



Vaping THC

Marijuana-containing vape products which contain concentrated forms of the plant are many times higher in THC than in the highest-quality marijuana. This can increase the “likelihood of addiction and adverse medical consequences.”

Effects:

- **Addiction:** Contrary to popular belief, marijuana can be addictive. About 30% of users are estimated to have substance use disorder.
- **Impaired brain function:** Marijuana use has an immediate effect on thinking, attention, memory, coordination, and perceptions of time.
- **Impaired brain development:** Exposure during pregnancy, childhood, or the teen years may impair the brain's ability to build connections, which affects attention, memory, and learning.
- **Cancer risk:** Vaping or smoking marijuana may contribute to the development of lung cancer.
- **Driving:** Because marijuana impairs your reaction time, decision-making, coordination, and perceptions, it's unsafe to drive after using it.
- **Heart health:** Marijuana raises the heart rate and blood pressure, so it could increase your risk of stroke and heart disease.
- **Mental health:** Frequent, high-dose use may cause anxiety, paranoia, temporary psychosis (disconnection from reality), schizophrenia, depression, and suicidal thoughts or behaviors



Long Term Effects:

There is a great need for research regarding vaping marijuana and the long-term effects of weed pens and other devices. Here is what science has found so far:

- Emotional regulation problems
- Higher risk of illness and longer recovery (weakened immune system)
- Nicotine addiction
- Consumption of other harmful chemicals
- Increased risk of future addiction

“Dabbing”

Dabbing refers to the inhalation, or “smoking,” of the vapors or smoke emitted from a highly concentrated form of tetrahydrocannabinol (THC), the psychoactive chemical found in marijuana that produces the sought-after high. They can contain up to 80% THC, which in comparison to normal weed is around eight times the strength. Dab marijuana can be mixed into joints or smoked in pipes with natural cannabis. The dab can also be placed in a special heated device that vaporizes the wax to be inhaled. The dab high is more immediate and intense than traditional ways of smoking.

Slang for Dabs:

- Rosin
- Wax
- Crumble
- Budder
- Amber
- Shatter
- Wax Dabs
- Honeycomb



The Effects of Dabbing

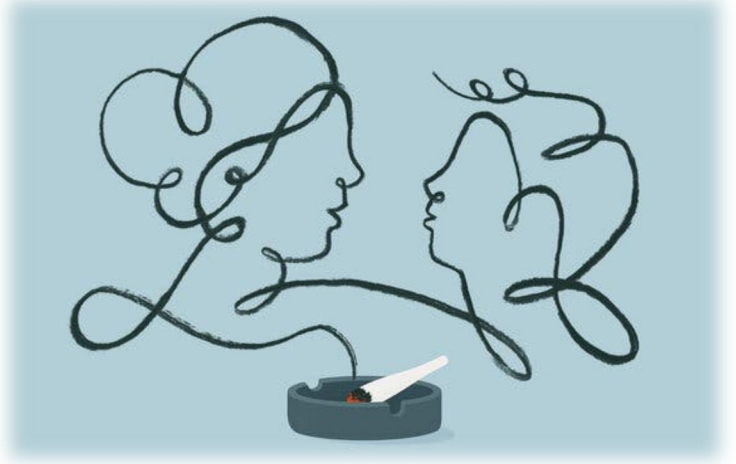
Since the high from dabbing is so much stronger than that of smoking marijuana, it’s not uncommon to experience the effects of marijuana, both positive and negative, at a much more intense level.

These effects include:

- **Blackouts:** Although losing consciousness from smoking cannabis isn’t very common, after inhaling the vapors from heated dabs, many people may experience blackouts.
- **Anxiety and panic attacks:** Anxiety is a common side effect of smoking marijuana, but since the effects of THC are elevated when dabbing, the usual anxiety can become unbearable and even lead to panic attacks.
- **Uncontrollable shaking:** Also known as the cannabis shakes, twitching and tremors may increase in frequency and severity after dabbing.
- **Psychosis:** Severe psychosis may not only be caused by the increase in THC in cannabis concentrates but also the other, often unknown, chemicals the paste is laced with during extraction.
- **Vomiting:** Unlike the effects of smoking a joint, dabbing can cause sudden, uncontrollable vomiting, especially if you inhale too much vapor at once. This is also known as cannabinoid hyperemesis syndrome.
- **Hallucinations:** Severe, long-lasting hallucinations are not uncommon when dabbing and can cause confusion and uncontrollable behavior.
- **Respiratory Illnesses**
- Besides the side effects produced by the large amount of THC present in dabs, the chemicals used to extract the THC and the extreme heat levels used to produce the vapors can cause lung injury and other respiratory diseases. Many people who dab also report developing a dry, wheezing cough that would later lead to serious illness if their lungs become irritated or infected by bacteria.

Talking about Vaping in General

- Express your concern in a way that allows room for a conversation.
 - This is an important conversation to have, however, when it is the response every time the issue comes up your teen starts to tune you out.
 - They start to predict what your response might be and feel shame and guilt when discussing it with you.
 - In turn, this does the opposite of what you're looking for – connecting with and supporting your kid.
 - This doesn't mean that you can't express your concern about their use, but it does mean that once you have expressed your concern and discussed it in a calm way, you can ease up on this part of the conversation.
- Ask questions to understand the reason your teen uses marijuana
 - The most important part of this discussion is understanding their use and what draws them to using marijuana.
 - Questions to ask:
 - Why do you like using marijuana?
 - What does it give you?
 - How does it support you?
 - What do you feel are the positive experiences of using?
- Withhold judgment as you learn more.
 - If your teen is feeling judged, they will struggle to open up to you.
 - This can be the hardest part as you love your teen and feel worried, but if you can let go of those judgements and open up a dialogue, you will all feel more connected and communication will be more open.
- Resist the urge to lecture.
 - If you ask your teen about the negative impacts and they don't have an answer, resist the urge to tell them the ways that it could negatively impact their life.
 - For example, instead of commenting on their slipping grades and how you believe their use is a factor, turn that statement into a question like "Do you think it's impacting you at school?"
 - If they don't agree, ask "Can I share what I notice?"



Belleville is a small community southwest of Madison in Dane and Green Counties. Belleville is a special place to visit because of its natural beauty, recreational activities and friendly people and atmosphere. Belleville is a great community for families seeking a solid educational system along with the natural amenities of the community.

The Belleville Area Cares Coalition came into existence following a town hall meeting in April of 2014.



We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

More information can be found at : <https://www.bellevillewicare.org/>

BACC meetings are held on the 4th Tuesday of each month at 4:45 pm in the Belleville Village Hall.

BACC Mission Statement

“The mission of Belleville's Area Cares Coalition is to promote a healthy community for youth and young adults, free of alcohol and other drug abuse.”

The Belleville Area Cares Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the Belleville area a safer and healthier place, brightening the future of our children, youth and families.

HOW CAN YOU HELP?

The BAAC asks you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the Belleville area.