



# THC is CHANGING

## What is THC?

### 1. A look at Cannabis: Hemp vs. Marijuana.

***Cannabis is a plant that comes in many shapes and sizes:***

- Hemp has less of the chemical (THC) that makes someone feel "high." Hemp plants can be made into many different things like clothes, and the hemp seeds are sometimes used for food and oil
- Marijuana flowers are often known for having more of this chemical (THC). It is consumed as medicine and for fun because of how it makes you feel.

### 2. What is THC?

***THC is the part of the cannabis plant that makes the user feel "high."***

- **Delta 9** is a type of THC found in marijuana that has strong effects and causes the "high" that many people connect to marijuana.
- **Novel (New and Emerging) THC's:** Types of THC made from hemp plants. Manufacturers take the non-active cannabinoids (chemicals) from hemp, such as CBD, and change them to novel THC's, such as Delta 8 THC, Delta 10 THC, and others. Some THC products changed from hemp-based CBD are human-made and not found naturally. These THC's come in many different strengths and can cause the "high" people are familiar with. It's important to note these products are not currently regulated through the Food and Drug Administration (FDA) so we can never be sure of what is truly in these products.

### 3. Common names for THC

- Pot, weed, grass, dope, herb, joint, Mary Jane, buds, blunt, ganga, trees, hash, doobie, chronic, dab

### 4. How is THC consumed?

- Smoked through joints, blunts, bong, or vape pens.
- Mixed into food, often desserts, like brownies or cookies, sometimes even made into drinks. Food and drink mixes are also called edibles and are much more dangerous. The time it takes for the THC substance to "kick in" may vary due to unknown factors. These THC products can come in many different strengths, and are not currently regulated through the Food and Drug Administration (FDA), so may have other dangerous chemicals in them. This increases the risk of a dangerous situation or even an overdose.

### 5. Testing Positive

- Remember: Any product that has THC in it may cause a positive drug test, even Delta products.
- A positive drug test for a teen could result in suspension from clubs, sports and/or school.
- The best way to avoid suspension due to drug use is to be THC free.

### 6. What are the effects and signs of THC?

***Short-term effects:***

- Judgment and attention changes
- Headaches
- Dry mouth
- Dry eyes
- Dizziness
- Sleepiness
- Faster heart rate
- Feeling hungry
- Seeing things
- Feeling like you're going to throw up
- Throwing up
- Not feeling like yourself

### **Long-term effects:**

- Higher risk of stroke and heart disease
- Damaged lungs
- Mental illness
- If a teen uses THC it could change the way their brain works

### **Effects on driving:**

- Slower movements
- Changes to vision
- Driving while high is both dangerous and against the law

### **Possible signs of use:**

- Red eyes
- Feeling hungry
- Feeling like you don't want to do anything
- Weight gain
- Feeling nervous
- Poor coordination
- Troubles remembering
- Not feeling like yourself

## **7. What should I do in an emergency?**

### **It could mean someone has had too much THC if they have:**

- Extreme anxiety or panic attacks
- Seeing things
- Lack of coordination
- Shaking
- If they are unresponsive

If you think someone has used too much THC and needs emergency medical help, call **911**. If you or someone you know is having a non-emergency crisis, visit [www.findhelp.org](http://www.findhelp.org) to find local resources.

## **8. How do I talk to kids and teens about THC use?**

- Talk to kids multiple times as they grow up
- Be clear with your expectations
- Be supportive
- Don't be forceful when you talk about THC
- Keep it casual

## **9. How do I learn more?**

- Call a substance use prevention coalition near you to get local resources through the Alliance for Wisconsin Youth.
- For more general information, try the national institute on drug abuse (NIDA) or Center for Disease Control and Prevention. (CDC)
- For more information you can go to [northwoodscoalition.org](http://northwoodscoalition.org)

