

Marijuana Prevention Toolkit

A Guide for Parents, Teachers and Adults



Tacoma-Pierce County

Health Department

Healthy People in Healthy Communities



Washington Initiative 502

- Since Washington State legalized adult use of marijuana in 2012, the marijuana culture has quickly evolved.
- It's challenging to keep up with the various ways people can use marijuana. It's available in forms attractive to adults—and kids.
- More than ever, it's important to pay attention so you can spot possible youth use, which can be unhealthy or dangerous.



Youth Marijuana Prevention and Education Program

- Tacoma-Pierce County Health Department received a grant from Washington State Department of Health to reduce the start and use of marijuana by youth ages 12 to 20 years.
- Pierce County Prevention Collaborative is a diverse group of community partners and stakeholders that advise and support the Youth Marijuana Prevention and Education Program.



This Toolkit is Intended to:

- Educate the public on Washington State laws around marijuana use.
- Create awareness of marijuana products available on the market.
- Show existing paraphernalia.
- Provide health information to parents, teachers and other adults on teen marijuana use.
- **This toolkit is not intended for youth.**



Basic Overview

If you think most youth use marijuana, think again!

Data from the 2018 Healthy Youth Survey results show:

- *The good news:* 81% of Pierce County youth reported **NOT** using marijuana in the past 30 days.
- More than half of teens don't consider marijuana harmful.
- Teens think marijuana is “easy to get” and they think “everyone is doing it”.
- Half of 12th graders reported having driven a car within 3 hours of using marijuana.



What is Marijuana (AKA Cannabis)?

- Marijuana comes from the plant *Cannabis Sativa*. Many cannabinoids are in the plant, but the most studied, discussed, and understood chemicals are THC or delta-9-tetrahydrocannabinol and CBD or Cannabidiol. THC gives the effect of feeling high. CBD does not produce a high and is mostly used for its medical properties.
- Today's marijuana looks different than it has in the past. It is no longer just dried flowers and leaves of the plant. There are vape-concentrates and edible items. These are much more potent than the flower alone.



Washington State Law

- The legal age for people to use marijuana is 21.
- Any person under 21 years of age cannot buy or have marijuana. *
- People under 21 cannot visit a marijuana retail store unless they have a medical card and are 18+. **
- Teens may face a felony, jail time or fine for selling marijuana.
- It is illegal and a felony for anyone to provide marijuana to minors. Parents cannot share marijuana with their kids. *
- It is illegal to consume marijuana in view of the public.
- It is illegal to drive under the influence of marijuana or have an open package in the vehicle.
- Taking marijuana out of Washington State remains a Federal Offense. This applies even if you are traveling to a state with legal marijuana.



* RCW 69.50.401 ** RCW69.50.357

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Health Effects of Youth Marijuana Use

Marijuana:

Can lead to **addiction**.

Increases risk of **academic problems**.

Can lead to **school failure**.

Can affect **learning and memory**.

May affect **mood and motivation**.

Can impair **emotional development**.

May affect **brain development**.



Can make youth feel **anxious, paranoid** or even **depressed**.

May cause some individuals to **lose interest in activities**.

Can affect **judgment**.

Has an effect on **coordination** and **reaction time**.

Can impair **driving, playing sports** or **activity performance**.

Increases the chance of becoming involved in **risk taking behaviors**.

Cannabis Slang Terms

The cannabis industry uses several terms to describe marijuana and marijuana concentrate products. Below are some examples.

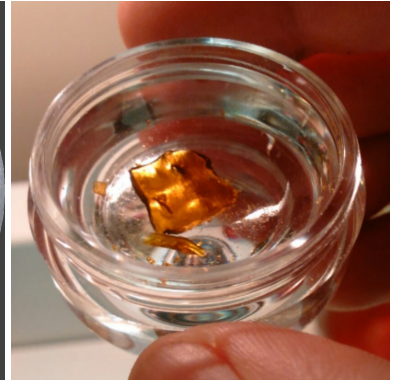
- Some slang terms include kief, BHO, hash oil, honeycomb, honey oil, budder, amber, shatter and wax.
- Other terms are ganja, gangster, Moroccan, gorilla glue, strawberry cough, rocky, black and moon rocks.
- Acapulco Red, Chocolate Thai, Kona Gold, Mary Jane and Columbus Black are slang terms as well.

The list of terms continues.



