

HOW TO TELL IF SOMEONE IS DABBING?

Know the signs

BHO abusers show some of the same warning signs as those who use traditional marijuana. The big difference is that with BHO use, the warning signs are intensified. Here are a few warning signs to look for:

- Bloodshot eyes
- Food cravings
- Paraphernalia among their things (modified pipes or vape pens)
- Lack of motivation
- Withdrawal from friends and family
- Stealing from friends to obtain money to purchase BHO
- Extreme paranoia that can lead to aggressive behavior or lead to panic attacks



EXPLOSIVE RELATIONSHIP

Jaime's Story

Jaime had smoked traditional marijuana before with her friends. She didn't feel like she was addicted; she just did it to fit in with her friends. One day, one of Jaime's friends Mike suggested that they try a new way of smoking weed called dabbing. He told Jaime that they would have to make it themselves, but that it was really easy and there were step by step videos on the internet. Jaime didn't want to seem uncool so she decided to go with it.



One afternoon at Mike's apartment they started cooking down marijuana buds with butane gas exactly as the internet video instructed. What they didn't realize is that they were standing too close to the hot water heater. Once the gas was close enough to the water heater it caused an explosion that blew up Mike's apartment. Both Jaime and Mike had to be hospitalized. Mike died from the explosion and Jaime's life was forever changed by the third degree burns she sustained from the accident.

REFUSAL TIPS FOR KIDS

"No thanks; I'd rather not burn down my house."

"Nah, I heard that stuff makes you crazy paranoid."

"No thanks. I'm applying to colleges and need to stay straight."

TEST YOUR KNOWLEDGE!

Find out how much you know about butane hash oil with this quiz.

1. Smoking BHO is not as dangerous as smoking traditional marijuana.
a. True b. False
2. It is really easy to make your own BHO and there is nothing that could go wrong.
a. True b. False
3. If a person is vaping BHO there is no odor.
a. True b. False
4. BHO is sometimes called honey oil or earwax.
a. True b. False
5. BHO contains less THC than traditional marijuana.
a. True b. False

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

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BHO BUTANE HASH OIL (DABBING)



PLAYING WITH FIRE



WHAT IS BHO?

BHO stands for butane hash oil and is a highly concentrated form of marijuana that is growing in popularity among teens. With the advent of the legalization of marijuana, new ways to use marijuana have evolved in order to create a prolonged, extreme high and many teens are using videos and materials they find on the internet to achieve these results.

Marijuana buds are cooked down in a dangerous process using butane gas to extract the THC from marijuana and form a wax like substance that is either then reheated and smoked or vaped in a vape pen. This is known as dabbing and has quickly become the preferred way young people abuse marijuana. If used in a vape pen the substance becomes hard to detect since it does not emit the odor associated with marijuana use. The greatest danger lies in the extraction process, however.

DANGEROUS EXTRACTION

Making BHO

Teens think that making BHO is an easy process because many videos are available on the internet detailing the process. These videos, however, fail to highlight the great danger in the process. In order to create BHO, the THC in marijuana must be extracted into a concentrated form. This is done by heating the buds of the

marijuana plant with butane gas, a highly flammable substance. The gas is actually emitted into the air once the process is complete and because it is a heavy gas it seeks the ground level. Often it comes in contact with a stove burner or a water heater on its way down and because it is extremely volatile it can cause a huge explosion,

catching many homes on fire and causing severe injury. Making BHO is just as dangerous as making methamphetamine.

LIGHTING UP WITH BUTANE

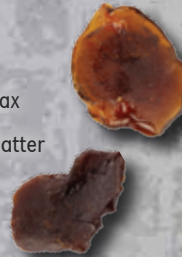
The danger from the use of butane is not only from the extraction process but is also in the way many teens are smoking BHO. Modified pipes are made to smoke BHO with the wax sitting on a metal plate of some sort. Teens then use the butane to reheat the wax turning it into a vapor that can be inhaled. The butane is just as dangerous in this use, especially if used in an area with little ventilation. It can cause severe burns which have sent teens to the hospital. Something as simple as naturally occurring static electricity can cause the butane to spark and explode, causing permanent physical damage to the user. Is that really a risk worth taking?

KNOW THE LINGO

Dabbing BHO goes by many different names and most refer to the waxy substance that is the result of the extraction process. This wax is normally light brown to golden in color and is mostly odorless.

Common street names for BHO include

- Honey oil
- Hash oil
- Wax
- Earwax
- Budder
- Shatter
- Dabs



MAGNIFIED MARIJUANA

Side Effects of Using BHO

Because one hit of BHO can contain as much THC as smoking two whole joints of marijuana, all the side effects are amplified in someone who smokes BHO. Most notable, the paranoia associated with marijuana use is intensified and many cases have been reported of panic attacks leading to hospitalization.

Here are a few ways that BHO usage can affect you mentally and physically:

- Memory loss and trouble concentrating
- Weight gain from increased appetite
- Panic attacks
- Paranoia
- Trouble sleeping
- Increased risk of several types of cancer
- Weakened immune system
- Greater risk of having unprotected sex
- Chest and lung problems, including emphysema, bronchitis and chest colds
- Increased heart rate

THE DASH FOR HASH

BHO is Habit-Forming

Although there is no medical evidence to support medical dependency from BHO use, it is a proven fact that many users of BHO become psychologically dependent. Many users admit that they often do not go places because they have to dab at a certain time and once they dab they often become incapacitated. Many users say that they cannot quit dabbing. Some even go as far as to say they have had physical side effects from trying to quit such as vomiting and severe headaches.

Simply put, BHO or Dabbing, can wreck your mind, your body and your life. Being dependent on BHO has some really negative psychological side effects, including:

- Low self-esteem
- Depression
- Lack of motivation
- A drop in grades



BAD FOR YOUR BODY, AND FOR YOUR FUTURE

Another side effect of BHO: it can land you in jail. Yes, it's true, some states like Colorado and Washington have legalized both medical and recreational marijuana use. But everywhere else, just having BHO in your possession is enough to get you arrested. If you're under the legal age, it's illegal everywhere. In states where it is legal, they are pushing for legislation to make creating your own BHO illegal without having a permit. Getting arrested for having BHO can affect your ability to get into college or get a job.

