



These documents were created to support the work of the Coalition of Colorado Campus Alcohol and Drug Educators. We welcome prevention teams at institutions of higher education to utilize these documents to support health and wellness efforts. To learn more about the work of the CADE or obtain additional resources/citations, please email cade@naspa.org.

THINGS YOU SHOULD KNOW ABOUT



MARIJUANA



MARIJUANA IS:

a psychoactive drug derived from the Cannabis plant that is intended for medical and recreational use

METHODS OF CONSUMPTION ¹



Smoking

Method: joints, pipes, blunts, waterpipes, bongs

Time to take effect:
Seconds to minutes. Effects can last up to 6 hours.



Eating/Drinking

Method: marijuana-infused edibles and drinks

Time to take effect: 90 minutes to 4 hours. Effects can last up to 8 hours.



Vaping

Method: e-cigarettes, vape pens, vaporizers

Time to take effect:
Seconds to minutes

SAFETY AND WELLNESS

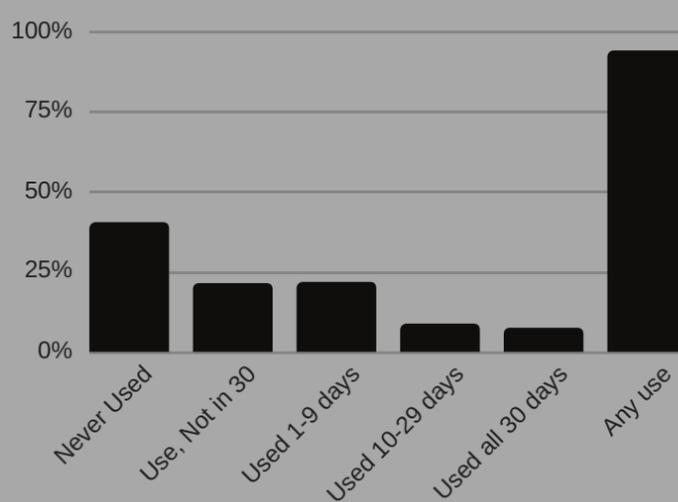
Active components (THC and CBD) exist in multiple forms and strengths, and may impact consumers differently.

THC is psychoactive and CBD is non-psychoactive.

Short-term effects include: ²

- Problems with memory and learning
- Distorted perception
- Difficulty in thinking and problem-solving
- Loss of coordination

Colorado college students reported use of marijuana within the past 30 days ³



RULES AND REGULATIONS ¹



- Colorado residents aged 21 or older may purchase and possess up to one ounce of marijuana.
- It is illegal to consume marijuana in *any form* in public places, including national parks and ski resorts.



- Use and possession is prohibited on campus even for students 21 or older or those with a medical recommendation.
- Students found in possession of consuming marijuana on campus are subject to legal action and school sanctions.



- Landlords can dictate if marijuana may be consumed or grown on their property.
- Each Colorado resident over the age of 21 can grow up to 6 plants, with as many as 3 plants flowering at a time. All residences are limited to 12 plants max unless certain requirements are met.



- Driving under the influence of marijuana is illegal. Legal limit is 5 nanograms per milliliter of blood.
- Current recommendation is to wait 6 hours after smoking and 8 hours after consuming edibles.

REFERENCES:

1. Good to Know Colorado
2. Substance Abuse and Mental Health Services Administration. Marijuana (Cannabis).
3. 2017 NCHA CADE Reference Group

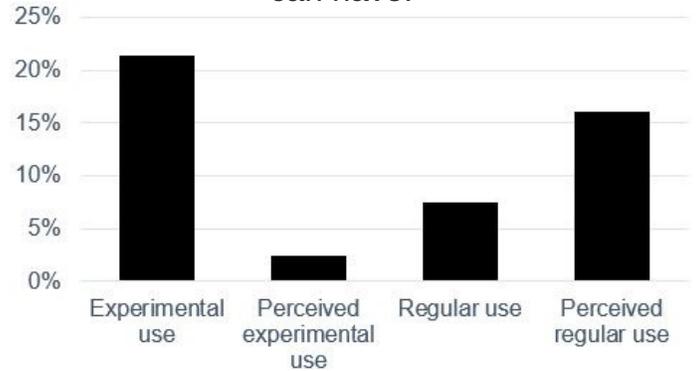
CONTACT YOUR STUDENT HEALTH CENTER FOR MORE INFO



Let's Talk Bluntly

The **Coalition of Colorado Campus Alcohol and Drug Educators (CADE)** has created this guide for campus practitioners and prevention teams. The CADE aims to ensure materials are relevant and updated, though national and statewide cannabis legislation frequently changes. Please contact our project team at cade@naspa.org for most up to date information.

