



Goal and Rationale

The goal of this video, “What are Edibles”, from our Kids series is to teach young children what an edible is, how edibles can be dangerous, and how they can make the right choices when it comes to identifying and rejecting edibles.

By the end of this activity, we hope that kids will be able to:

- ✓ Explain what an edible is.
- ✓ Describe how edibles can be dangerous.
- ✓ Discuss the different types of edibles.
- ✓ Consider the short and long-term effects that edibles can have on people.
- ✓ Evaluate the different ways that edibles can impact them and their bodies.

Suggested Procedure for Educators

This video is five minutes and fifty seconds long, as you show the video to your students, **pause the video at the 2:30** point to ask students the following questions:

1. What are edibles? (0:32)

Answer: They are drugs that look candies but are not for kids, they have cannabis, or marijuana, in it. It can affect you in a number of ways, causing problems for your mind, your body and messing with your emotions too.

2. Does it take longer to feel the effects of edibles than smoked marijuana? (1:55)

Answer: Yes it just takes longer to feel the effects.



3. Can kids take marijuana? (2:18)

Answer: Kids should never take marijuana in any form. Let me explain, look at this drawing. Adult bodies are 3 to 4 times bigger than yours. So the effects of this powerful drug will be 3 to 4 times stronger for you than it would be for adults. On top of that, your body's still growing. This can make it worse and can even affect how you grow.

After discussing these questions with your students, resume the video. When the video ends, have students answer the following questions:

4. How can you tell the difference between a real candy and an edible? (2:46)

Answer: One way to tell is by the taste. It can taste like grass. So, if you ever take candies or goodies that taste like grass, or taste different than usual, throw it out. Don't risk eating something bad.

5. Can you take candies from someone you don't know? (3:38)

Answer: No, never take candy, chocolate or any snacks from someone you don't know.

Once your students have answered questions 1-5, proceed to a large group discussion using the thematic questions below. Depending on the grade level or age group of your students, you can expect this entire activity including the video take between 20-30 minutes.

Discussion questions

Note: the sample answers below represent potential correct answers and can be used to facilitate deeper discussion with your students.

6. What is the narrator trying to tell us about edibles?

Answers will vary but could include: that they are very dangerous, even though they look like candy we should never take them because they are drugs that can hurt us.



- 7. How does the video explain the difference between edibles and other food?**

Answers will vary but could include: it tells us that we can tell the difference they may taste like grass. Also the video says we should never eat food that comes from a stranger, and if we are in doubt ask an adult that we trust.

- 8. What emotions did you feel while watching this video? Explain your answer.**

Answers will vary but could include: pride, confidence, hope, uncertainty, clarity, confusion, sad, and/or excitement.

- 9. What lessons can we learn about edibles from this video? Explain your answer.**

Answers will vary but could include: that edibles are very dangerous drugs that can harm our minds and our bodies. That we shouldn't take food from strangers.

- 10. How has this video informed and/or changed your opinion about edibles? Explain your answer.**

Answers will vary but could include: This video helped me understand the different kinds of edibles that exist, and also gave me a plan for figuring out how best to avoid edibles in the future.

Note: Teachers, please have your students share their feedback with us using the form linked at the end of this curriculum's web page, we want to continue to make our message stronger and more effective. Thanks!