TOBACCO PREVENTION TOOLKIT

Cannabis Awareness & PREVENTION TOOLKIT

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Reach Lab

Cannabis Awareness and Prevention Toolkit (CAPT)

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Special Thanks to Our Funders

NIH National Institutes of Health
TOBACCO-RELATED DISEASE RESEARCH PROGRAM
California Department of EDUCATION
CVS Health FOUNDATION
NCPC UC MERCED Nicotine & Cannabis Policy Center
The Briger Family
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Disclosures

- Expert scientist in some e-cigarette litigation
- Expert for some city, state, and federal-level policies

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Objectives

- At the end of the presentation, attendees will know about the Cannabis Awareness and Prevention Toolkit as a resource for preventing and reducing youth cannabis use.
- At the end of the presentation, attendees will be able to use and feel comfortable using the Toolkit.

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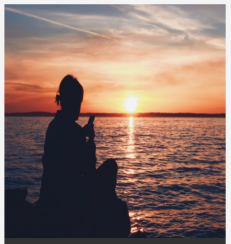
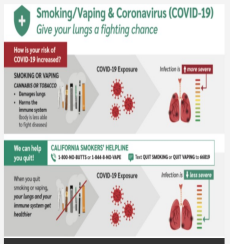
The Cannabis/Marijuana Awareness & Prevention Toolkit

Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of cannabis/marijuana.



Activity on Synapses and Stress



Going Smoke-free or Vape-free

Cannabis Remote-Learning Curriculum

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The Cannabis/Marijuana Awareness & Prevention Toolkit

Theory-based and evidence-informed resources created by educators, parents,

Completely Free and Freely Online

med.stanford.edu/cannabispreventiontoolkit.html

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Development and Evidence

Theory
+ Research
+ Partnerships
+ Evidence-informed
+ Ability to revise/update quickly
+ Fact-checked
= **Toolkit**

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Goals of CAPT

- Learn basic information about all cannabis/marijuana products
- Understand how their brain develops, and how cannabis/marijuana influences this development
- Identify ways of how using cannabis/marijuana can interfere with the development of life skills all adolescents need to be learning now
- Process how using cannabis/marijuana can get in the way of finding out what can bring them pleasure

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Goals of CAPT

- Explore who they are and what they like, as alternatives to cannabis/marijuana use
- Learn why and how some people (1 in 6 youth) can become addicted to cannabis/marijuana
- Continue not to use cannabis for those who currently do not use cannabis/marijuana
- Consider decreasing, delaying, or stopping the use of cannabis/marijuana for those who are current cannabis/marijuana users
- Gain refusal skills to address peer pressure of experimentation and use of cannabis/marijuana

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Messages from Curriculum

- No stance on 21+. Goal is to prevent/delay use in <21
- Discuss the good and the bad of cannabis
- Young people want to feel good or less stressed, which is not a bad thing
- It's the brain's job at this time of development to figure out what makes it feel the best by activating the reward pathway
- Let's empower young people to fire off their dopamine so they don't have to rely on drugs like cannabis to do it
- Help them discover and name the activities that fire off a lot of dopamine for their brain

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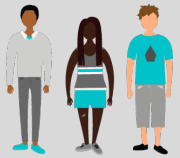
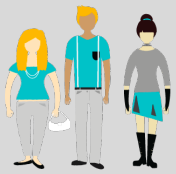
Using Cannabis?



Using cannabis?

Nope

- Consider not starting
- Consider waiting until your brain is finished developing to decide



Yup

- Consider stopping until your brain is finished developing
- Consider reducing how much you use

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Ways to Use the Toolkit

- Develop a **new lesson** to deliver to your **entire school**.
- Utilize our **integrated-material** for **all your classes** or create your own curriculum.
- **Present** one of the Powerpoints at a community forum for **parents** and students.
- Use as a resource for **one-on-one** meetings or in programs intended for students **quitting tobacco**.
- Have your **youth present** to your Board of Education.
- **Link** our Toolkit to your **website's** resource page.
- Present at an annual **conference**.