College students across Colorado reported experimental cannabis use (use, but not in the last 30 days) and regular cannabis use (use all 30 days). Differences between perceived and actual use highlight the efficacy social norming campaigns can have.¹



Methods of Use²

Smoking

Method: joints, pipes, blunts, bong

Time to take effect: Seconds to minutes. Effects can last up to 6 hours.

Ingesting

Method: marijuana-infused edibles and drinks

Time to take effect: 90 minutes to 4 hours. Effects can last up to 8 hours.

Vaping

Method: e-cigarettes, vape pens, vaporizers

Time to take effect: Seconds to minutes

Dabbing

Method: heat THC extract/hash oil and inhale the vapor

Time to take effect: Seconds to minutes

Cannabis Safety and Wellness²

Active components, THC and CBD, exist in multiple forms and strengths, and may impact consumers differently.

Daily or near-daily use of cannabis can damage memory, and in high doses cause temporary psychosis.

People who smoke cannabis daily or near-daily may have experience coughing, bronchitis, mucus and wheezing.

Secondhand smoke from cannabis has many of the same cancer-causing chemicals as secondhand smoke from tobacco.

Cannabis Rules and Regulations



Any federal or state drug conviction (i.e. possession, conspiring to sell, or sale of illegal drugs) can **disqualify** a student from receiving federal student aid grants and loans.⁵

The length a student's eligibility is suspended depends on whether the conviction was for a drug possession or sales, and if it was the first conviction.⁵

Campus Policies and State Laws

Use and possession is prohibited on campus even for students 21 or older or those with a medical recommendation.

Smoke-free campus policies may include smoking and vaping of cannabis.

Municipal laws and county laws may be different than state laws.

It is illegal to drive under the influence of cannabis. Five or more nanograms of THC in your system qualifies for a DUI.²

Drug Free Schools and Communities Act⁴

Requires institutions that receive federal financial assistance to establish drug and alcohol abuse prevention programs for students and employees.

The Department of Education requires institutions to conduct a review of their prevention programs every 2 years.



In most states that have legalized cannabis, residents aged 21 or older may purchase and possess up to **one ounce of flower** or **800mg edibles (8g concentrates)** of cannabis.³

Landlords can dictate if cannabis may be consumed or grown on their property.²

In Colorado, residents aged 21 and older may grow up to 6 plants (3 flowering). Each residence is limited to 12 plants.³

Resources:

1. American College Health Association. NCHA Spring 2017 Reference Group.
2. Good to Know Colorado.
3. Newsweek. "Recreational Marijuana is Legal in these States - and Maine Might Be Next"
4. U.S. Department of Education. Complying with Drug-free Schools and Campuses Regulations.
5. U.S. News and World Report. "Drug Convictions Can Send Financial Aid Up in Smoke"



Coalition of
Colorado Campus
Alcohol & Drug Educators



COLORADO
Office of Behavioral Health

Department of Human Services



THINGS YOU SHOULD KNOW ABOUT MARIJUANA



MARIJUANA IS: a psychoactive drug derived from the Cannabis plant that is intended for medical and recreational use

METHODS OF CONSUMPTION¹



Smoking

Method: joints, pipes, blunts, waterpipes, bongs

Time to take effect:
Seconds to minutes.
Effects can last up to 6 hours.



Eating/Drinking

Method: marijuana-infused edibles and drinks

Time to take effect: 90 minutes to 4 hours.
Effects can last up to 8 hours.



Vaping

Method: e-cigarettes, vape pens, vaporizers

Time to take effect:
Seconds to minutes.



Dabbing

Method: heat marijuana concentrates and inhale the vapor

Time to take effect:
Seconds to minutes.

