A Parent's Guide to:
Cannabis & Vaping

Data shows that **more than one-fifth of high school seniors** have reported vaping cannabis (also called marijuana) in the last year. [1] Many teens are vaping THC, the psychoactive ingredient in cannabis that produces the high. When THC is inhaled during vaping, it enters the bloodstream quickly and can cause negative health consequences, including overuse of cannabis.

Know the Risks

Two vital organs are at risk for teens that vape cannabis. Their brains and their lungs.

The Brain

Cannabis can cause long-lasting effects on a teen's brain including:

Increased risk of mental illness like depression, anxiety and even psychosis

Slower reaction time and coordination

Problems with critical thinking, attention, problem solving and memory.

The Lungs

Vaping can cause severe lung injuries. Symptoms can include:

- Shortness of breath
- Gastrointestinal problems
- Low oxygen levels
- Fatigue
- Night sweats
- Weight loss

Most youth who vape cannabis also regularly consume cannabis through other methods (e.g. smoking cannabis or ingesting edibles).

Clear the Air, Talk to Your Kids

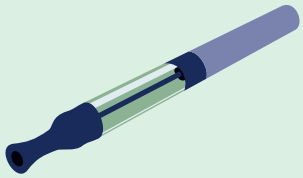
- Set clear expectations
- Ask open-ended questions
- Set a good example

Recognize the Signs

Vaping can be hard to detect, there is rarely a smell and the vapor leaves a room quicky. Vaping cannabis can result in:

- Bloodshot eyes
- Dry mouth and thirst
- Increased appetite
- Mood changes and/or behavior
- Decrease in activities once enjoyed

Parents may also find drug related paraphernalia or devices that look like flash drives, pens, or highlighters.



For more information about cannabis and vaping, visit, drugfree.org or https://bit.ly/4c8RxDy

[1] "Trends in Reported Marijuana Vaping Among US Adolescents, 2017-2019."

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