Cannabis Comes in Different Forms

- Marijuana—A mixture of dried, shredded flowers and leaves of Cannabis Sativa.
- Hashish—Made from the resin of the plant, dried and pressed into small blocks.
- Hash Oil—Extracted from the plant. This type of oil is more concentrated than the flower.



[“Macro cannabis bud”](#) by [Ryan Bushby](#) is licensed under [CC BY 2.5](#)

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Ways People Consume Cannabis

- Inhalation (smoke, vape, dab).
- Oral (edibles, tinctures).
- Topical (cannabis-infused products for use on the skin like lotions and creams).



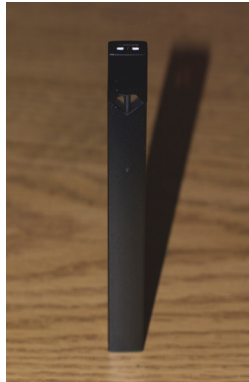
Inhalation

- Smoking is still the most used method for consuming marijuana and marijuana concentrates.
- With so many new types of marijuana products, it can be easy to forget the “original” marijuana—the green, leafy plant.
- People generally use pipes and water pipes or bongs, hookahs and rolled cigarettes (joints) or cigars (blunts) to consume marijuana.



Vaping

- Once designed to vape nicotine, people now use electronic cigarette devices to vape marijuana and marijuana concentrates. The most popular electronic device among youth and young adults is the **JUUL**. It resembles a flash drive and charges in the USB drive of a computer.
- The hash oil usually comes in syringes or cartridges for vape pens. It resembles motor oil or looks like nicotine oil.



Vaping

Some things to think about with vaping marijuana:

- Vaping can produce higher-potency THC content. These higher THC levels can be dangerous to the development of teens and young adults.
- Vaping marijuana does not have a strong scent compared to smoking marijuana.
- Hash oil and nicotine oil look similar making it more difficult to detect marijuana use.



Dabbing

- “Doing a dab” or, “taking a dab hit” is one way to consume marijuana concentrates. It is becoming one of the most popular methods.
- It’s like vaping but the heating process produces smoke rather than vapor.
- Dabbing provides potent THC levels. A single hit may contain 40 to 60 milligrams of THC compared to the normal adult dose of 10 mg.
- Titanium or glass dab tools are common and inexpensive. They often look like dental tools, cuticle tools or even paper clips.



Shatter, Wax and Butane Hash Oil (BHO)

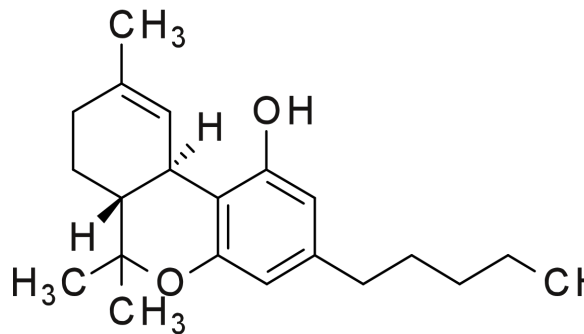
- Shatter, wax, and butane hash oil (BHO) are potent types of concentrated marijuana.
- Shatter can be a very thin or hard wax substance. The colors can vary from light amber to dark brown glass shards.
- The potency of these types of concentrates may range from 60% to 90% THC.



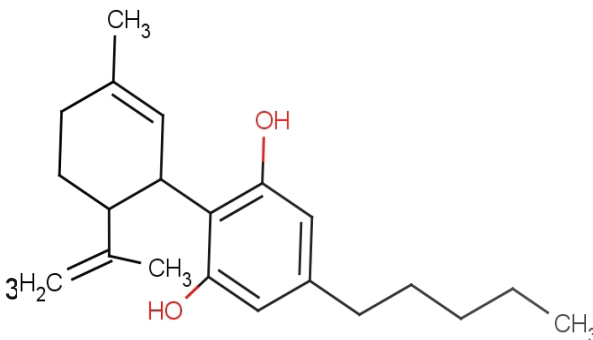
Making Concentrates

- Marijuana concentrates use the leftover parts of the plant after removing the buds.
- The user forces butane or carbon dioxide through the remaining plant material. This causes the solvent to evaporate leaving the concentrated plant resins.
- The final product is a potent oil of varying consistencies used for vaping or dabbing.

THC molecule



CBD molecule



Edible Marijuana Products

- Ingestible oils.
- Marijuana infused foods and drinks.
- Tinctures or liquid extracts.



