

Spliff Second Consumer Education

WHAT IS THC & CBD?

THC and CBD are the two main compounds found in the cannabis plant. These compounds are called cannabinoids. There are over 85 cannabinoids in cannabis, but THC and CBD are the most abundantly researched.

THC

Is the cannabinoid typically attributed to the plant's psychoactive effects

CBD

Is the minimally psychoactive cannabinoid that may relieve anxiety, inflammation, and more

Start **Low** & Go **Slow**

Proper dosing of cannabis will vary by consumer. Consumers with limited cannabis experience should start low (5mg or less) and adhere to these general consumption guidelines before consuming more:

Mode of Administration	Timing of onset & effects	Time of peak effects	Duration of effects
Inhaled	90 seconds	15-30 minutes	2-3 hours
Orally Ingestible	60-90 minutes	2-6 hours	4-12 hours
Bloodstream Absorption	15-20 minutes	1-2 hours	1-3 hours
Topical	15-20 minutes	1-2 hours	1-2 hours

Note: There is considerable individual variability from individual to individual.

Do not consume cannabis or cannabis-infused products on an empty stomach. Consuming cannabis or cannabis-infused products on a full stomach can help to reduce the risk of unwanted intoxicating effects from accidental over-indulgence.

Do not mix cannabis and/or cannabis-infused products with alcohol.

Anxiety and paranoia may accompany over-ingestion. If you are experiencing any feelings of anxiety and paranoia, stay calm and remain in a comfortable, safe environment. The effects will pass with time.

Never use cannabis around children. Always store all cannabis products in a locked area that is out of sight and reach of children and pets. Keep cannabis in the child-resistant packaging from our store. Secondhand cannabis smoke contains THC and other chemicals that can affect the health of children.

If you think a child may have ingested cannabis, call the local **Poison Control Center at 800-222-1222**. If you think a child needs immediate medical help, call 911.

CANNABIS & PREGNANCY

If you are pregnant or breastfeeding, or plan to become pregnant soon, leading doctors' organizations recommend that you do not use cannabis. Smoking cannabis or consuming edible cannabis products can expose your baby to potentially harmful substances.

CANNABIS & DRIVING

Driving under the influence of cannabis or cannabis-infused products is a crime. (M.G.L. c. 90, 24) Cannabis can impair your driving skills by slowing your reaction time, coordination, and concentration and may increase your risk of getting into a car crash. **Remember, if you feel different, you drive differently.**

TOLERANCE DEPENDENCE & WITHDRAWAL

Some people who use cannabis long term and are trying to quit report mild withdrawal symptoms that make quitting difficult. Some people may also experience addiction and show the signs and symptoms of drug abuse:

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- Neglecting responsibilities at work, school, or home due to drug use
- Using drugs under dangerous conditions or taking risks while high
- Building up a drug tolerance
- Causing problems in relationships
- Taking drugs to avoid or relieve withdrawal symptoms
- Abandoning enjoyed activities
- Losing control over drug use, feeling powerless to stop

If you or someone you know needs help with substance abuse, help is available. You can call the Massachusetts Substance Use Helpline @ 1-800-662-4357. Please visit: <https://helplinema.org> or see NIH Drug Facts Resources for more information.

IMPORTANT REGULATIONS	You may not sell cannabis to any other individual. For first offenders, possessing over 1 ounce of cannabis with the intent to manufacture, distribute, dispense are punishable by a fine of \$500-\$5000 and/or imprisonment of up to 2 years.
RULES OF CONSUMPTION	You can consume cannabis and/or cannabis infused products in a private space where consumption is allowed. Smoking is public prohibited by state and local laws.
RULES OF SHARING	In Massachusetts you can gifting or sharing up to 1 ounce of cannabis or 5 grams of cannabis concentrate, with adults ages 21+, without any form of compensation.
RULES OF TRAVELING	Never drive under the influence. Keep your cannabis in a secure area of your vehicle, out of reach of the driver and passengers. Stay in Massachusetts - do not cross state lines with cannabis.
PURCHASE LIMITS	Consumers 21+ can purchase up to 1 ounce of cannabis flower or up to 5 grams of cannabis concentrate. Possessing more than the legal limit (1 oz.) outside of your home you may be penalized by up to 6 months imprisonment / \$500 fine.

What is a Cannabis Strain?

A *strain* is a genetic variant of cannabis. Classically, strains were referred to as Sativa or Indica strains –two variations of the same basic species of cannabis. Today, due to centuries of cross pollination and

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experimentation, **Hybrid** strains are more prevalent. Hybrid strains have been created through genetic crossbreeding to develop different characteristics or desired effects from the best attributes of both parent strains.

