

WHAT TO DO IF YOU ACCIDENTALLY INGEST EDIBLE MARIJUANA

Maybe you already know how bad edible marijuana is for you. If someone brings edible marijuana to school or a party, chances are you would never be able to tell the difference just by looking at it or even tasting it. If you accidentally eat edible marijuana:

- Don't panic. Anxiety can be worsened by marijuana. Many people experience paranoia—extreme and unreasonable distrust of others. Just remain calm.
- Remember the hallucinations are not real. Depending on how much THC you ingest, hallucinations may be anywhere from mild to extreme.
- Call a trusted friend or parent to come and get you. Tell them you may have accidentally eaten a THC-infused food item. Under no circumstances should you attempt to drive.
- Remember that there's no lethal dose of marijuana, so there is no need to call Poison Control or 911 unless there is another medical emergency that was caused by eating marijuana-infused food or drink.

"NO THANKS"

How to Tell Your Friends that You Don't Want to Try Edible Marijuana

You might have a few friends who think using edible marijuana is cool or not as dangerous, but don't let them influence you. It's not that hard to say "no" after a little practice. Try one of these lines the next time someone offers you edible marijuana.

- "No thanks. Eating it is worse than smoking it."
- "Don't you know edible marijuana can make you feel really paranoid? That just doesn't sound fun to me."
- "I'll pass. Even though it's baked into a brownie, it's still a gateway drug."
- "No way. It's addictive and you can build up immunity to it."



THE TRUTH ABOUT GETTING HIGH

Think you know everything about edible marijuana abuse? Test yourself here.

1. Since marijuana comes from a plant, it can't be bad for you.
a. True b. False
2. It's safe to drive after eating some edible marijuana.
a. True b. False
3. Marijuana is an addictive drug.
a. True b. False
4. Marijuana is often called a "gateway drug."
a. True b. False
5. Marijuana use can cause you to lose short and long-term memories.
a. True b. False

Answers: 1. b; 2. b; 3. a; 4. a; 5. a

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EDIBLE MARIJUANA



FULLY BAKED



WHAT IS EDIBLE MARIJUANA?

Edible marijuana is usually created in three ways: mixing it in food such as brownies, cookies, or candy, brewing it as a tea or creating a pill form. These methods involve using CO2 extraction to get the concentrate. When making pot brownies, for example, marijuana is cooked down and strained until brown and green-tinted grease is left behind, and the strained plant is simply thrown away. The grease is then added to the dry brownie mixture, much like butter. The danger with edible marijuana lies with the potency. Many people underestimate the strength of edibles made from marijuana. It's also difficult to gauge how much THC is left behind in the grease. Many people who make their own edible marijuana have difficulty in keeping it consistent. THC is the psychoactive component of marijuana, and it is what gives the user the "high" feeling. When ingested, THC is converted to another chemical in the liver that is even more potent.

Second to alcohol, marijuana is the most commonly used recreational drug in the United States, with an estimated 19.8 million users. In Colorado, where the recreational use of marijuana is legal, an estimated 45% of marijuana sales involve edible marijuana, including THC-infused food, drink and pills. In addition to being more potent as an edible form than smoked, there is a relatively slow onset of the effects.

When smoked; marijuana has an effect approximately 5 to 10 minutes; when ingested, it can take a person one to two hours to feel any effects.



CAN YOU HANDLE THE TRUTH?

Fact vs. Fiction

Myth #1: Marijuana is all-natural, so it's good for you.

Reality: THC, which stands for Tetrahydrocannabinol, is a psychoactive substance that changes brain function and results in alterations to perception, mood, or consciousness.

Myth #2: Well even if it does affect the brain, the effects are only temporary.

Reality: While the high doesn't last forever, marijuana does affect brain development. When marijuana users begin using as teenagers, the drug may reduce thinking, memory and learning functions and affect how the brain builds connections between the areas necessary for these functions.

Myth #3: Ok, so I might have trouble remembering stuff that happened a long time ago. Eating marijuana doesn't make me less capable of learning new things.

Reality: A study done in 2012 showed that people who started smoking marijuana heavily in their teens and had an ongoing cannabis use disorder lost an average of 8 IQ points between the ages of 13 and 38. The lost mental abilities did not fully return in those who quit marijuana as adults.

Myth #4: At least it's not addictive.

Reality: Research shows that some users become addicted to marijuana. If a teenager starts using marijuana, his or her chances of becoming addicted increase.

Myth #5: It's OK to drive after you've eaten edible marijuana.

Reality: Any form of marijuana, whether it's smoked or eaten, impairs your ability to drive and slows down your reaction time, especially when you're behind the wheel of a car.



BENJAMIN'S STORY

Unhealthy Snack

Benjamin was just about to finish his sophomore year at Colorado State University. He had done well in his general freshman courses, but as he started to get more involved with his harder Architecture courses, he started to fall behind. As the end of the semester drew closer, his roommate Alex, a senior, suggested Benjamin try a pot brownie while studying. "I used to do it all the time. Studying while high just helped me remember everything so much better," Alex claimed.

Although Benjamin had never tried marijuana before, it had been a really tough semester, and he decided to give it a try. Alex bought some marijuana brownies and gave one to Benjamin. "The guy at the store said to make sure you only eat a bite or so," Alex explained. Benjamin replied, "All right, time for a pre-study snack!" He ate a single piece of the brownie and didn't feel any effects, even after an hour. He was starting to feel extremely anxious and panicky—a side effect of the marijuana made worse by the fact that he couldn't remember anything he had just read from his textbook. He decided to eat the remainder of the brownie, but he became so nauseated and exhausted that he couldn't even keep his eyes open. Benjamin soon passed out on the couch, drooling into his textbook.

The next morning, after sleeping through his alarm, Benjamin woke up to several friends from his class calling him. "Dude, you missed the test! What happened to you last night?" Benjamin tried to retake the final, but the professor wouldn't allow it. Benjamin ended up failing the course, and his dreams of becoming an architect were in serious jeopardy.

THE REAL AND HARMFUL SIDE EFFECTS OF EDIBLE MARIJUANA

- Increased heart rate, which may increase the chance of heart attack
- Altered Senses, even hallucinations
- Changes in mood
- Impaired body movement
- Difficulty with thinking and problem solving
- Impaired memory
- Paranoia and anxiety
- Weight gain from over-eating