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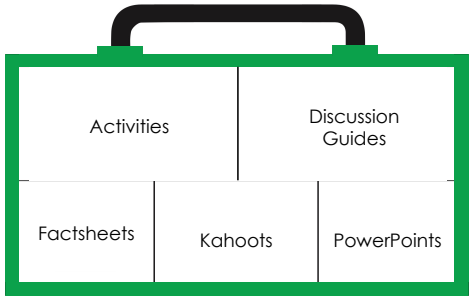
Toolkit Content

Interactive
Online
Free



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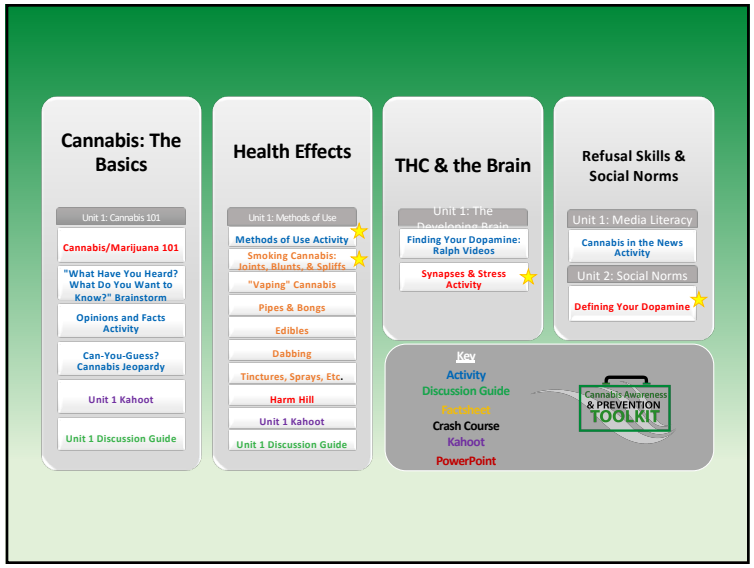
Cannabis: The Basics
Unit 1: Cannabis 101
Cannabis/Marijuana 101
"What Have You Heard? What Do You Want to Know?" Brainstorm
Opinions and Facts Activity
Can-You-Guess? Cannabis Jeopardy
Unit 1 Kahoot
Unit 1 Discussion Guide
Health Effects
Unit 1: Methods of Use
Methods of Use Activity
Smoking Cannabis: Joints, Blunts, & Spliffs
"Vaping" Cannabis
Pipes & Bongs
Edibles
Dabbing
Tinctures, Sprays, Etc.
Harm Hill
Unit 1 Kahoot
Unit 1 Discussion Guide
THC & the Brain
Finding Your Dopamine: Ralph Videos
Synapses & Stress Activity
Refusal Skills & Social Norms
Unit 1: Media Literacy
Cannabis in the News Activity
Unit 2: Social Norms
Defining Your Dopamine
Key
Activity
Discussion Guide
Factsheet
Crash Course
Kahoot
PowerPoint
Cannabis Awareness & PREVENTION TOOLKIT

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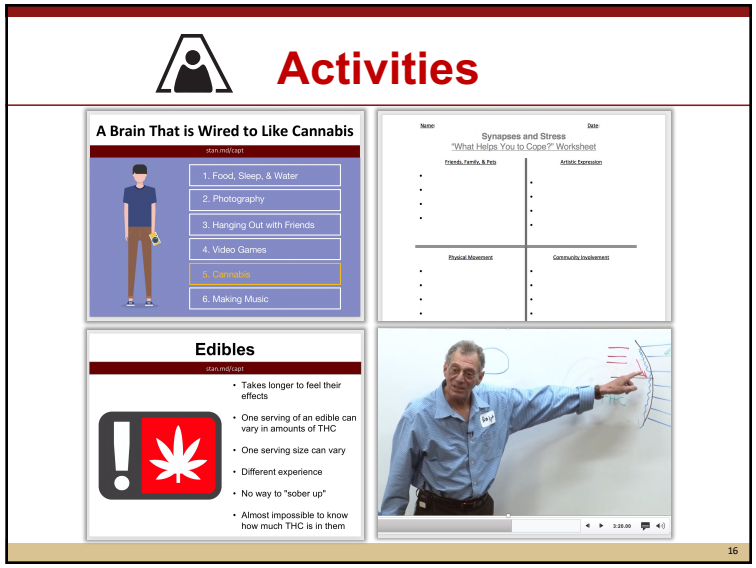
Activities
A Brain That is Wired to Like Cannabis
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1. Food, Sleep, & Water
2. Photography
3. Hanging Out with Friends
4. Video Games
5. Cannabis
6. Making Music
Name:
Date:
Synapses and Stress
"What Helps You to Cope?" Worksheet
Friends, Family, & Pets
Artistic Expression
Physical Movement
Community Involvement
Edibles
stan.md/capt
Takes longer to feel their effects
One serving of an edible can vary in amounts of THC
One serving size can vary
Different experience
No way to "sober up"
Almost impossible to know how much THC is in them
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Kahoot!

