

DABBING

What is Dabbing?

Extremely concentrated THC wax that is heated; aerosol is then inhaled.

OTHER NAMES: "Dab pens" are also called "wax pens" or "wax vaporizers."



Dabbing is one of the methods **most associated with emergency room visits** due to higher THC levels.



9 in 10 people who struggle with cannabis addiction started when they were teens.



HERE IS A WAY YOU CAN REFUSE TO USE:

"No, thank you. I'm focusing on school and sports right now".

LEARN THE FACTS:

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

Higher THC levels can increase the **risk of addiction** if used often.

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

What is THC?

The main active ingredient in cannabis that makes the user feel "high" when taken.



THC Concentration:
60-90%

HEALTH CONCERNS

EFFECTS ON THE BRAIN

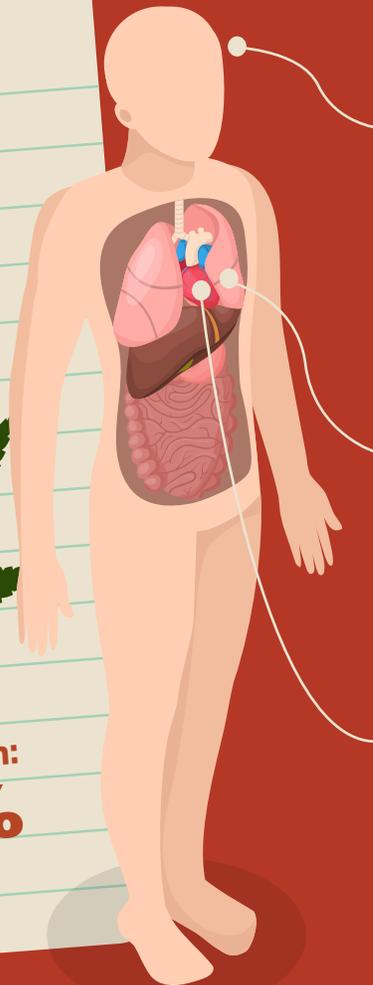
- » May increase risks of **schizophrenia, psychosis, depression, & anxiety.**
- » Can have **hallucinogenic effects** throughout the body.

EFFECTS ON THE LUNGS

- » Produces a **cancer-causing** component called tar, which can cause a **sticky layer in the lungs** when inhaled over time.
- » Can increase mucus production.
- » Can cause **lung inflammation, cell damage, chronic cough, slowed breathing,** and even **respiratory infections.**

EFFECTS ON THE HEART

- » Can **increase the heart rate by 20-50 beats per minute.**
- » Can **increase blood pressure, decrease heart function,** & cause **irregular heart beats.**



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