SATIVA	HYBRID	INDICA
<ul style="list-style-type: none"> - Energizing & uplifting. - Helps increase creativity & focus. - Helps treat depression, headaches & migraines, nausea, appetite loss, etc. 	<ul style="list-style-type: none"> - Combination of both Indica and Sativa. - "Best of both worlds" - People look for hybrids to feel multiple effects from both kinds of strains. <i>(i.e: relaxation of an indica with increased creativity from Sativa)</i> 	<ul style="list-style-type: none"> - Sedating and relaxing. - Helps treat pain, inflammation, appetite loss, sleep issues, anxiety, stress, seizures, and spasms.
<p>Tall has thin fan leaves, lighter/less dense buds. Typically has reddish tones and has fruity aromas.</p>	<p>Varying appearance, most notably 3 fan leaves. Most cannabis strains available are a type of hybrid.</p>	<p>Short, sturdy, bushy plant with wide fan leaves. Typically has dense buds and is very pungent.</p>

Methods of Consumption:

- ❖ **Ingestion** - edibles, pills/capsules, drinks, and tinctures
 - ❖ **Inhalation** - flower, pre-rolls, vapes/concentrates, and inhalers
 - ❖ **Oral Absorption** - mints, lozenges, hard candy, and breath strips (also tinctures)
 - ❖ **Dermal Absorption (topicals)** - lotion, ointments, salves, balms, and transdermal patches.
- *As a reminder it is very important to note that the different types of consumption all have different onset/offset effects which varies from person to person.*
- *Ask about the product you are considering to further your understanding on how it may impact you.**

Beyond THC and CBD; Other Cannabinoids:

Cannabinoids are chemical compounds found in cannabis plants that interact with our body's ECS (Endocannabinoid System) via receptors in the brain and all over the body. There are at least 100 different

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types of cannabinoids within the plant. There are 3 major cannabinoids, they are THCa, CBDa, and CBCa. Without these 3 cannabinoids, we wouldn't have all the other ones that we all know and love!

*One thing everyone should understand before consuming cannabis is that **IT AFFECTS EVERYONE DIFFERENTLY!** Different strains and methods of consumption give users different effects, and new users generally feel different effects than more experienced ones.

*Give some time in between doses for the results to be in full effect. We always want to reinforce "**Low and Slow**". Keep track of your dosing, the type of product, and the feelings you get from the products. This will help you better understand how cannabis can best work for you.

Better Control:

1. **Low and Slow:** Start with a low dose of THC and *wait* before consuming more. Specifically for edibles it can ***take up to 2 hours before you feel any effects***; so be patient and don't over consume.
1. In MA we can only sell 5 mg THC per serving. It's fine to use less or more - but know your reaction before adding MORE THC.
2. Taking too much THC can cause temporary anxiety, paranoia, and nausea. These symptoms can be highly unpleasant but usually wear off within a few hours.
3. Another reason to start low and go slow is that different cannabis applications can take different times to have an effect. Capsules, tinctures, and oils, which are digested, are slow-acting, and it may be 120 minutes or longer before you feel an effect.
4. Smoking & Vaping will put THC into your system more quickly, but it's still possible to go too fast.

Potency

This refers to the concentration or "strength" of THC in a product. When you are reading labels, you'll see %THC on all packaging. This tells you the potency of the THC (which give you the "high" associated with Cannabis.) The higher the % rate the more potent, or strong the high will be. Don't mistake THC potency for quality; and don't discount the Entourage Effect. Even a "low" potency THC 9 -14% with the right terpenes can have effects of a high potency or 20%+ THC flower.

Concentrates

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Different types of cannabis products have different ranges of typical THC content. Cannabis concentrates are going to have a higher percentage of THC and, therefore, a higher potency, making them a popular option among seasoned cannabis consumers.







Concentrates can fall in the 50-90% range for potency. This is because the concentrate is made up of mostly extracted cannabinoids and no plant material. Essentially, one gram of concentrate is going to have much more THC than one gram of flower and will therefore be much more potent.

THC percentage is an important metric that contributes to a product's potency and effect. Understanding THC percentages can help you predict how a particular product is going to affect you – just be sure to keep in mind the strain's other components and known effects.

The Entourage Effect: The feeling or experience during cannabis consumption due to the culmination of terpenes and the cannabis plant's phytocannabinoids. Phytocannabinoids are compounds that naturally occur in cannabis.

What are terpenes?

- Terpenes are the essential oils of the plant that help protect it and are also used to attract pollinators or fend off pests.
- We identify “terps” by their *smell*. Certain strains have different “terp profiles” that help you determine some desired effects.
- For example, cannabis strains that smell very citrusy have a good amount of *Limonene*.