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Kahoot!

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- Kahoot.it
- Enter code
- Enter your name/nickname
- See the question and 4 answer choices
- Be correct and the fastest

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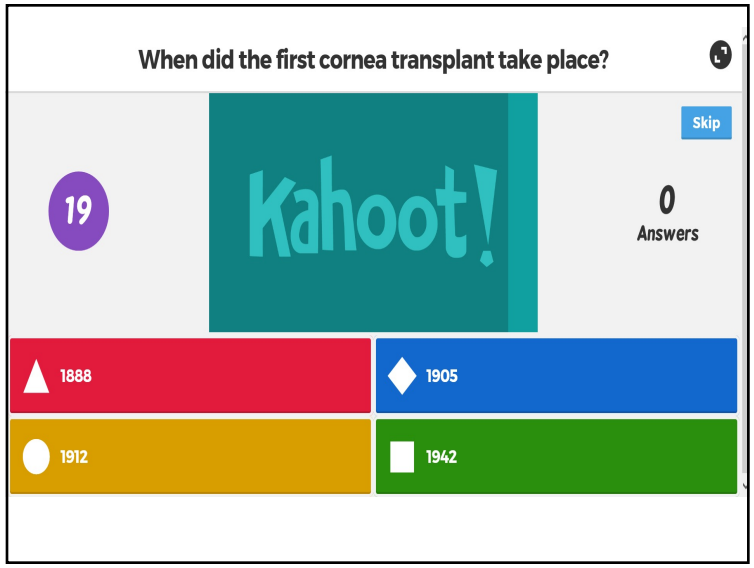

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Videos

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Your Brain and Finding Your Dopamine

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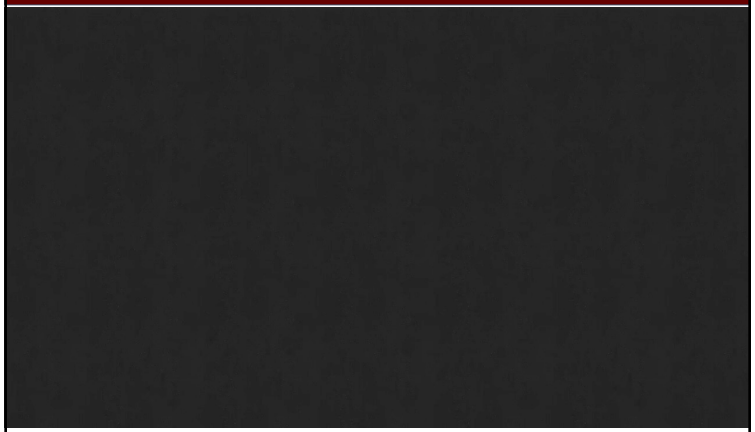
Understanding Addiction as a Disease (Wait21)

tobaccopreventiontoolkit.stanford.edu



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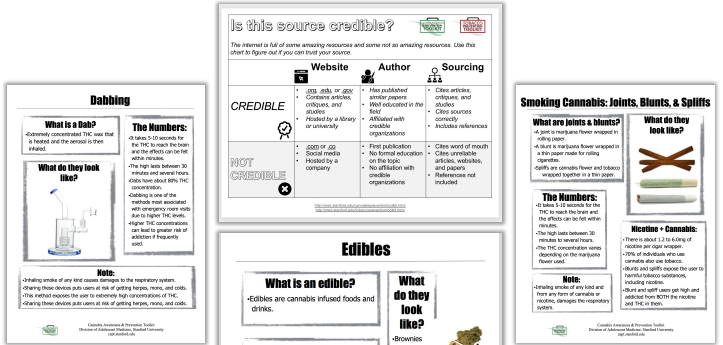
Factsheets



