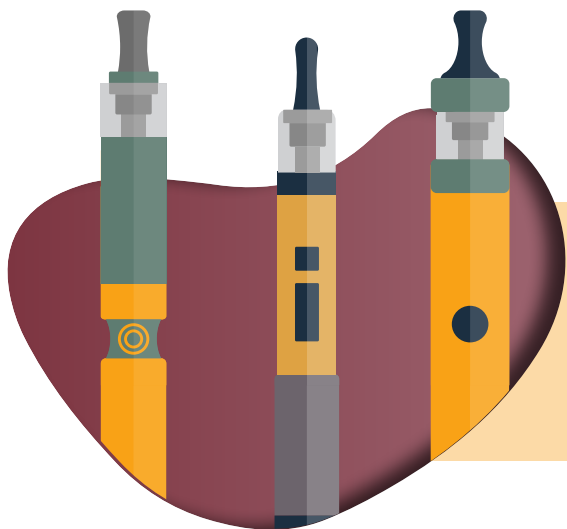


VAPING CANNABIS



WHAT IS A "VAPE"

Vapes are e-cigarette devices used to **inhale and exhale aerosol**.

- **Aerosol:** Vapor containing harmful tiny particles produced when cannabis is heated.

Concentrated cannabis oil or wax is heated & **turned into an aerosol, NOT a vapor**.

REASONS NOT TO VAPE

- 1 **THC**
- 2 **Cancerous Chemicals**
- 3 **Ultrafine Particles**
- 4 **Heavy Metals**
- 5 **VOCs**

NOTE: VOCs easily vaporize into the air allowing them to harm both the user & those nearby.

WHAT IS THC?

The active ingredient of 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**.

In a vape pen, cannabis oil is not 'vaporized'; **it is actually aerosolized**.

THC concentration **depends on the oil used**, which is often mislabeled.

Vaping is **NOT harmless**.

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.

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



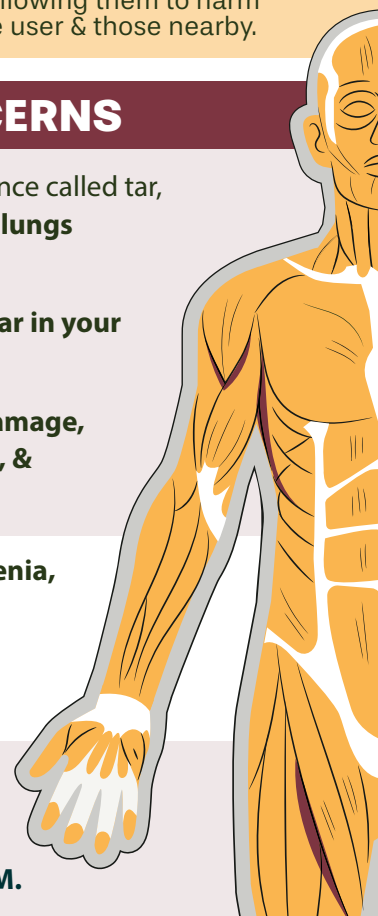
May increase the risk of **schizophrenia, depression, & anxiety**.

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



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

Increases heart rate by 20-50 BPM.



"Vaping" cannabis is NOT a safe alternative to smoking, it is just another form of smoking cannabis.

REFUSAL TECHNIQUE

"I don't vape cannabis because it causes respiratory infections."



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