SAFETY AND WELLNESS

Active components (THC and CBD) exist in multiple forms and strengths, and may impact consumers differently.

THC is psychoactive and CBD is non-psychoactive. Psychoactive substances impact brain function and results in changes of mood, perception, behavior, and consciousness.⁴

Short-term effects include:²

- Problems with memory and learning
- Distorted perception
- Difficulty in thinking and problem-solving
- Loss of coordination

Cross-fading¹

Consuming marijuana at the same time as other drugs (prescribed or not) is likely to result in greater impairment than when using either one alone. Ask your doctor if marijuana could interfere with your prescribed medication.

DID YOU KNOW?



College students in Colorado think **94.8%** of their peers have consumed marijuana in the last 30 days, when only **38.8%** reported using marijuana in that time frame.³

Don't consume marijuana just because "everyone is doing it"

BYSTANDER INTERVENTION



It's important to intervene in a situation in which another person needs help (i.e. when someone feels they have consumed too much).



Signs or symptoms someone has consumed too much marijuana:^{1, 5}

- Increase in heart rate
- Dryness of the mouth
- Feelings of paranoia or anxiety
- Delusions or hallucinations

If you think someone has had too much marijuana, follow your campus reporting protocols.

RULES AND REGULATIONS



Use or possession of marijuana on campus is prohibited for students, including those who are 21 years or older or with a medication recommendation.



Any federal or state drug conviction can disqualify a student from receiving financial aid.⁵

For more information, check out:
getsmartaboutdrugs.gov/consequences/federal-student-aid-and-drug-use

RESOURCES:

1. Good to Know Colorado / Responsibility Grows Here
2. Substance Abuse and Mental Health Services Administration. Marijuana (Cannabis).
3. 2017 NCHA CADE Reference Group
4. Science Daily. Reference Terms: Psychoactive Drugs.
5. State of Colorado. Colorado Marijuana.

COLORADO MARIJUANA LAWS AND REGULATIONS THAT YOU SHOULD KNOW



1

Adults 21 and older can purchase and possess up to **1 ounce of flower, 800 mg edibles or 8g concentrates**.²



Residents aged 21 or older may grow up to 6 plants (3 flowering). Each residence is limited to 12 plants.²



It's illegal to consume marijuana in public spaces (e.g. restaurants, ski resorts, national parks).^{1,4}



Landlords can dictate if marijuana in any form may be consumed or grown on their property.^{1,4}



It is illegal to drive under the influence of marijuana. **5 or more nanograms of THC** in your system qualifies for a DUI.^{1,4}



It is illegal to take or mail marijuana out of state. It is also prohibited to possess marijuana at all Colorado airports.^{1,4}



Use or possession of marijuana on campus is prohibited for students, including those 21 years or older or with a medical recommendation.



Smoke-free campus policies may include smoking and vaping of marijuana.



Employers can legally test for marijuana and make employment decision based on drug test results.⁴



Municipal laws and county laws may be different from state laws.



Any federal or state drug conviction can disqualify a student from receiving federal student aid grants and loans.^{3,4}

The length a student's eligibility is suspended depends on whether the conviction was for a drug possession or sales, and if it was the first conviction.^{3,4}

Resources:

1. Responsibility Grows Here
2. Newsweek. "Recreational Marijuana is Legal in these States - and Maine Might Be Next"
3. U.S. News and World Report. "Drug Convictions Can Send Financial Aid Up in Smoke"
4. State of Colorado. Colorado Marijuana.

MARIJUANA IMPACTS ON BRAIN & BODY

Respiratory

Marijuana smoke irritates the lungs. Daily or near-daily use may lead to a daily cough, bronchitis, mucus and wheezing. **Marijuana smoke contains the same cancer-causing chemicals as tobacco smoke.**²



Mental Health

Marijuana use is likely to increase the risk of developing schizophrenia and other psychoses; **the higher the use the greater the risk.**¹



Psychosocial

Daily or near-daily use of marijuana can damage your memory. **Marijuana, especially in high doses, can cause temporary psychosis** (not knowing what is real, hallucinations and paranoia) while you are high.²



Secondhand Smoke

Secondhand smoke from marijuana has many of the cancer-causing chemicals as tobacco smoke. **You shouldn't smoke around children, pregnant women, or anyone who doesn't want to be exposed to secondhand smoke.**²



