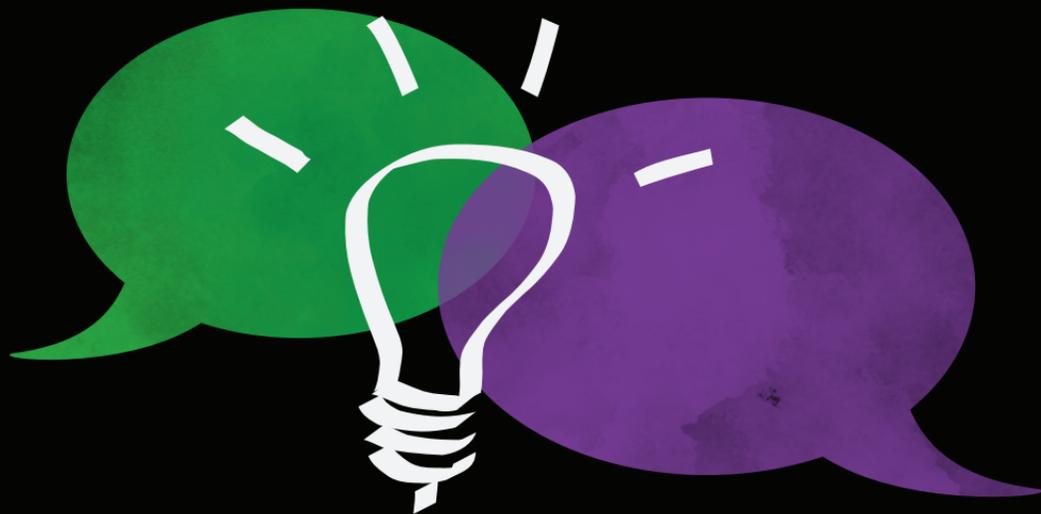


Youth Marijuana Prevention Toolkit



A Guide for Parents, Teachers, & Adults

Acknowledgment

This toolkit is an adaptation of the “Marijuana Prevention Toolkit: A Guide for Parents, Teachers and Adults” from Tacoma-Pierce County Health Department and the Pierce County Prevention Collaborative.



King County Youth Marijuana Prevention & Education Program (KC-YMPEP)

Public Health
Seattle & King County



King County

Department of Community
and Human Services



Washington State Department of

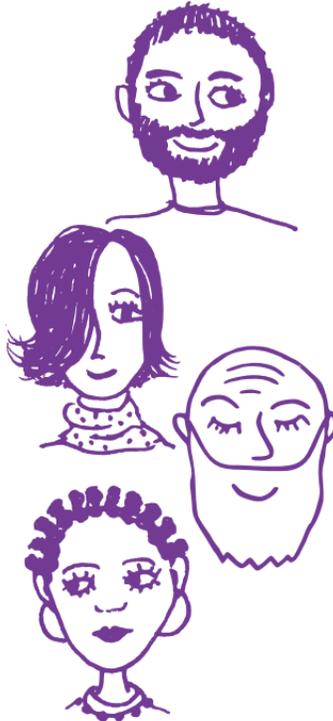
Health

- KC-YMPEP is a regional effort led by Public Health—Seattle & King County and the King County Department of Community and Human Services, with Dedicated Marijuana Account funding allocated by the Washington State Department of Health.
- KC-YMPEP, in partnership with community partners, experts, and stakeholders, works to prevent and reduce the use of marijuana by King County youth.



This Toolkit is Intended to:

1. Educate adults on the laws around marijuana use in Washington State.
2. Provide health and safety information on youth marijuana use.
3. Help adults identify and recognize various marijuana products and paraphernalia.



This toolkit is not intended for youth.

Intended audiences include parents, caregivers, teachers, and other influential adults in the lives of youth.



