

WEED: DIFFERENT FORMS & HEALTH EFFECTS



What is Tetrahydrocannabinol (THC)?

The chemical in the cannabis plant that tricks your brain into feeling good, but causes addiction and other health effects.



Weed and its Different Forms

Eating Weed



Edibles

Edibles are foods and drinks that have cannabis in them, like gummies or different baked goods.



Tinctures, Sprays, Pills, & Capsules

PILLS & CAPSULES:

Contain weed, usually floating in oil.

TINCTURES & SPRAYS:

Liquids containing weed.

Breathing in Weed



Dabbing

A SUPER strong form of THC called "wax" which is heated up and the smoke is breathed in.



Cannabis E-cigarettes

Aerosol contains tiny particles that harm you!

Strong cannabis oil heats up and creates an aerosol that people breath in.

NOTE: Cannabis e-cigarettes create harmful aerosol, **NOT** just water.



Spliffs, Blunts, & Joints

SPLIFF

Cannabis & tobacco wrapped together in paper.

BLUNT

Cannabis wrapped in paper that contains nicotine.



Pipes & Bongs

PIPES

In pipes, cannabis flower is burned & its smoke is breathed in.

BONGS

In bongs, cannabis smoke goes through water to cool down before it's breathed in.



ADDICTION

Cannabis can **trick the brain** into thinking it needs the drug to feel good. Addiction can cause someone to use drugs so much that it becomes **harder for them to live a normal life**.

Weed & the Body

EFFECTS ON THE HEART

- Cannabis can make your **heart beat faster** and **raise your blood pressure**, making it harder for your heart to pump blood to the rest of the body.



EFFECTS ON THE STOMACH

- Large amounts of THC can make you sick which can lead to **vomiting and stomach pain**.



EFFECTS ON THE LUNGS

- Smoking or vaping weed can damage your lungs and make you sick, like making you **cough, have asthma, and more**.
- Over time, tar (a sticky, **cancer causing part of smoked weed**) can get stuck inside your lungs making it harder for you to breath.



EFFECTS ON THE BRAIN

- Your brain is growing, learning, & doing amazing things! But **using cannabis when you're young can stop your brain from growing how it should**.
- Using cannabis makes it harder for your brain to work and learn.



IT'S BEST NOT TO USE WEED OR TO STOP OR REDUCE USE TO PROTECT YOUR HEALTH!

? For any questions, speak to a trusted adult or visit stanfordreachlab.com