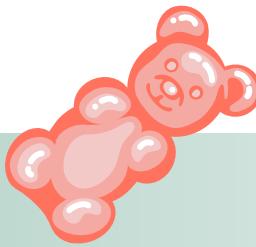


# EDIBLES

Cannabis Awareness  
& PREVENTION  
TOOLKIT

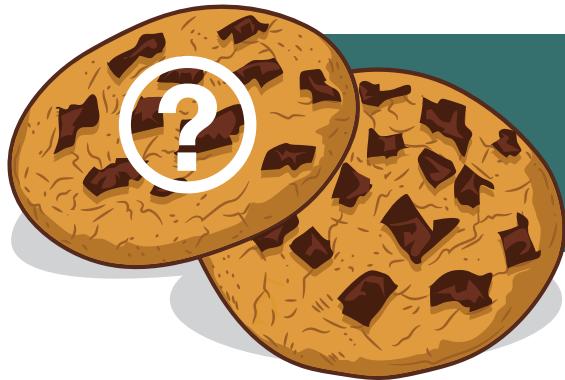


## What is an Edible?

Edibles are cannabis-infused foods and drinks such as gummies or baked goods.

## What is THC?

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



## THE FACTS

⌚ For most, it takes **between 20 minutes and 1-2 hours** to feel the effects of the cannabis.

The high typically lasts for hours.

The THC **concentration varies greatly**, even within the same batch of edibles.

**Residual effects can last up to 24 hours.**

## How Edibles are Processed in the Body

Edibles are digested & then enter the bloodstream and brain. In the liver, **THC is converted into a stronger form** & adds to the intensity of the high.

## SERVING SIZE

The serving size of edibles can significantly vary in amounts of THC making it very easy to accidentally exceed the recommended dosage.

## HEALTH CONCERNS

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



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

**Can have hallucinogenic & other effects** throughout the body.



Large doses of THC can cause **nausea & intense stomach pains**.



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

Can **increase blood pressure, decrease heart function, & cause irregular heart beats**.



Because it takes so long to feel the effects, people may take more & more until the high kicks in, so **it is very easy to take way too much**.

## REFUSAL TECHNIQUE

"I don't want to use cannabis because it causes increased blood pressure."



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