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Common Terms & Definitions

- **Youth:** anyone under the age of 21.
- **Adult:** anyone 21 or older.
- **Cannabis:** a plant that is used to produce different psychoactive and non-psychoactive drug products. These products are also referred to as “cannabis.” All cannabis products are illegal for anyone under the age of 21.
- **Marijuana:** a common slang term for the cannabis plant and its products that contain THC, a chemical that causes psychoactive effects.
- **Hemp:** a type of cannabis plant that contains less than 0.3% THC. Hemp is often processed to create CBD products.

Common Terms & Definitions, continued

- **Delta-9-tetrahydrocannabinol (THC):** the main active chemical in marijuana that can affect the brain and produce psychoactive effects (a “high”).
- **Cannabidiol (CBD):** an active chemical in marijuana that does not produce psychoactive effects (does not cause a “high”).
- **Substance Use Prevention:** activities to promote health and prevent negative consequences by seeking to educate populations or intervene before substance use occurs.

Common Terms & Definitions, continued

- **Health Promotion:** activities that help people increase positive control over their own health.
- **Risk Factors:** negative things in the lives of youth that increase the chance youth will engage in problem behaviors or suffer from negative outcomes (examples: peers who use, laws and norms favorable to substance use, or academic failure).
- **Protective Factors:** good things in the lives of youth that reduce youth risk for problem behaviors and poor outcomes. These protective factors act as a buffer or “protection” (examples: family management, pro-social activities, and a supportive adult).



Washington State Laws



Washington Initiative 502

- In 2012, Washington State voters approved Initiative 502 (I-502), which legalized the production, processing, and retail sale of marijuana for adults ages 21 and older.
- I-502 also directed a portion of marijuana excise taxes to research, prevention, and educational programming.
- I-502 is now codified into law as RCW 69.50.530 - 69.50.540



Marijuana is Illegal for Anyone Under 21

In Washington State:

- Only people ages 21 or older may purchase, possess, and use retail marijuana.
- People under 21 cannot visit a marijuana retail store unless they have a medical authorization card from a physician and are at least 19 years of age.
- It is illegal and a felony to provide marijuana to people under 21.
- Parents cannot legally share marijuana with their kids.
- Anyone under 21 may face a felony, jail time, or fine for marijuana-related activity.



Additional Washington State Laws

For youth AND adults, it is illegal to:

- Use marijuana in view of the public.
- Drive under the influence of marijuana.
- Have an open package in a vehicle (this rule applies to passengers, too).
- Take marijuana out of Washington (across state lines). This is a federal crime, even if you are traveling to a state that has legalized retail marijuana.



Youth Marijuana Use



Youth Marijuana Use in King County

Trends according to the Washington Healthy Youth Survey (a bi-annual survey of 6th, 8th, 10th, and 12th grade students):

- Most King County youth do NOT use marijuana. And, marijuana use has decreased slightly among King County 10th and 12th graders since 2012.

Although a decrease in youth marijuana use is positive, any youth marijuana use is concerning.

- Across all grades, fewer youth believe regular marijuana use is harmful (since 2004).

This is concerning. A decreased perception of harm may predict future increases in youth marijuana use, and conflicts with known health and social risks for youth.



View HYS data at
<https://www.askhys.net> or
www.kingcounty.gov/marijuana

Reasons Youth Give for Using Marijuana

- Follow social norms.
- Alleviate peer pressure.
- Cope with stress, anxiety, depression and difficult situations in their lives.

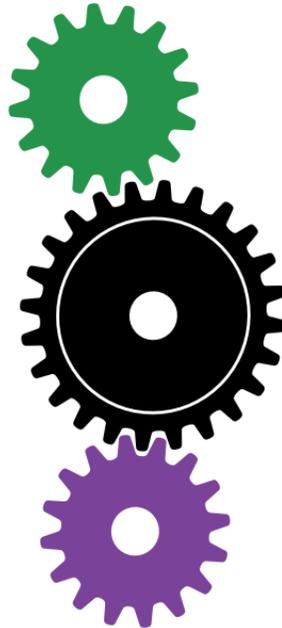
(Information from listening session interviews with King County youth in 2018)



There is No “Safe” Level of Youth Marijuana Use

The human brain is actively developing until a person is in their mid-twenties. Using marijuana during active brain development can have negative effects:

- Problems with memory, learning, thinking clearly, and problem solving.
- Difficulty maintaining attention.
- Poor school performance: lower grades and risk for school drop-out.



