

JUST THE FACTS

BHO (Dabbing)

BHO stands for butane hash oil and is a highly concentrated form of marijuana that is growing in popularity among teens.

Identification

Street Names: Honey oil, Hash oil, Wax, Earwax, Budder, Shatter & Dabs.

What's It Look Like? Marijuana buds are cooked down in a dangerous process using butane gas and form a wax like substance.

How's It Used? Users typically smoke BHO.

What's It Do?

Because one hit of BHO can contain as much THC as smoking two joints of marijuana, all the side effects associated with marijuana are amplified in someone who smokes BHO. Most notable, the paranoia associated with marijuana use is intensified.

Warning Signs of Abuse

- Bloodshot eyes
- Food cravings
- Paraphernalia (modified pipes or vape pens)
- Lack of motivation
- Withdrawal from friends and family
- Stealing from friends and family
- Extreme paranoia
- Weight gain

Facts about BHO

- With BHO, the greatest danger lies in the extraction process while it's being created, sometimes causing huge explosions.
- In many cases with BHO, there have been reports of severe panic attacks leading to hospitalization.

BHO is habit-forming. Many users say that they cannot quit dabbing. Some have said that they had physical side effects from trying to quit such as vomiting and severe headaches.



Side Effects of Dabbing

- Memory loss and trouble concentrating
- Weight gain from increased appetite
- Increased risk of several types of cancer
- Weakened immune system
- Greater risk of having unprotected sex
- Chest and lung problems, including emphysema, bronchitis, and chest colds
- Increased heart rate

Psychological Side Effects

- Panic attacks
- Paranoia
- Trouble sleeping
- Low self-esteem
- Lack of motivation
- Drop in grades and/or work performance

Refusal Tips for Kids

It's not always easy for a kid to keep their cool in the face of peer pressure. Give them a few suggestions on how to say "NO" like:

- "No thanks. I'd rather not burn down my house."
- "Nah, I heard that stuff makes you crazy paranoid."
- "No thanks. I'm applying to colleges and need to stay straight."