

# JUST THE FACTS

## Edible Marijuana

Edible marijuana is usually created in three ways: mixing it in food, brewing it as a tea, or creating a pill form. Delta-9-tetrahydrocannabinol (THC) is the mind-altering psychoactive chemical in marijuana, and when ingested, THC is converted to another chemical in the liver that is even more potent.

### Identification

**Street Names:** Edibles, Brownies, Cookies, Space Cakes, Firecrackers, Hash Cookies

**What's It Look Like?** Edible marijuana can look like any normal brownie, cookie or cup of tea. The marijuana plant is cooked down until a green-tinted grease is left behind, and then that grease is added to whatever it's being baked into, making it very difficult to tell the difference.

**How's It Used?** Edible marijuana can be chewed and swallowed, just like any ordinary food.

### What's It Do?

Edible marijuana is more dangerous than smoking because dosages can vary from batch to batch. Also, when you eat something with marijuana in it, it can take several hours for you to feel any of the effects. However, because of the way your liver metabolizes the active ingredient, you experience a more potent and long-lasting high. Ultimately, users become impatient after not feeling anything after a couple of bites, and overeat the marijuana-infused food.

### Warning Signs of Abuse

- Dilated pupils
- Sleepy appearance
- Bloodshot eyes
- Reduced motivation

### Facts about Marijuana

- Marijuana is both a depressant and a hallucinogen.
- Users can get so dependent on weed that they may not be able to function without it.

- Marijuana use can actually shrink parts of your brain, including your hippocampus (the part of your brain that controls memory) and your amygdala (the part that helps with emotions and memory).



### Short-Term Effects

- Feelings of euphoria
- Increase in appetite
- Inability to concentrate
- Red eyes and dry mouth
- Delusions
- Insomnia
- Loss of consciousness

### Long-Term Effects

- Weight gain from increased appetite
- Increased risk of oral cancer
- Weakened immune system
- Depression
- Psychological dependence
- Chest and lung problems, including emphysema, bronchitis and chest colds

### 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. Eating it is worse than smoking it."
- "Don't you know edible marijuana can make you feel really paranoid? That just doesn't sound fun to me."
- "I'll pass. Even though it's baked into a brownie, it's still a drug."

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