- Impaired coordination and reaction time.
- Impaired judgment.
- Impaired driving, playing sports, or activity performance.
- Increased risk of mental health problems like depression, anxiety, and psychosis.



Youth Risk of Addiction

1 in 6 youth who repeatedly use marijuana can become addicted.



Addiction means that they may make unsuccessful efforts to quit using marijuana, and may give up activities they used to enjoy or time with friends and family in favor of using marijuana.

Marijuana Can Also Increase Youth Social & Physical Risks

Criminal justice system involvement:

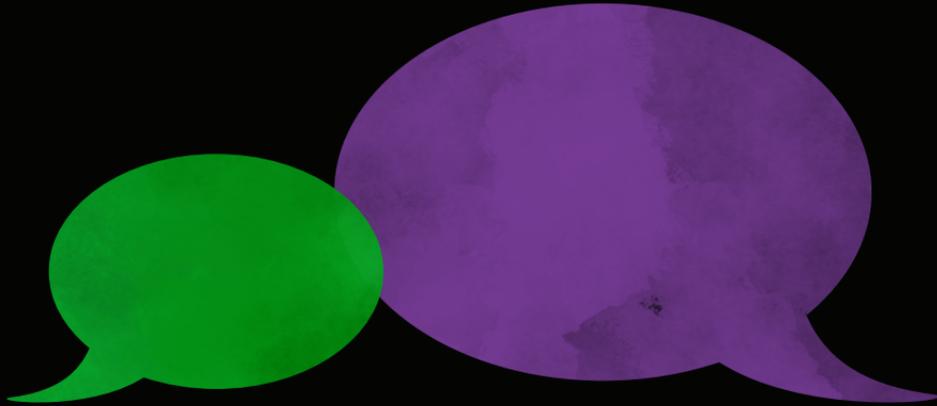
- In Washington, marijuana is illegal for anyone under 21.
- Youth populations of color disproportionately experience enforcement and consequences of marijuana laws.
- Criminal justice system involvement may result in additional consequences affecting lifetime access to careers, student loans, and other life opportunities.



Safety & motor vehicle crashes:

- Marijuana impacts the skills required for safe driving, such as reaction time, coordination, and concentration.

Prevention Starts with Supportive Adults



Prevention Starts with You

Research shows that parents and caregivers are the most powerful influence in a youth's life. You can prevent and reduce youth marijuana use by:

- Educating yourself.
- Talking early.
- Talking often about making safe and healthy choices.
- Spending time together.
- Modeling healthy and safe behaviors.
- Providing ways and discussing how to say no to marijuana.
- Setting boundaries by enforcing fair and consistent rules.
- Ensuring your youth knows you do not condone youth marijuana use
- Keeping track of your youth and who they spend time with.



Not a Parent? Being a Supportive Adult Makes a Difference!

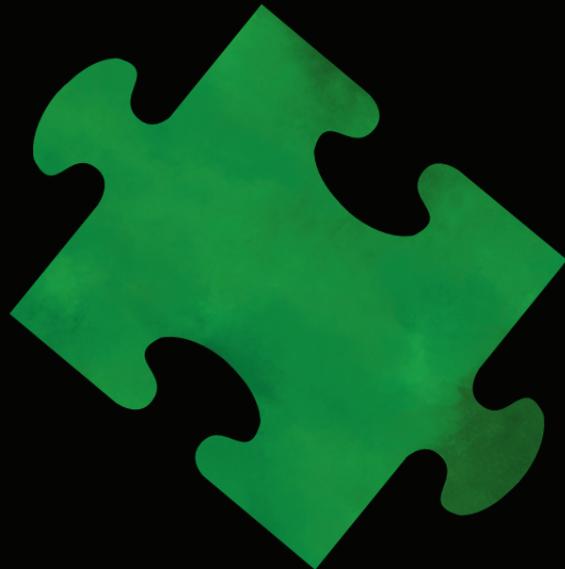
Aunts, uncles, grandparents, teachers, coaches, counselors, faith leaders, and more can all play important roles in a youth's life and choices.

