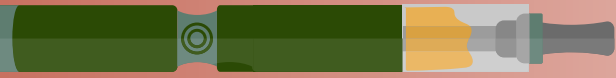


# DABBING



## What is Dabbing?

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

## EXTREMELY HIGH THC LEVELS



THC Concentration:  
**60-90%**

### THE FACTS



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**.

Higher THC concentrations can lead to **greater risk of addiction** if used frequently.

## What is THC?

The main active ingredient in cannabis that causes a response in the body or "high" when taken.

## HEALTH CONCERNS



Produces a **cancer-causing** component called tar, which can cause a **sticky layer in the lungs** when inhaled over time.

Increases mucus production.

Causes **lung inflammation, cell damage, chronic cough, slowed breathing, respiratory infections**.



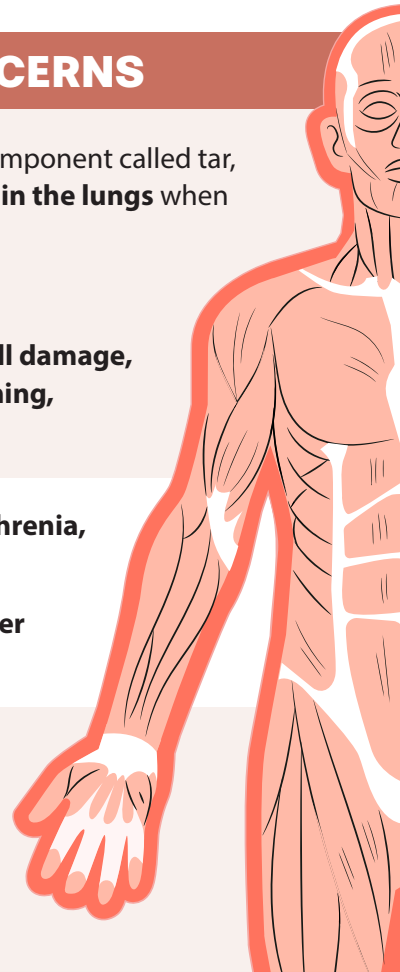
May increase the risk of **schizophrenia, depression, & anxiety**.

**Can have hallucinogenic & other effects** throughout the body.



**Increases heart rate by 20-50 BPM.**

Can **increase blood pressure, decrease heart function, & cause irregular heart beats**.



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

### REFUSAL TECHNIQUE

"I don't want to use cannabis because it causes increased blood pressure."



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