<p>CBC</p> <ul style="list-style-type: none"> ➤ Antioxidant ➤ Anti-fungal ➤ Anti-inflammatory ➤ Bone stimulant 	<p>CBGa/CBG</p> <ul style="list-style-type: none"> ➤ Anti-bacterial ➤ Anti-inflammatory ➤ Reduces ocular pressure ➤ Lowers blood pressure 	<p>CBDa/CBD</p> <ul style="list-style-type: none"> ➤ Antioxidant ➤ Pain relief ➤ Anti-anxiety ➤ Spasm relief 	<p>CBN</p> <ul style="list-style-type: none"> ➤ Antioxidant ➤ Anti-inflammatory ➤ Creates drowsiness ➤ Pain relief 	<p>THCv</p> <ul style="list-style-type: none"> ➤ Anti-convulsive ➤ Anti-inflammatory ➤ Appetite-suppressant ➤ Bone stimulant 	<p>THCa/THC</p> <ul style="list-style-type: none"> ➤ Anti-bacterial ➤ Anti-inflammatory ➤ Appetite stimulant ➤ Relieves pain
<p>Limonene</p>  <p>Benefits of limonene are stress relief, a good antidepressant, and gastric reflux relief. Other benefits of it are increased creativity, increased energy, and motivation.</p>	<p>Pinene</p>  <p>Benefits of pinene are mental clarity/alertness, increased creativity, and energy, and it has been known to help improve breathing.</p>	<p>Caryophyllene</p>  <p>Benefits of caryophyllene are improved digestive health, relaxation, anti-anxiety, and a good antidepressant.</p>	<p>Humulene</p>  <p>Benefits of humulene are that it is good for antibacterial & anti-inflammatory purposes. It also is a great appetite suppressant so it curbs the "munchie" feeling.</p>	<p>Linalool</p>  <p>Benefits of linalool are relaxation/sedation, anti-anxiety, a good antidepressant, and has also been known to be a good mood elevator.</p>	<p>Myrcene</p>  <p>Benefits of Myrcene are that it provides pain relief, is anti-inflammatory, and is also a good relaxation/sedation.</p>

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Let's Review: **Adult-Use Cannabis in Massachusetts**

- Under MA Law, adults 21 and over are permitted to purchase cannabis products at licensed dispensaries or via Delivery Services. The law was approved by MA voters in Nov. 2016 and the Cannabis Control Commission oversees adult-use regulations.
- Cannabis has not been analyzed or approved by the FDA. There is limited information on side effects and there may be health risks associated with using cannabis. **Cannabis should always be kept away from children!!!**
- By law, adult-use purchases are limited to 1oz. of flower, or 5 grams of concentrate (for a combination of both) *per transaction per day*.
- You cannot consume cannabis in any form (smoking, vaping, edibles, etc.) in public or federal land.
 - You can be fined up to \$100 for public consumption or up to \$500 for an “open container.”
- You can have up to 1oz. on you, and up to 10oz. in your home.
- You can grow up to 6 plants in your home and up to 12 plants for 2 more adults.
- If you have more than 1oz. of cannabis in your home, **it needs to be locked up**. It is also best to keep any amount locked away to keep children/pets safe.
- Like alcohol, you cannot have an open container of any form of cannabis in your vehicle. It must be stored in a closed container in your trunk or a locked glove compartment.
- Under the influence of cannabis, driving is prohibited by M.G.L c. 90 Section 24, and machinery should not be operated.
- Employers, landlords, cities, and towns may have their own policies about the use of cannabis. Check with them to see what is allowed/legal.
- **IT IS ILLEGAL TO SELL CANNABIS TO ANY OTHER INDIVIDUAL**. Penalties for diverting cannabis may include imprisonment or substantial fines.

For more info about cannabis laws in Massachusetts, please visit

<https://masscannabiscontrol.com/public-resources/>

Signs and Symptoms of Cannabis Use Disorder

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One of the key things to remember with cannabis use disorder is that it involves cannabis use that creates issues or problems for the user. With that in mind, at least two of the following official criteria or symptoms occurring within a 12-month period indicate cannabis use disorder:

- Continuing to use cannabis despite physical or psychological problems
- Continuing to use cannabis despite social or relationship problems
- Craving cannabis
- Difficulty controlling or cutting down cannabis use
- Giving up or reducing other activities in favor of cannabis use
- Problems at work, school, and home as a result of cannabis use
- Spending a lot of time on cannabis use
- Taking cannabis in high-risk situations
- Taking more cannabis than was intended
- Tolerance to cannabis
- Withdrawal when discontinuing cannabis

If you are concerned that you are developing a dependency, please contact your physician immediately. Orgs that may help:

- *Addiction Treatment Center of New England 77F Warren St, Bldg 5 Brighton, MA 02135 (617) 254-1271 www.atcne.net*
- *MA Substance Use Helpline 800-327-5050 www.helpline.org*
- *Learn to Cope 508-738-5148 www.learn2cope.org*

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Strain Journal

Strain	Date	Grower/Shop	Cost	Quantity	Type
Jolly Rancher	02/23/2024	Happy Valley	\$112	1 gram	Pre-Roll

Sativa	Indica	Hybrid	%THC	%THCA

Smell	Taste	Terpenes	Terpenes	Terpenes	Terpenes

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