When influential adults are present and engaged, youth are happier, healthier, and make better choices.

- Educate yourself.
- Talk early.
- Talk often about making safe and healthy choices.
- Model healthy and safe behaviors.



Marijuana 101



What is Marijuana (aka Cannabis)?

- Marijuana is the slang term for products that come from two Cannabis plant species: *cannabis sativa* and *cannabis indica*.
- The cannabis plant contains organic compounds called “cannabinoids.” In this toolkit, we reference two specific cannabinoids:
 1. THC (delta-9 tetrahydrocannabinol): psychoactive, meaning it interacts with the brain and makes people feel a physical “high.”
 2. CBD (cannabidiol): non-psychoactive, does not cause a high. CBD may also offset some of unwanted psychoactive effects of THC (like anxiety, paranoia, memory loss, and euphoria).
- Cannabis plants are grown with varying amounts of THC and CBD. These different “strains” are marketed as having different effects in a user.



Marijuana Comes in Different Forms

Beverages & Edible Products



Dried Flower or Bud



Marijuana Comes in Different Forms

Concentrates (Oils & Waxes)



Lotions & Tinctures



Synthetic Marijuana (Spice or K2)

- Synthetic marijuana products are human-made, psychoactive cannabinoids that are manufactured internationally. Products are sold in some stores and online.
- Synthetic marijuana is smoked.
- Formulations change faster than laws can be applied to chemical combinations found in the product.



Cannabis Concentrates: Oils & Waxes

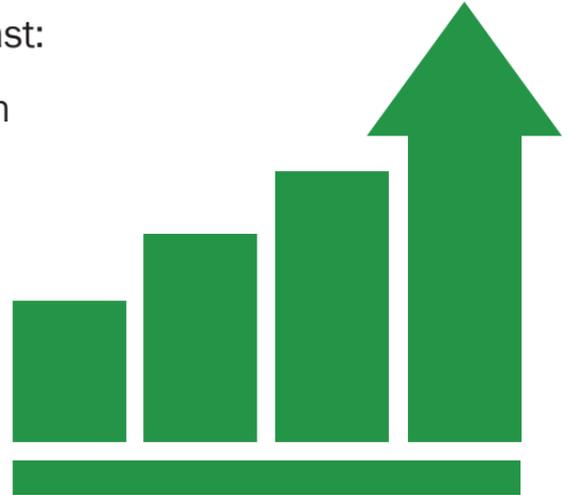
- Cannabis concentrates are highly potent products in the form of waxes and oils.
- Concentrates are made by separating cannabinoids from the cannabis plant with solvents like butane, carbon dioxide, and ethanol.



Increased Potency

Today's marijuana products have much higher concentrations of THC than products in the past:

- In the 1960s and 1970s, the concentration of THC in marijuana products was typically 3% to 7%.
- Today:
 - Marijuana products made with flowers and buds have THC concentrations ranging from 20% to 30%.
 - Cannabis concentrates can range between 60% to 85% THC.



Increased Potency Increases Risk

- For some people, especially youth, using high potency products increases their risk of overconsumption (which can cause adverse reactions like discomfort and panic attacks), as well as negative health effects (like unintentional injury, addiction, and dependence).
- Youth are at higher risk for adverse reactions– their bodies do not have a tolerance to marijuana and/or they are unaware of how the substance will affect their body.



Names for Marijuana

There are hundreds of names to refer to marijuana.

- “Marijuana” and “cannabis” are the most popular.
- Popular slang names include: weed, pot, kush, dope, reefer, ganja, Mary Jane, chronic, MJ, boom, herb, grass, bud, and skunk.
- You may also hear names that describe products: kief, BHO, dabs, hash oil, hashish, honeycomb, honey oil, budder, amber, shatter, wax.



