Cannabis Awareness and Prevention Toolkit (CAPT)
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Special Thanks to Our Funders

Disclosures

- Expert scientist in some e-cigarette litigation
- Expert for some city, state, and federal-level policies
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.
Completely Free and Freely Online

med.stanford.edu/cannabispreventiontoolkit.html

Development and Evidence

- Theory
- Research
- Partnerships
- Evidence-informed
- Ability to revise/update quickly
- Fact-checked

= Toolkit
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

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
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

Using Cannabis?

- Using cannabis?
  - Yup
    - Consider reducing how much you use
  - Nope
    - Consider not starting
    - Consider waiting until your brain is finished developing to decide
    - Consider stopping until your brain is finished developing
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.

Toolkit Content

Interactive
Online
Free

- Activities
- Discussion Guides
- Factsheets
- Kahoots
- PowerPoints

stan.md/capt
Kahoot!

- Kahoot.it
- Enter code
- Enter your name/nickname
- See the question and 4 answer choices
- Be correct and the fastest
When did the first cornea transplant take place?

1888
1905
1912
1942

Videos
Discussion Guides

Cannabis: The Basics

The discussion guide below is designed for you to engage in an essential conversation. Discuss with a trusted adult or a close friend. What is discussed is that you are sharing your thoughts and feelings about cannabis use in a safe environment.

1. Are there 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.”

2. Are there 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 healthy.
- Cannabis is addicting.
- 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: ____________________________

Cannabis Awareness & Prevention Toolkit
Division of Adolescent Medicine, Stanford University
Cannabis RLC Questions

Key Takeaways & Quizzes
### Key Take-aways

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

### Smoking or vaping cannabis can:

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

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

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