

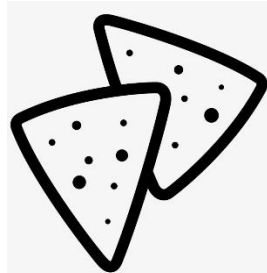
Our #1 job is keeping our kids/teens safe and healthy!

4 Things YOU Need to Know About Cannabis/THC Products



Some edibles are THC - infused cookies, brownies, or candy.

Cannabis/THC effects include mood changes, disrupted memory and learning, lack of coordination, difficulty thinking and problem



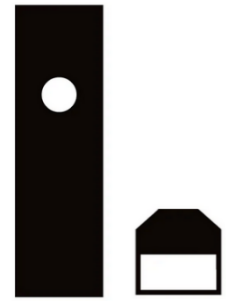
Common snack foods such as chips can be infused with THC.

If cannabis/THC is consumed in food or beverages, the effects appear 30 minutes to an hour later and can last for several hours.



Edibles can come in liquids that look like energy shots or sodas.

Many edibles contain more than one serving per package or item, increasing risks to youth who can easily over-consume.



Cannabis can be used in vaping devices just like nicotine.

The concentrated dose of THC used to vape or dab risks severe psychological and physical effects for users.

WHAT CAN YOU DO TO PROTECT YOUTH?

New England Poison Control reports an increase in youth cannabis poisonings. Edible cannabis products often look like everyday foods and present a significant risk to young children and adolescents whose brains are still developing.

Lock it up & monitor. If you have adult use cannabis/THC products in your home, lock them up and don't leave them around unattended. Keep track of what you have on hand. Dispose of any unwanted product. Youth learn quickly from adult modeling, do not use cannabis products in the presence of minors.

Talk about it. Ask the youth in your life what they are seeing and listen without judgement to their experience. Ask your schools to let you know what products they are finding. Talk with other parents and community members, share what you know. Find strategies for talking to your kids at parentupvt.org. Learn about the impacts of substance misuse at teens.drugabuse.gov.

Educate yourself. If your kids have snacks or food that you're not familiar with, ask them to show them to you, look for brand names, do an internet search, monitor social media accounts.

Know what's happening in your community and make a positive change. Check in with your towns about their policies. Ask what they're doing to prevent underage cannabis use, including limiting outlet density and making public spaces and community events substance-free. Join Healthy Lamoille Valley's prevention coalition, visit us at www.healthylamoillevalley.org or email jessica@healthylamoillevalley.org.

Help Your Teen Quit and Stay Safe. Encourage youth to talk to a trusted adult such as a school counselor and join a youth-centered quit program. Contact your pediatrician to discuss options for quitting.