Group 1: Joints/blunts/smoking

* 1. What is the THC level of a joint?
     1. This depends on several factors, including the THC concentration of the cannabis flower, how much flower is rolled in the joint/blunt, how much is inhaled, and how much is absorbed in the lungs. **It is impossible to know how much a user has consumed.**
  2. What is the nicotine level of a blunt?
     1. This depends on several factors, including the nicotine level of the tobacco leaf used to roll the blunt, how much is inhaled, and how much is absorbed into the lungs. **It is impossible to know how much nicotine a user has consumed.**
  3. What is the nicotine level of a spliff?
     1. This depends on several factors, including the nicotine level of the tobacco used to roll the spliff, how much tobacco is used, how much is inhaled, and how much is absorbed into the lungs. **It is impossible to know how much nicotine a user has consumed.**
  4. How have THC levels changed in the last 30 years?
     1. THC levels of cannabis have dramatically increased in the last 30 years. Many commercial products have higher THC concentrations than have ever existed before.
  5. What causes the burning sensation felt when smoking cannabis?
     1. Smokers are bringing very, very hot substance into their bodies which may burn the cilia in the throat and also possibly coat it with tar. That burning sensation is the burning of the cilia, which are hair-like projects that are meant to clean and protect the passages in your respiratory system.
  6. What are 3 or more concerns that your group has about using blunts or joints as method of cannabis use? (Below are possible options)
     1. Many young people are not aware they are being exposed to nicotine in blunts.
     2. It’s difficult/impossible to know how much THC is being consumed when smoking.
     3. Blunts can lead to nicotine addiction
     4. It is easy to overconsume THC while smoking
  7. What is a question or two that your group is still unsure about this method of use?
     1. Allow students to come up with these on their own

Group 2: Vaping

1. What is the THC level of a vape/e-juice in a vape?
   1. This depends on several factors, including the brand, how the e-liquid was created, how much is inhaled, the e-cigarette/vape being used, and how much is absorbed in the lungs. Since e-liquids are not regulated or monitored, the THC concentrations listed on the labels are not guaranteed to be accurate. **It is impossible to know how much a user has consumed.**
2. What are the long-term effects of vaping?
   1. The chemicals from an e-cigarette aerosol are not well understood. Researchers have identified harmful substances in the aerosol, some even known to cause cancer, and definitely to cause lung and heart disease. Since e-cigarette/vape pen products are so new and researchers can’t fast forward into the future, all of the long-term consequences of these products are impossible to predict. Nevertheless, given how long it took us to understand cigarettes, and the early data on short-term effects, it is very likely that there are long-term effects.
   2. High levels of THC negatively impact brain development
3. Why might someone choose to vape instead of smoke?
   1. They might believe it is safer, even though there is no evidence to prove this.
   2. It’s trendy
   3. There are lots of e-liquid flavors that can be appealing to young people
4. What are 3 or more concerns that your group has about this method of use? (Below are possible options)
   1. The long-term health effects are still unknown
   2. Young people may incorrectly believe they are safe
   3. The lungs are still exposed to aerosol, which can cause heart and lung damage
   4. High levels of THC negatively impact brain development
5. What is a question or two that your group is still unsure about this method of use?
   * 1. Allow students to come up with these on their own

Group 3: Pipes and bongs

1. What is the THC level of a pipe or bong?
   * 1. This depends on several factors, including the THC concentration of the cannabis flower, how much flower is used, how much is inhaled, and how much is absorbed in the lungs. **It is impossible to know how much a user has consumed.**
2. Does the water from a waterpipe or bong make it safer?
   1. No, the water may cool the smoke, which can help the user inhale the smoke deeper, exposing them to all the harmful chemicals found in smoke.
3. What are 3 or more concerns that your group has about this method of use? (Below are possible options)
   * 1. It’s difficult/impossible to know how much THC is being consumed when smoking
     2. It is easy to overconsume THC while smoking
     3. The human lungs are damaged when inhaling anything but oxygen
4. What is a question or two that your group is still unsure about this method of use?
   * 1. Allow students to come up with these on their own

Group 4: Edibles

1. What is the THC level of an edible?
   * 1. THC levels in edibles vary greatly and depend on the cannabis being used, how much is used, serving size, and amounts consumed
     2. It’s difficult/impossible to know how much THC is being consumed when eating edibles
     3. It is easy to overconsume THC because of the delayed onset
     4. The high from edibles is different to that from smoking and can be very unpleasant, even for those who have experience with other cannabis products.
     5. THC does not distribute evenly in edibles, meaning some parts of the products may be very high in THC and other parts can be very low and it’s impossible to tell home much is being consumed.
2. Why would edibles be a major concern for middle school youth?
   1. It’s illegal for anyone under 21 to have cannabis products, so any available edibles would be illegal to consume
   2. It’s very difficult to know where the edibles came from and what they have in them
   3. They look like regular food and can be eaten without knowing what’s in them or how much THC is in them
   4. They are one of the main causes of cannabis-related ER visits
   5. Even “small” amounts of THC can have strong effects
3. Are all edibles labeled? And if edibles are labeled, what is the information on the label?
   1. Not all are and labeling is inconsistent across products
   2. Homemade edibles are not labeled
4. Is there a difference between getting high from an edible and other methods? If so, what are they?
   1. It takes longer to feel the effects, sometimes 20 minutes versus a few seconds.
   2. The high from an edible may include hallucinations
   3. The high lasts longer
5. What are 3 or more concerns that your group have about this method of use? (Below are possible options)
   1. It’s illegal for anyone under 21 to have cannabis products, so any available edibles would be illegal to consume
   2. It’s very difficult to know where the edibles came from and what they have in them
   3. They look like regular food and can be eaten without knowing what’s in them or how much THC is in them
   4. They are one of the main causes of cannabis-related ER visits
   5. Even “small” amounts of THC can have strong effects
   6. It is difficult to know how much THC is being eaten
   7. There is no way to “sober up” after eating too much, the user has to just wait it out
6. What is a question or two that your group is still unsure about this method of use?
   * 1. Allow students to come up with these on their own