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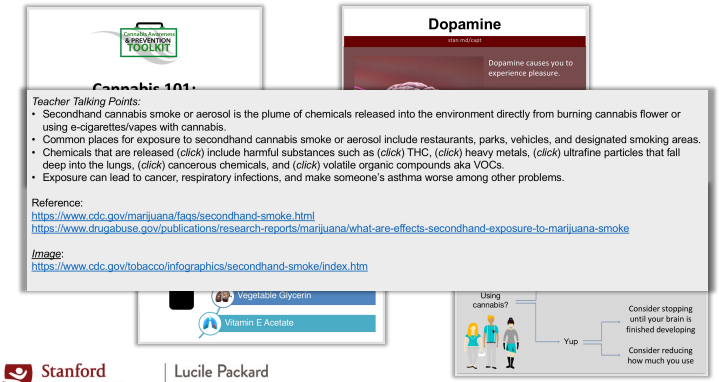
PowerPoints



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Discussion Guides

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Cannabis: The Basics

The discussion points below are designed for you to initiate an essential conversation with a trusted adult in your life. It does not matter if you know the factual answer; you can research that together at a later time. What is important is that you are able to communicate with a trusted adult, to broaden your perspective on this topic.

Are these two statements below both right, both wrong, or one right and one wrong? Discuss together.

- "Cannabis is not addictive."
- "You can become addicted to cannabis use."

Are these two statements below both right, both wrong, or one right and one wrong? Discuss together.

- "You cannot overdose on cannabis."
- "You can die as a result of using cannabis."

Here are a few statements:

- Cannabis comes from the earth.
- Cannabis is organic.
- Cannabis is natural.
- Cannabis is medicine.
- Cannabis is legal.
- Cannabis therefore must be good for me.

Which statements do you agree with and which do you disagree with, and why?

Signature: Date:

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Cannabis RLC

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Cannabis Remote-Learning Curriculum

A free curriculum for teaching students remotely about the harms of using cannabis

Teach Topic 1: What We Know About Cannabis

Teach Topic 2: Health Outcomes of Cannabis Use

Teach Topic 3: High On Life/Cannabis-Free

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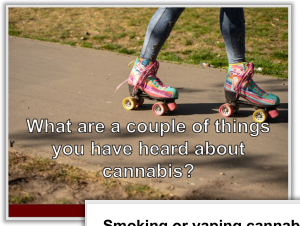
Cannabis RLC Slides



Edibles

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- Takes longer to feel their effects
- One serving of an edible can vary in amounts of THC
- One serving size can vary
- Different experience
- No way to "sober up"
- Almost impossible to know

Smoking or vaping cannabis can:

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A. Irritate the respiratory system, which includes the lungs

B. Introduce the highly addictive chemical nicotine when using blunts

C. Produces an aerosol or smoke that is harmful to anyone breathing it in

D. All of the above

Key Take-aways

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Eating cannabis via edibles has delayed effects on the body.

It's nearly impossible to be sure how much "THC" is in a piece. Also, there is no way to sober up if you take too much.

Inhaling cannabis via blunt, dab, joint, spliff, wax, or vaping damages the respiratory system.

Secondhand cannabis smoke contains ultrafine particles, cancerous chemicals, heavy metals, THC, and more.

Also, blunts & spliffs contain the addictive chemical nicotine.

