

CANNABIS

The solution for preventing substance use challenges in our community starts with understanding the issue!

Common Terminology

Cannabinoids

The main group of compounds responsible for cannabis' effects. There are over 100 types of cannabinoids but most familiar are THC and CBD.

THC

Psychoactive cannabinoid
- Causes the "high"
(euphoria, calm)
associated with cannabis

vs

CBD

An active cannabinoid in cannabis - Unlike THC, it does NOT cause a "high"

Delta 8

A less potent, minor THC cannabinoid that produces a mildly intense "high"

vs

Delta 9

A prominent and potent THC cannabinoid that produces a strong psychoactive effect

Hemp

A type of cannabis containing less than 0.3% THC - Low THC means low chance of getting "high" from use

vs

Marijuana

Cannabis sativa or indica
Contains higher levels of THC and will produce a "high" effect

QUICK FACT

Cannabis laws can vary - some states have legalized its recreational and medicinal use, while in other states all cannabis use is illegal

Slang Words for Cannabis

Weed • Gas • Pot • Hash • Flower • Devil's lettuce • Ganja • Mary Jane • MJ • Joint • Dope • Bud



Interested in being part of the solution?
Contact our team at prevention@hrscsb.org
VISIT mywellnessconnection.org

Data Snapshot

In Virginia, there were **2,466**
“marijuana” related **arrests** in 2021 -
49% of these arrests were of people
24 years old and younger



In H-R, the majority of
young adults reported
they first used cannabis
between 15-17 years old

*This is a sensitive
and important
time for brain
growth and
development!*



46.7% of 12th
graders reported it
was “**very easy**” to
get cannabis
products in H-R



JMU Institute for Innovation in Health and Human Services. *Youth Data Survey, 2021*
Department of State Police Data Analyst and Reporting Team. *Crime in Virginia,
The Virginia Young Adult Survey, 2022.*

QUICK FACT



Some people use medical cannabis for pain relief or to help with anxiety, but it's essential to be informed about its effects and consult with a doctor

Effects of Cannabis Use

SHORT-TERM: Irritated throat and lungs

- Increased heart rate • Dry mouth • Reduced perception of pain • Decreased coordination
- Changes in appetite • Anxiety • Paranoia • Euphoria

LONG-TERM: Learning and memory difficulties

- Increased risk of developing anxiety
- Depression • Severe or consistent paranoia
- Cannabis Use Disorder or dependency

How is Cannabis Used?

Smoking a joint, blunt, or pipe

Eating gummies or THC-edibles

Inhaling vapors from a bong or e-cig

“Dabbing” THC-concentrated resins

Using topicals like salves or lotions



Want to learn more about our local substance use prevention resources and trainings?

Visit mywellnessconnection.org



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