

PIPES & BONGS

What is THC?

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



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**.

The THC concentration in a pipe/ bong depends on the **amount of cannabis flower used**.

What are Pipes & Bonges?



PIPES

In pipes, cannabis flower is burned and its smoke is inhaled.



BONGS

In bonges, cannabis flower is burned and its smoke is cooled through water before it ends up being inhaled.

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.



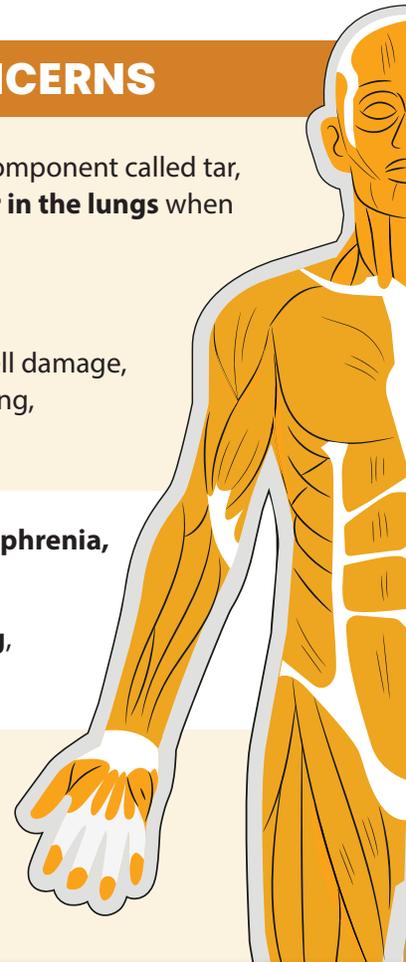
May increase the risk of **schizophrenia, depression, & anxiety**.

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



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

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



The water used in bonges DOES NOT make them a safer way to inhale cannabis. The water only cools the smoke.

REFUSAL TECHNIQUE

"I don't use cannabis because THC can alter brain development."



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