



DID YOU KNOW?

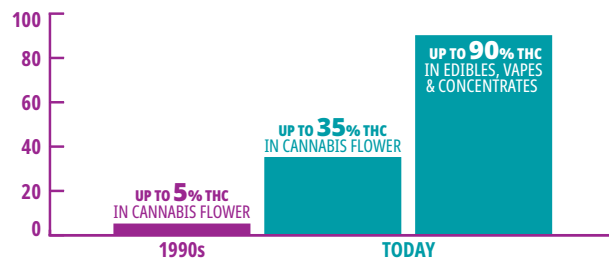
Cannabis has changed.

What is high-potency cannabis, and what are the risks to youth?

High-potency cannabis is any product with more than 10% THC.

How much THC is in today's cannabis?

In the 1990s, the average THC content in cannabis flower was typically around 4-5%, while today, it can range from 15% to 35%. Today's edibles, vapes, and concentrates can be 50-90% THC.



Edibles

Edible cannabis products pose unique risks compared to other forms of cannabis consumption. The delayed onset of effects can lead individuals to consume larger amounts, thinking the initial dose was insufficient, resulting in an unexpectedly intense high or overdose. The variability in potency among different edibles makes it challenging to gauge the appropriate dosage. This unpredictability increases the likelihood of adverse reactions, such as anxiety, paranoia, and impaired cognitive function.

Concentrates & Vapes

Teenagers face significant risks when using cannabis vapes and concentrates. The allure of discreet consumption and seemingly harmless devices can lead to underestimating the potency of these products. Vaping and concentrate use among

teens have been linked to higher levels of THC exposure, which can have detrimental effects on developing brains. The long-term health effects of inhaling concentrated cannabis vapors are not fully understood, raising concerns about respiratory issues.

Teen Cannabis Dependence

The likelihood of teens getting addicted to cannabis can vary based on several factors, including individual susceptibility, frequency of use, and the potency of the cannabis consumed. Adolescents are generally more vulnerable to the potential addictive properties of substances because their brains are still developing. Research suggests that the earlier an individual starts using cannabis, the greater the risk of developing dependence or addiction. Regular use during adolescence can impact cognitive function and increase the risk of addiction.

Mental Health

The impact of high-potency cannabis on teen mental health is an area of concern, as research suggests a potential association between the use of high-potency cannabis and adverse mental health outcomes, especially in adolescents. Some potential impacts include impaired cognitive function, and increased risk of developing psychiatric disorders, including anxiety, depression, and psychosis.

What can adults do?

It's important for parents, educators, and healthcare professionals to be aware of these potential risks and to communicate openly with teens about the potential impacts of cannabis use. Early intervention and education can play a crucial role in minimizing potential harm.



www.AHC-STL.org
Educate. Communicate. Protect.