

TRUTH SPOTLIGHT

marijuana's social impact

As a parent or caregiver, it's critical to learn about secondhand cannabis smoke and its impact on youth.

SECONDHAND SMOKE

Secondhand marijuana (cannabis) smoke happens when people breathe in marijuana smoke or vapor breathed out by people who smoke or use a vape pen.

THE SECONDHAND IMPACT

ACADEMIC AND SOCIAL IMPACT

- The constant smell of marijuana smoke on a teen's clothing can cause others to think the teen uses marijuana.
- Students suspected of using substances must empty their pockets, have their belongings searched, and will miss out on class time.

HEALTH IMPACT

- Secondhand cannabis smoke contains many of the same toxic and cancer-causing chemicals as smoking it yourself.¹
- Secondhand cannabis smoke contains Tetrahydrocannabinol (THC), the compound responsible for most of cannabis's psychoactive effects (or the "high").¹
- THC levels and ventilation matter. Spending an hour in an unventilated room with cannabis smoke could be enough to get a contact high and may affect a drug test.
- Children exposed to cannabis smoke at home have had positive levels of THC in their urine.¹

FACTS ABOUT YOUTH MARIJUANA USE

Regardless of how you feel about marijuana, it's still harmful for youth to use.⁴

LEGAL ≠ SAFE

Legal marijuana use for adults (21+) doesn't mean its use is safe for everyone. It's necessary to understand the potential health effects on youth.

MARIJUANA USE...

- impairs short-term memory and judgment
- distorts perception

REGULAR MARIJUANA USE BY TEENS...

- affects maturing brain systems through age 24
- may have adverse and long-lasting effects on brain development
- can become addictive
- can increase likelihood of other substance use and addiction

HAVE THE CONVERSATION—TALK EARLY. TALK OFTEN.

1. **Keep an open mind.** When a child feels judged or condemned, they will be less receptive to the message.
2. **Put yourself in your kid's shoes.** How would you prefer to be addressed when speaking about a difficult topic?
3. **Be clear about your goals.** Know what you want to get from the conversation.
4. **Be calm and relaxed.** Coming into the conversation with anger or panic will make it harder to achieve your goals.
5. **Be positive.** Approaching the situation with shame, anger, or scare tactics will be counter-productive.

SECONDHAND SMOKE QUICKFACTS

WHERE IT CAN OCCUR:

- homes
- vehicles
- indoor spaces
- outdoor spaces

COMPARED TO TOBACCO

- A joint of marijuana equals to 20 tobacco cigarettes.¹
- Smoking marijuana can be more harmful than using tobacco.¹

SECONDHAND CANNABIS SMOKE HAS...²

- Ammonia
- Cadmium
- Chromium
- Hydrogen cyanide
- Lead
- Mercury
- Nickel

HEALTH RISKS

- It's possible to get high from secondhand cannabis smoke.
- Increased risk of lung damage, heart disease, and lung cancer.

¹ cdc.gov

² ucla.org

³ nlm.nih.gov

⁴ nida.nih.gov

For more information, visit arborcircle.org/OSAP

OSAP TalkSooner.org