Names for Marijuana, continued

Some people refer to marijuana by the name of specific strains. Common marijuana strains include:

- OG Kush
- Blue Dream
- Girl Scout Cookies
- Pineapple Express
- Maui Wowie
- White Widow
- Sour Diesel
- Super Silver Haze
- Gorilla Glue
- Strawberry Cough
- Blue Cheese
- Blueberry
- Purple Kush
- AK-47
- Northern Lights
- Green Crack
- Durban Poison
- Skywalker



Ways Marijuana is Used



Inhalation: Smoking, Vaping, & Dabbing

Smoking Devices



Bong



Pipe



Hookah

Vaping Devices



Image Source: vaped.com

Dabbing devices



Dab rig

Dab pens



Smoking: the Most Common Method of Use Among Youth

Potential health effects of smoking marijuana:

- Smoke contains carcinogens, toxins, and irritants that may harm respiratory health.
- Like tobacco smoke, marijuana smoke commonly contains carbon-monoxide, tar, ammonia, and other by-products.



Joint

Spliff (with tobacco)

Blunt (rolled in cigar paper)

(Image source: wikileaf.com)

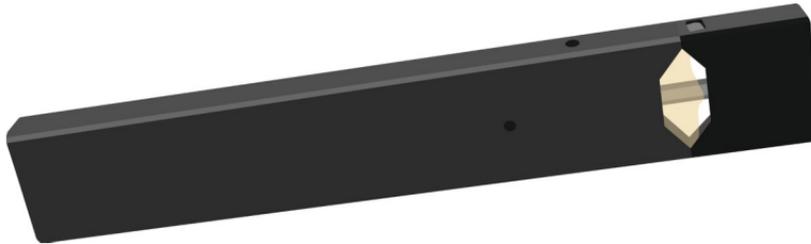
Vaping

- Vape pens (also called “e-cigarettes” or “vapes”) are battery-powered devices that heat a substance until it turns into vapor, which a person then inhales.
- Vape pens are used with nicotine/tobacco, dried marijuana, and marijuana concentrates.
- Vaping marijuana is discrete: devices are often small and easy to hide, and the vapor is hard to smell.



Potential Health Effects of Vaping

- Concentrates used for vaping are generally higher in THC, which may increase risk for dependence and addiction.
- Marijuana vapor is more than “just water.” It may contain residual solvents, pesticides, and other toxic by-products.



Rechargeable vape pen

Dabbing

- Dabbing uses a “dab rig” (a modified bong or water pipe with a heating element) that quickly vaporizes cannabis concentrates, which a user then inhales.



Dab tool with cannabis concentrate



Dab rig with cannabis concentrate

Potential Health Effects of Dabbing

- The cannabis concentrates used in dabbing have high levels of THC, which may lead to dangerous levels of consumption and increased risk for dependence and addiction.
- Dabbing products may also contain concentrated chemical contaminants, pesticides, and residual solvents.



Heating a dab rig

Marijuana-Infused Edible Products

- Edibles are food and beverages that contain THC and/or CBD.
- Prepackaged edibles contain 10 milligrams of THC per serving. Some edible products may contain more than one serving.



Marijuana cookies



Marijuana popcorn

Potential Health Effects of Edibles

- Edibles can take 30 minutes to 2 hours to produce effects, which can lead some people (especially new/unfamiliar users like youth) to consume dangerous amounts and underestimate lasting effects.
- Some retail edible products contain more than one serving size of THC in one package. Youth may unintentionally or intentionally consume more than this single serving, which can lead them to consume dangerous amounts.
- Homemade edibles contain uncertain concentrations of THC and serving sizes, which may lead youth to consume dangerous amounts.



Marijuana chocolate
and gummies

Edibles are Unsafe for Children

- Children may accidentally eat marijuana products that look like candy or treats, which can make them sick enough to need emergency medical care.
- Secured, locked storage prevents unintended access by children, youth, and pets. Always keep marijuana products out of reach of children, and locked up or in childproof containers.
- Avoid using marijuana in front of youth. This prevents modeling behaviors that can lead to low perception of harm, and helps prevent small children from mistaking edibles as safe foods.



