

A DANGEROUS, DEADLY HIGH

Two million middle and high school students have reported vaping THC. Moreover, one in eleven students have reported vaping THC. Vaping THC has also been linked to dozens of deaths and thousands of hospitalizations all across the United States. With so many people using these drugs it is crucial to understand the dangers they pose.

SO HOW IS MARIJUANA VAPED?

Vaping is when a user inhales liquid that is heated from a battery-powered device, and vaping marijuana is no different. Concentrated marijuana oil is heated by a vape device and inhaled to get the user high. Any e-cigarette can be used to vape THC, even the most popular and common vape pen, the Juul.

RESEARCH UNKNOWN

Vaping THC (and vaping in general) is relatively new, so researchers have not had the time to study and publish the long-term effects of these products or what makes them dangerous.



NEWER, BUT NOT SAFER

Despite the popularly held belief that vaping THC is safer than smoking marijuana, this is simply not true. While vaping THC may seem more high-tech and streamlined, it is hospitalizing users much more than traditional marijuana smoking and can make it a lot easier for users to do too much THC in one sitting.

MIND-ALTERING SUBSTANCE

Vaping THC can be incredibly harmful, especially to teens. The brain is not fully developed until 25, and when young people take drugs that alter the way the brain functions, it can have far-reaching effects on their development. THC affects the areas of the brain responsible for memory and learning. Studies have shown that frequent marijuana users have lower grades and can lose as many as eight IQ points.

“Vaping THC can be incredibly harmful, especially to teens.”

But vaping THC also affects the brain in other harmful ways, too. THC is a mind-altering substance, and the concentrated liquid in THC vape cartridges contains much more THC than other marijuana products. This makes it incredibly easy to “green out”, or overdose on marijuana. While greening out won’t kill you, it will cause dizziness, vomiting, cold sweats and anxiety that can last long after the high. Recent studies also show that long-term use of marijuana worsens depression and anxiety. The facts are in: THC makes you dumber and damages your mental health.

ADDITIONAL RESOURCES

Substance Abuse and Mental Health Services Administration

1-800-662-HELP (4357)

www.samhsa.gov

Centers for Disease Control

www.cdc.gov/marijuana

in the know

© 2020 Education Specialty Publishing, LLC
877-329-0578
www.PTRPress.com • product #PB-DA287
This pamphlet may not be copied.

VAPING THC



DON'T DIE
FOR A HIGH



SAY GOODBYE TO BREATHING.

The use of e-cigarettes, or vaping, is an epidemic. This widely popular device has caused thousands of individuals to be hospitalized due to lung illnesses or lung injuries. Moreover, e-cigarettes have been the main source for scores of deaths across the United States. While no one is sure what is specifically causing these illnesses, there is one element that all of these cases have in common: THC.

Patients report feeling shortness of breath, coughing, and fatigue that gets worse and worse with time. Once admitted to the hospital, doctors often find that their lungs have sustained severe damage. Some patients pass away, and others have to endure painful and expensive lung transplants that put their breathing ability on par with that of a 70-year-old's. One surgeon even called the damage from vaping, "An evil I've never seen before." Coming from a lung surgeon, that statement is no joke.

While scientists believe many of the lung damage cases stem from vaping THC, the exact chemical compound that destroys the lungs remains unknown.

IT'S NOT JUST DANGEROUS- IT CAN BE CRIMINAL, TOO.

In states where marijuana is illegal, vaping THC can land you a felony sentence. These sentences can range up to five years in prison, five years of probation, and a \$5,000 fine that will show up on your criminal record. Additionally, driving while high could result in a dangerous car accident. Studies have shown that driving while high slows your reaction time and increases your chance of a wreck. Driving high over the legal limit (which is none in some states) also results in a DUI with a 90-day to a year license suspension, up to a year of jail time, and a fine between \$500-\$2000.

WHAT'S IN THAT VAPE?

Oftentimes THC vapers have no real idea of what they are putting into their lungs. While some THC cartridges are produced by legitimate businesses (but still dangerous for the reasons mentioned earlier), most THC cartridges come from unlicensed, unregulated black market sellers. These black market THC vape dealers don't follow any health and safety laws and regulations, meaning that their product is not consistent or tested for dangerous chemicals. Cancer-causing metals like lead and cadmium are frequently found in these cartridges. Knock-offs of these black market THC cartridges have also been found to be mixed with dangerous synthetic drugs like fentanyl that can lead to an overdose death. One thing is certain: when you vape THC, you could be exposing your body to anything.

“ **These black market THC vape dealers don't follow any health and safety laws and regulations.** ”

SHORT-TERM SIDE EFFECTS

- Seizures**
- Paranoia**
- Anxiety**
- Confusion**
- Rapid heart rate**
- Lethargy**
- Nausea/vomiting**

Vaping THC increases the likelihood of developing short-term side effects as the chemicals found in THC vapes often have high concentrations of heavy metals.

JUST SAY NO - DON'T BECOME A STATISTIC

It is pretty clear that vaping THC is bad for your health- it damages your mental health, can put you in the hospital, and at the very least can lead to a very bad time. It is also against the law and can get you kicked out of school depending on school policies. Regardless, pressure from friends and others at school to vape THC can be hard to overcome. But no matter how hard it is to resist that peer pressure, you must say no. Vaping THC is too dangerous, and



while there is little research on it, we know that it is killing people. When you are asked or pressured to vape THC, think instead of the thousands of teens in the hospital and those already dead because they said "yes" when asked if they wanted to try it. Ask yourself if you want to be in that statistic.

HOW TO QUIT

While many people think that it is impossible to get addicted to THC, this simply isn't true. Marijuana is classified as an addictive drug, and users who have become dependant from vaping THC experience withdrawal, such as insomnia and flu-like symptoms. These symptoms make it incredibly difficult for users to quit. If you are scared of losing your life to vaping THC, the best thing to do is to reach out to a medical professional and trusted adult. Quitting cold turkey has also been shown to be the most effective way of reducing your chances of using the drug in a month. With the rate of death and illness that vaping THC has caused, the sooner you quit, the better.