Marijuana Infused Edibles

- Edibles are foods that contain THC or CBD. Some forms include candy, granola bars, cookies, popcorn, crackers, brownies and beverages.
- Labeling shows these products contain 10 mg of THC per serving.
- Adults should keep the 'Not for Kids' label and original store packaging and lock up these items. You can get these labels at: wapc.org/resources/order-materials.
- One item may contain more than one serving of THC.



Tinctures

- Tinctures, also known as green or gold dragon, are liquid extracts, obtained using alcohol to extract the THC.
- Tinctures come in small eyedropper jars. Absorption of a few drops under the tongue or in any food item happens right away.
- Youth rarely use this method of consumption.



Topicals

- Topicals are cannabis-infused products for use on the surface of the skin.
- They come in the form of balms, creams, lotions, oils, patches and lubricants.
- This method of consumption is not common for youth.



Marketing to Youth

- The marijuana industry is aware of the grey areas in advertising laws. Like the tobacco industry, the marijuana industry uses sex appeal, popular media, and celebrities to promote sales.
- It is illegal to use marijuana in the view of the public. Yet, events like Seattle Hempfest find ways around the law. For example, Hempfest puts up tents out of the view of the general public.

["Bako 420 Girls 01"](#) by [Robert Bejil](#) is licensed under [CC BY 2.0](#)



["Snoop Dogg"](#) by [Bob Bekian](#) is licensed under [CC BY 2.0](#)



Marijuana References on Clothing

- Marijuana references on clothing can go beyond the easy-to-identify 420, which the marijuana culture popularized as the time of day to get high to other numbers and symbols.



"2014 Glasgow Green 420 event" by Brian McNeil, brian.mcneil@wikinewsie.org
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Marijuana References on Clothing

- The number 710 refers to oils and other concentrates. 710 backwards and upside down appears to spell OIL.
- It can be difficult to know what to do if you see a young person wearing these items.
- Start having conversations about clothing that you suspect references marijuana.
- Research the items in question and see what you find.



Stash Compartments

- Stash pockets were designed to be used for house keys, IDs, or other valuables.
- Hidden pockets can now be found in hats, shoes, socks, and jackets. This makes it easy for youth to hide marijuana.
- Designers are now making clothes with secret pockets to hide marijuana. Drawstrings made to discreetly hold vaping devices are also readily available.



"Wikipedia Globe Hoodie Concept front" by David Peters is licensed under [CC BY 3.0](#) / removed logo, changed color



Parents, talk to your kids and Keep Talking!

Research shows if your teen knows you think it is wrong for them to use marijuana, they are less likely to use.

- You are the number one influence in your child's life.
- Set expectations, discuss your rules, and enforce consequences.
- It's never too early to talk early and often about making good choices.
- Remind your teens most teens do not use marijuana.
- Tell your teens marijuana is not safe.
- Tell your teens it is against the law.
- Be clear and specific about your family expectations.
- Children really do care about what their parents say.
- Visit [StartTalkingNow.org](https://www.starttalkingnow.org) for tools and resources.



Lock It Up!

- In 2018, the Washington Poison Center (WAPC) reported at 82% increase (compared to 2016) of marijuana ingested for all ages. Since retail cannabis stores opened in 2014, unintentional cannabis exposure calls for children 0-5 years have almost tripled.
- In February 2017, Washington State required the “Not for Kids” logo to be on all marijuana edibles. This tool promotes safety and provides a free confidential helpline for medical emergencies. You can buy these stickers through the Washington Poison Center (WAPC).
- If you use marijuana, label it as Marijuana: Not for Kids.
- If you or any adult you know uses marijuana, lock it up!



Call to Action

Here are some things you can do to prevent youth marijuana use.

- Educate yourself.
- Have frequent conversations.
- Educate youth, parents, schools, and your community. If you are not educating youth, someone else is.
- Join the Pierce County Prevention Collaborative.
- Youth marijuana prevention begins with education.
- This toolkit is the first step to help you educate others.
- Learn more at:
 - tpchd.org/keeptalking,
 - YouCanWA.org,
 - StartTalkingNow.org.



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References

- 2018 Healthy Youth Survey—
www.askhys.net
- DOH—Marijuana—
www.doh.wa.gov/YouandYourFamily/Marijuana
- American Academy of Child and Adolescent Psychiatry—Marijuana and Teens—
www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Marijuana-and-Teens-106.aspx
- Jermaine Galloway—
www.tallcopsaysstop.com
- Washington Poison Center—
www.wapc.org/programs/services/not-for-kids





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