The downsides to being intoxicated from cannabis include:
- memory loss, paranoia, and delayed brain response
- less coordinated movement and increased heart rate

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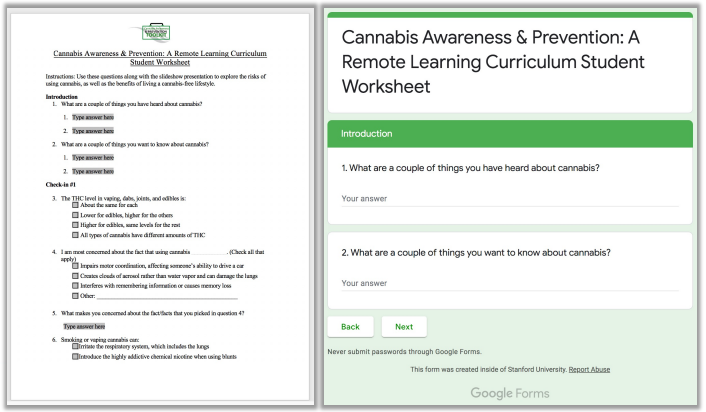
Cannabis RLC Questions



Cannabis Awareness & Prevention: A Remote Learning Curriculum Student Worksheet

Instructions: Use these questions along with the slideshow presentation to explore the risks of using cannabis, as well as the benefits of living a cannabis-free lifestyle.

Introduction

1. What are a couple of things you have heard about cannabis?
   1. Type answer here
   2. Type answer here
2. What are a couple of things you want to know about cannabis?
   1. Type answer here
   2. Type answer here

Check-in #1

3. The THC level in vaping, dabs, joints, and edibles is:
   - ☐ About the same for each
   - ☐ Lower for edibles, higher for the others
   - ☐ Higher for edibles, same levels for the rest
   - ☐ All types of cannabis have different amounts of THC
4. I am most concerned about the fact that using cannabis _____. (Check all that apply).
   - ☐ Impairs motor coordination, affecting someone's ability to drive a car
   - ☐ Creates clouds of aerosol rather than water vapor and can damage the lungs
   - ☐ Interferes with remembering information or causes memory loss
   - ☐ Other: _____
5. What makes you concerned about the fact/facts that you picked in question 4?

   Type answer here
6. Smoking or vaping cannabis can:
   - ☐ Irritate the respiratory system, which includes the lungs
   - ☐ Introduce the highly addictive chemical nicotine when using blunts

Cannabis Awareness & Prevention: A Remote Learning Curriculum Student Worksheet

Introduction

1. What are a couple of things you have heard about cannabis?

Your answer

2. What are a couple of things you want to know about cannabis?

Your answer

Back Next

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Key Takeaways & Quizzes

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Key Take-aways

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	Eating cannabis via edibles has delayed effects on the body. It's nearly impossible to be sure how much "THC" is in a piece. Also, there is no way to sober up if you take too much.
	Inhaling cannabis via blunt, dab, joint, spliff, wax, or vaping damages the respiratory system. Secondhand cannabis smoke contains ultrafine particles, cancerous chemicals, heavy metals, THC, and more. Also, blunts & spliffs contain the addictive chemical nicotine.
	The downsides to being intoxicated from cannabis include: • memory loss, paranoia, and delayed brain response • less coordinated movement and increased heart rate

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Smoking or vaping cannabis can:

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A. Irritate the respiratory system, which includes the lungs

B. Introduce the highly addictive chemical nicotine when using blunts

C. Produces an aerosol or smoke that is harmful to anyone breathing it in

D. All of the above

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Key Take-aways

	Cannabis companies don't tell us about all of the cancerous and toxic ingredients in the e-liquid/e-juice and aerosol.
	Going smoke- or vape-free allows the lungs to do their job and have a normal immune response and ↓ the risk and severity of a coronavirus or COVID-19 infection.
	Those who smoke cannabis risk doing long-term damage to the brain, lungs, and heart. The long-term effects of vaping cannabis, especially using THC and CBD, are still unknown.

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Quick Check-In

Please Answer Questions 8-14

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Which of the following is NOT true of how cannabis affects your body?

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A. Chemicals from the aerosol or smoke can impair lung function

B. The aerosol or smoke ↑ your risk for developing heart or lung disease

C. CBD's health effects have been studied in great detail by scientists

D. THC can interrupt normal brain functioning

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