

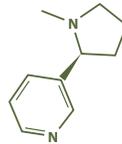
JOINTS, SPLIFFS, & BLUNTS



Differences Between Spliffs, Blunts, & Joints

Contains Nicotine:

Users get high & addicted from BOTH the nicotine & THC in blunts & spliffs.



SPLIFF

Cannabis flower & tobacco wrapped together in a thin paper.

BLUNT

Cannabis flower wrapped in a thin paper made for rolling cigars.

JOINT

Cannabis flower wrapped in rolling paper.

REASONS NOT TO SMOKE

- 1 Cancerous Chemicals**
- 2 Ultrafine Particles**
- 3 Heavy Metals**
- 4 THC:**
The active ingredient in cannabis that causes a response in the body or "high" when taken.
- 5 VOCs:**
These chemicals easily vaporize into the air, harming both the user & those nearby.

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 & several hours.**

THC concentration varies based on the cannabis flower used.

HEALTH CONCERNS

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



Can leave up to **4x** the amount of **tar in your lungs** as cigarettes.

Increases mucus production.

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



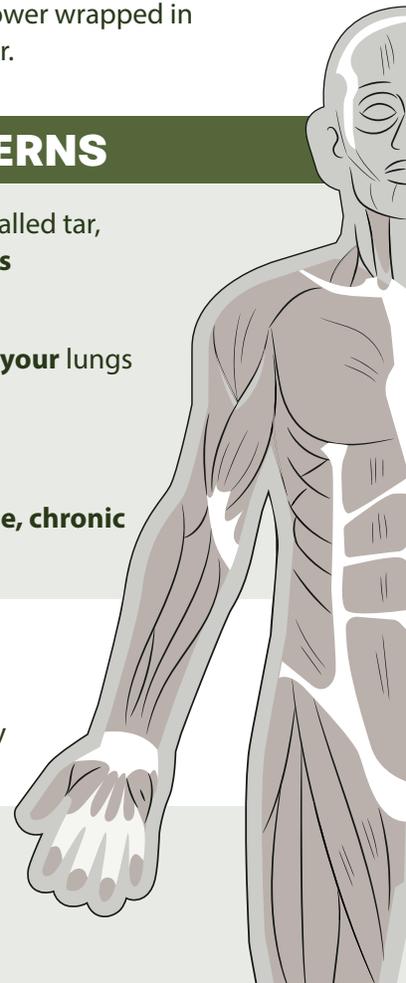
May increase the risk of **schizophrenia, depression, & anxiety.**

Can lead to **impaired learning**, memory issues, & impulse control.



Increases heart rate by 20-50 BPM.

Can **increase blood pressure & decrease heart function.**



Inhaling smoke of any kind and from any form of cannabis or nicotine, damages the respiratory system.

REFUSAL TECHNIQUE

"I don't like to smoke cannabis because it causes damage to the air sacs in the lungs."



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