Group 5: Edibles

1. What is the THC level of an edible?
   * 1. It’s difficult/impossible to know how much THC is being consumed when eating edibles
     2. It is easy to overconsume THC because of the delayed onset
     3. The high from edibles is different to that from smoking and can be very unpleasant, even for those who have experience with other cannabis products.
     4. THC does not distribute evenly in edibles, meaning some parts of the products may be very high in THC and other parts can be very low and it’s impossible to tell home much is being consumed.
2. How long does it take for the THC to kick in?
   * + - 1. It depends but around 30 minutes to 2 hours
3. How long does the high from an edible last?
   * + - 1. It depends but around 2 to 6 hours
4. Is there a difference between getting high from an edible and other methods? If so, what are they?
   1. It takes longer to feel the effects
   2. The high from an edible may include hallucinations
   3. The high lasts longer
5. What are 3 or more concerns that your group have about this method of use? (Below are possible options)
   1. It’s illegal for anyone under 21 to have cannabis products, so any available edibles would be illegal to consume
   2. It’s very difficult to know where the edibles came from and what they have in them
   3. They look like regular food and can be eaten without knowing what’s in them or how much THC is in them
   4. They are one of the main causes of cannabis-related ER visits
   5. Even “small” amounts of THC can have strong effects
   6. It is difficult to know how much THC is being eaten
   7. There is no way to “sober up” after eating too much, the user has to just wait it out
6. What is a question or two that your group is still unsure about this method of use?
   * 1. Allow students to come up with these on their own

Group 6: Edibles

1. What is the THC level of an edible?
   * 1. It’s difficult/impossible to know how much THC is being consumed when eating edibles
     2. It is easy to overconsume THC because of the delayed onset
     3. The high from edibles is different to that from smoking and can be very unpleasant, even for those who have experience with other cannabis products.
     4. THC does not distribute evenly in edibles, meaning some parts of the products may be very high in THC and other parts can be very low and it’s impossible to tell home much is being consumed.
2. What happens when someone takes too much of an edible? What does “too much” mean?
   * + - 1. The high from consuming “too much” can be different for different people but most people agree that over-consuming is a very unpleasant experience that can include paranoia, nausea, vomiting, and hallucinations
         2. “Too much” will depend on the individual’s tolerance for cannabis
         3. The high can be much more powerful than expected and that can overwhelm someone (psychedelic experience and ER visits)
         4. There is no way to “sober up” after eating too much, the user has to just wait it out
3. Can one overdose on edibles?
   * + - 1. Yes, but it is not fatal
4. What are 3 or more concerns that your group have about this method of use? (Below are possible options)
   1. It’s illegal for anyone under 21 to have cannabis products, so any available edibles would be illegal to consume
   2. It’s very difficult to know where the edibles came from and what they have in them
   3. They look like regular food and can be eaten without knowing what’s in them or how much THC is in them
   4. They are one of the main causes of cannabis-related ER visits
   5. Even “small” amounts of THC can have strong effects
   6. It is difficult to know how much THC is being eaten
   7. There is no way to “sober up” after eating too much, the user has to just wait it out
5. What is a question or two that your group is still unsure about this method of use?
   * 1. Allow students to come up with these on their own

Group 7: Dabbing

1. What is a dab?

Extremely concentrated THC wax that is heated and the aerosol is then inhaled

1. What is the THC level of a dab?

It is difficult to determine but they are consistently extremely high in dabs

1. Do we know the long-term effects of dabbing? Why or why not?

No, they have not been around long enough to know the long-term effects

We do know High levels of THC negatively impact brain development

1. What are 3 or more concerns that your group have about this method of use? (Below are possible options)
   * 1. It’s difficult to determine the THC concentration
     2. THC concentration can be incredibly high
     3. High levels of THC negatively impact brain development
2. What is a question or two that your group is still unsure about this method of use?
   * 1. Allow students to come up with these on their own

Group 8: Tinctures/pills/capsules/sprays

1. What is the THC concentration of some of these products?
   * + - 1. It depends on the product, how it’s made, how much is taken, how much is absorbed but it’s essentially impossible for a regular consumer to know what is in them and how much they are taking
2. Why might someone choose to use this over other methods?
   1. They might believe it is safer, even though there is no evidence to prove this.
3. What information is on the label? How accurate is the labeling?
   1. The labeling is not consistent across brands and products, they are not closely regulated so there is no guarantee of their accuracy.
4. What are 3 or more concerns that your group have about this method of use? (Below are possible options)
   1. It’s difficult or impossible to know what is in these products, they can easily be mislabeled, they are marketed as healthy or curative although there is no evidence to prove this.
5. What is a question or two that your group is still unsure about this method of use?
   * 1. Allow students to come up with these on their own