Appetite

Consuming marijuana alters the brain and therefore makes food more palatable and pleasurable.⁵



Cross-fading

Using alcohol and marijuana at the same time is likely to result in greater impairment than when using either one alone. Use both with caution, and remember, it's not a good idea to combine them. **Ask your doctor if marijuana could interfere with your prescribed medication.**²





Addiction

Marijuana is addictive. It's harder to stop using marijuana if you start at a young age. Youth who start using marijuana, alcohol or other drugs — even occasionally — may be more likely to continue using later in life.²

Cannabis Use Disorder

Some symptoms of cannabis use disorder include:

- disruptions in functioning due to cannabis use,
- the development of tolerance,
- cravings for cannabis, and
- development of withdrawal symptoms, such as the inability to sleep, restlessness, nervousness, anger, or depression within a week of ceasing heavy use.³



Signs and Symptoms of Too Much

The symptoms of using too much marijuana are similar to the typical effects of using marijuana, but more severe. These symptoms may include: extreme confusion, anxiety, paranoia, panic, fast heart rate, delusions or hallucinations, increased blood pressure and severe nausea/vomiting. **If someone is having trouble breathing, has pale skin, or is unresponsive, call 911.**⁴



Bystander Intervention

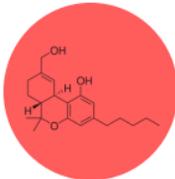
If you think someone has consumed too much marijuana, follow your campus reporting protocols.

Resources:

1. http://learnaboutmarijuanawa.org/factsheets/Cannabis_NAS_highlights.pdf
2. <http://responsibilitygrowshere.com/user#marijuana-and-your-health>

3. <http://learnaboutmarijuanawa.org/factsheets/cannabisedisorder.htm>
4. <https://goodtoknowcolorado.com/before-you-use/safe-use#oops-you-had-too-much>
5. <http://learnaboutmarijuanawa.org/factsheets/appetite.htm>

MARIJUANA POTENCY AND METHODS OF USE



The main ingredient responsible for psychoactive, or mood altering, effects is a cannabinoid called delta-9-tetrahydrocannabinol, or "THC".¹



Marijuana potency has increased by 2 to 7 times since the 1970s, measured by THC levels.¹



The THC potency depends on temperature, humidity, light, and soil acidity. Marijuana grown outdoors varies considerably, whereas indoor cultivation, under artificial light and without soil, produces cannabis of a consistently higher potency.²



The flowering tops, or "buds", of the female cannabis plant have the highest natural concentrations of THC, followed by the leaves.¹



The buds and leaves are commonly smoked and hash oil or resin from the plant are used in vapes, edibles, and dabbing.



The strongest preparation is known as "hash oil", which is an extraction of THC from the cannabis plant. Hash oil contains more THC than buds and leaves.¹



Smoking

Method: joints, pipes, blunts, waterpipes, bongs

Time to take effect: Within minutes. Effects can last up to 6 hours.

Potency: Can vary from 1-20% THC, made from buds and leaves.¹

Impact on Body: Inhalation of smoke that has same cancer-causing chemicals as tobacco smoke.³



Vaping

Method: e-cigarettes, vape pens, and vaporizers

Time to take effect: Within minutes. Effects vary by THC level, but can last up to 8 hours.

Potency: Varies by extract and type of pen. Hash oil extracts range from 50-80% THC.

Impact on Body: There are a wide array of products considered vapes. Many vape pens have poor temperature control and can heat cannabis to the point of combustion and the user is inhaling smoke.



Edibles

Method: marijuana-infused edibles and drinks

Time to take effect: 90 minutes to 4 hours. Effects can last up to 8 hours.

Potency: A single serving contains 10 mg of THC, but the potency can vary so check the packaging.

Impact on Body: Cannabis is absorbed through the bloodstream, so it can be difficult to predict the full effect.



Dabbing

Method: heat marijuana concentrates and inhale the vapor

Time to take effect: Seconds to minutes. Effects can be very extreme due to the potency.

Potency: Varies based on hash oil but can be 60-80% THC

Impact on Body: Vaporization through dabbing delivers a very high dose of THC in a short period of time. The safety of dabbing is still being researched.