The “Not For Kids” label is required on all edible product packaging.

If a child consumes a marijuana product, call the Washington Poison Center at 1-800-222-1222.

Tinctures

- Tinctures are concentrated liquid products that come in small eyedropper jars.
- People consume them by absorbing a few drops under their tongue or in food. Like edibles, effects can be delayed.
- Youth rarely use this method of consumption.



Topicals

- Topicals are cannabis-infused products used on the surface of the skin, oftentimes for pain management.
- They come in the form of balms, creams, lotions, oils, patches, and lubricants.
- This method of consumption is not common for youth.



CBD Products

- CBD products come in many different forms, such as topicals, tinctures, and edibles.
- Unlike products with THC, CBD products do not cause a high or intoxication, but they are still not legal for use by anyone under 21 years old.
- There is little known on the medicinal uses of CBD. Only one CBD drug has been approved by the Food and Drug Administration, which treats seizures in patients ages 2 and older.



Marijuana Product Requirements



Where Marijuana is Legally Purchased

- Marijuana is legally bought and sold from licensed retail stores in Washington State.
- Retail stores sell both THC and CBD products.



CBD Products Sold Elsewhere

- CBD products that are derived from hemp can be purchased outside of licensed retail cannabis stores, such as supermarkets, gas stations, and health stores.
- CBD products sold outside of licensed retail cannabis stores can contain only 0.3% or less THC.
- CBD products purchased outside of licensed retail cannabis stores are unregulated, and therefore may not be tested for product quality (i.e., THC limits, CBD concentrations, and contaminants).
- No matter the location purchased from, youth are not legally able to purchase, possess, or consume CBD products.



Marijuana Product Labels

- Retail marijuana product labels are required to list THC and CBD concentrations.
- Retail product labels must display the state’s designated “universal symbol,” which communicates to the consumer that the product contains marijuana.



“Not for Kids” Symbol

- The “Not For Kids” symbol is required on the packaging of all marijuana edibles.
- The symbol communicates that the product contains marijuana, and lists the number for the Washington Poison Center’s emergency telephone helpline if an unwanted or accidental exposure to marijuana occurs.



Prevent Youth Access with Secure Storage

- Always lock away marijuana products from children, pets, and youth.
- If unintentional consumption occurs, call the Washington Poison Center at 1 (800) 222-1222 or the ASPCA Animal Poison Control Center at (888) 426-4435, which are both available 24/7/365.



All images from amazon.com

How to Know if a Youth May Be Using Marijuana



Signs & Symptoms of Marijuana Use

If someone is using marijuana, they might:

- Seem dizzy or uncoordinated.
- Seem silly or giggly for no reason.
- Have very red, bloodshot eyes.
- Have a hard time remembering things that just happened.



If you suspect a youth is using cannabis,
visit the Partnership for Drug-Free Kids for tips on how to take action: <https://drugfree.org/>

Ongoing Signs & Symptoms to Look For

- Changes in behavior, such as:
 - Carelessness with grooming.
 - Mood changes.
 - Losing interest in favorite activities.
 - Changes in grades.
 - Skipping school.
 - Relationship problems with family members and friends.
 - Changes in eating or sleeping habits.
- These changes may be related to drug use, but can also stem from other reasons. If you see any of these changes, talk to the youth about their concerning changes in behavior and what may be influencing them.

Washington
Recovery Help Line

24-Hour Help for Substance Abuse, Problem Gambling & Mental Health

1.866.789.1511

If you suspect a youth may be struggling with use, contact the Washington Recovery Help Line for help accessing resources and/or substance use treatment.



