

CANNABIS: REDUCING RISKY BEHAVIOR

1: You might get higher than you want.

The higher the content of THC (the main mind-altering ingredient in cannabis), the higher the risk. Using products with high THC levels increases your risk for dependence and mental health problems. Keep in mind that THC levels of the marijuana plant have increased 212% since 1995.

2: Avoid combining cannabis and alcohol.

Alcohol and marijuana are two of the most commonly used substances at Carleton and combining them may be risky. One study found that simultaneous use of alcohol and cannabis significantly increased the risk of experiencing hangovers. In addition, studies have indicated that consuming alcohol before cannabis increases the absorption of THC that could result in symptoms of a more intense high like dizziness, nausea, vomiting, and sweating.

3: Know the potential harms with edibles and dabbing.

Edibles take longer to digest, so they take longer to go into effect. Eating more will not make a high come faster, but it can cause a severe reaction with many negative effects, including paranoia and anxiety. Dabbing involves the use of hash oil, a very strong cannabis product that can contain up to 95% THC. This is MUCH stronger than other cannabis products, which contain about 12% THC. Again, high doses of THC carry much higher risks.

4: Remember that driving while high= driving under the influence.

Driving while under the influence of cannabis is not only illegal, but is just as dangerous as drunk driving. According to the CDC, cannabis has many similar effects as alcohol, including lowering of your decision making abilities, reaction time, and coordination.

(1): Fischer, B., Russell, C., Sabioni, P., van den Brink, W., Le Foll, B., Hall, W., Rehm, J. & Room, R. (2017). Lower-Risk Cannabis Use Guidelines (LRCUG): An evidence-based update. American Journal of Public Health, 107 (8). DOI: 10.2105/AJPH.2017.303818.

(2): Kathleen L. Egan, Melissa J. Cox, Cynthia K. Suerken, Beth A. Reboussin, Eunyoung Y. Song, Kimberly G. Wagener, Mark Wolfson, More drugs, more problems? Simultaneous use of alcohol and marijuana at parties among youth and young adults, Drug and Alcohol Dependence, Volume 202, 2019, Pages 69-75.

(3): <https://www.cdc.gov/marijuana/faqs/edibles.html>

(4): <https://www.cdc.gov/marijuana/pdf/marijuana-driving-508.pdf>