.
- Anxiety, panic, paranoia.
- Dizziness, weakness, slurred speech, nausea, vomiting.
- Poor coordination.
- Excessive sleepiness.
- Bloodshot eyes.
- Heart problems.



Safe Storage

- Store them as you would any other medications and potentially toxic products.
- Keep products out-of-reach of children, in a locked location and in child-resistant containers.
- Store edibles in original packaging and add additional labels to prevent them from being mistaken for snacks.



Prevention and Actions

- Stay informed. Know and watch for warning signs.
- Be a role model. Don't use in front of youth or when caring for them.
- Talk early and often with your teen; express clear disapproval of use.
- Seek guidance from your doctor, school counselor or social worker.



Search "cannabis" on these websites:

- samhsa.gov
- mayoclinic.org
- nida.nih.gov
- health.state.mn.us
- mn.gov/ocm (Office of Cannabis Management)



If you suspect your child has unknowingly ingested any amount of cannabis not medically certified for them, call a medical professional or the Poison Control Hotline.

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