Places Youth May Hide Marijuana

- There are clothing items, apparel, and products designed to hide marijuana in a discrete way.
- Discrete vaping: wearable pipes and adaptable clothing.
 - Some drawstrings can function as a pipe or vape adapter and mouthpiece.
- Stash products designed to hide marijuana:
 - Sweatshirts, jackets, socks, hats, and beanies with hidden pockets.
 - Shoes with hidden pockets.
 - Weighted water and soda bottles/cans.
 - Fake highlighters.



Image Source: vaprwear.com



Image Source: dhgate.com



Image Source: marijuanapackaging.com



Image Source: amazon.com



Marijuana References on Clothing, Signs, Images, etc.

- 420: the number popularized by marijuana culture as the time of day to get high.
- 710: refers to dabbing/using cannabis concentrates. 710 spells OIL backwards and upside down.
- Other common marijuana references:
 - Cannabis leaves.
 - Slang names for marijuana.
- Start having conversations about suspected references to marijuana.
- Research the items in question and see what you find.



Image Source: amazon.com



Resources

Marijuana/Cannabis:

- Know This About Cannabis <https://www.knowthisaboutcannabis.org/>
- *A Parent's Guide to Preventing Underage Marijuana Use*
<http://learnaboutmarijuanawa.org/parentsguide2017.pdf>
- Learn About Marijuana <http://adai.uw.edu/marijuana/>

Substance Use Prevention:

- Start Talking Now <https://www.starttalkingnow.org/>
- Partnership for Drug Free Kids <https://drugfree.org/>
- Athena Forum <https://www.theathenaforum.org/>
- National Institute on Drug Abuse (NIDA) <https://www.drugabuse.gov/>
- Substance Abuse & Mental Health Services Administration (SAMHSA)
<https://www.samhsa.gov/>

Teen Support:

- TeenLink <https://866teenlink.org/> 1-866-TEENLINK

Resources, services, referrals and access to treatment:

- Washington Recovery Helpline
<https://www.warecoveryhelpline.org/> 1-866-789-1511



Local Resources

- APICAT <https://apicat.org>
- Center for MultiCultural Health <http://cschc.org/>
- El Centro de la Raza <http://www.elcentrodelaraza.org/>
- Gay City <https://www.gaycity.org/>
- King County Youth Marijuana Prevention & Education Program (YMPEP) <https://www.KingCounty.gov/marijuana>
- Muckleshoot Health & Wellness <http://www.muckleshoot.nsn.us/services/health-and-wellness.aspx>
- Prevention Works in Seattle <http://www.preventionworksinseattle.org/>
- Seattle Indian Health Board <https://www.sihb.org/>
- Urban Indian Health Institute <https://www.uihi.org/>
- Washington Poison Center <https://www.wapc.org/>



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- King County Youth Marijuana Prevention & Education Program: *Youth Perspectives on Marijuana Use* <https://kingcounty.gov/depts/health/marijuana-health/~//media/depts/health/marijuana/webinar-youth-perspectives-on-marijuana-info-sheet.ashx>
- Centers for Disease Control and Prevention: *Marijuana and Public Health* <https://www.cdc.gov/marijuana/>
- University of Washington Alcohol & Drug Abuse Institute: *Learn About Marijuana* <http://learnaboutmarijuana.wa.gov/>
- Center on Juvenile and Criminal Justice: FBI Uniform Crime 2016 Reports
- Start Talking Now <https://www.starttalkingnow.org/>
- Partnership for Drug-Free Kids <https://drugfree.org/>
- Seattle Children's: *A Parent's Guide to Preventing Underage Marijuana Use* <http://learnaboutmarijuana.wa.gov/parentsguide2017.pdf>
- Colorado Department of Public Health and Environment: *Monitoring Health Concerns Related to Marijuana in Colorado 2018: Summary* <https://www.colorado.gov/pacific/marijuanahealthinfo/summary>
- National Academies of Sciences: *The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research* <https://www.nap.edu/read/24625/chapter/1>
- World Health Organization: *The Health and Social Effects of Nonmedical Cannabis Use* https://www.who.int/substance_abuse/publications/cannabis_report/en/
- Washington State Liquor and Cannabis Board: <https://lcb.wa.gov/>





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