



Marijuana 101: What You Need to Know

Today's marijuana is more potent than it was 10 years ago and continues to get stronger. It's not the marijuana people may remember from the 1970's or 1980's.¹

- Daily use of marijuana can do more damage to a developing teen brain due to the amount of THC—the psychoactive component—increasing from 3.75 percent in 1995 to an average of 15 percent today when smoked.¹
- As THC potency has increased, addiction to marijuana has also increased.²
- THC oil extraction techniques can increase the THC content up to 90 percent in edibles and other products.²

Start educating yourself about the ways people are consuming marijuana today.



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How Marijuana is Used

Smoked

- Joints, blunts (hollowed-out cigars filled with marijuana), bongos (water pipes, usually glass), bubblers (mini-bongos the size of a pipe) and hookahs are all used for smoking.³
- E-cigarettes and vape pens are used to smoke marijuana by vaporizing the active ingredients.³
- Marijuana smoke contains 50 to 70 percent more carcinogens than tobacco smoke.³

Edibles & Beverages

- Edibles are food products infused with THC oil - brownies, cakes, cookies, gummy bears, lollipops, gum, chocolate, ice cream, granola, etc.³
- It is difficult to tell the difference between regular food items and those infused with THC.³
- The THC content in this type of product can be up to 80 percent and the user is unable to stop metabolizing the edible if he/she gets too high.³
- Certain everyday beverages are infused with marijuana or mixed with oils. These beverages can come in the form of teas, sodas, elixirs and beer.³

Dabbing

- Dabs are a product that looks like honey or ear wax and contains 75 to 90 percent THC.³
- Dabs may be used in creating edibles or melted down to smoke in a vape pen.³

**Visit jtnn.org/getthefacts
for more information.**

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Sources

1. National Institutes of Health, National Institute on Drug Abuse. (2013, December 18). *Sixty percent of 12th graders do not view regular marijuana use as harmful* [Press release]. Retrieved March 9, 2016, from https://www.drugabuse.gov/sites/default/files/mtf_2013.pdf
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3. Ways Marijuana is Used: A Guide for Parents - Partnership for Drug-Free Kids. (2015, April 29). Retrieved March 09, 2016, from <http://www.drugfree.org/ways-marijuana-used-parents-guide/>