

Smoking Cannabis: Joints, Blunts, & Spliffs

What are joints & blunts?

- A joint is marijuana flower wrapped in rolling paper.
- A blunt is marijuana flower wrapped in a thin paper made for rolling cigarettes.
- Spliffs are cannabis flower and tobacco wrapped together in a thin paper.

The Numbers:

- It takes 5-10 seconds for the THC to reach the brain and the effects can be felt within minutes.
- The high lasts between 30 minutes to several hours.
- The THC concentration varies depending on the marijuana flower used.

Note:

- Inhaling smoke of any kind and from any form of cannabis or nicotine, damages the respiratory system.

What do they look like?



Nicotine + Cannabis:

- There is about 1.2 to 6.0mg of nicotine per cigar wrapper.
- 70% of individuals who use cannabis also use tobacco.
- Blunts and spliffs expose the user to harmful tobacco substances, including nicotine.
- Blunt and spliff users get high and addicted from BOTH the nicotine and THC in them.