



Goal and Rationale

The goal of this presentation, “Edibles”, from our teens/young adults series is to teach teens and young adults what edibles are, 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 students will be able to:

- ✓ Describe what edibles are.
- ✓ Explain how edibles can be dangerous.
- ✓ Discuss the reasons that some people use edibles.
- ✓ Evaluate the short and long-term effects that edibles can have on people.
- ✓ Think about the different ways that edibles can impact them and their bodies.

Suggested Procedure for Educators

*** Editing the presentation is not permitted. When opening the PowerPoint, click on read-only. ***

Slide 1: Present the subject that will be covered in this presentation.

Slide 2: Go over what edibles are.

Slide 3: Go over the difference between edibles and smoked marijuana.

Slide 4: Go over the duration of the effects of edibles.

Slide 5: Pause your presentation to ask students the following questions to make sure they understand what has been covered so far:

1. What are edibles? (Slide 2)

Answer: Edibles are products that contain cannabinoids. Cannabinoids are chemical compounds that when consumed affect the mind and body. One of them is THC.



2. What are the different forms of edibles? (Slide 2)

Answer: Some symptoms include: They can be bought (chocolate, gummies, candies, etc.) or made at home using soft drinks, butter, brownies, tea, etc.

3. How long can the effects of edibles last? (Slide 4)

Answer: Since edibles go through your digestive system, the effects can last up to 12 hours, with residual effects lasting up to 24 hours.

After discussing these questions with your students, resume the presentation:

Slide 6: Go over the dangers of edibles presented on this slide.

Slide 7: Go over the dangers of edibles presented on this slide.

Slide 8: Go over the dangers of edibles presented on this slide.

Slide 9: Go over the pictures putting their attention on how similar they are to regular food.

Slide 10: Go over the edible prevention tips.

Slide 11: Go over the prevention tips regarding someone acting paranoid, anxious, etc.

Slide 12: Go over the danger of taking edibles if you are taking prescribed medication.

The presentation is over. Ask students the following questions to make sure they understand what has been covered in the second part.

4. What are some of the dangers related to edibles? (Slides 6-8)

Answer: A danger with edibles is that it takes some time before you feel any effects. It can take about 30 minutes to two hours, and it peaks at about the four-hour mark. That can lead you to think that you need more and can make you ingest more than you're supposed to. This increases the risks of greening out or overdosing on them. Because edibles are ingested, your liver turns the THC into a stronger form, so the same amount of THC with edibles could be more intense than dried cannabis. The dangers of edibles are exacerbated by the fact that the manufacturing of edibles is not as strongly regulated compared to other products or not regulated at all when made at home. This means the amount of THC can fluctuate wildly, which makes it very dangerous. Edibles can be up to 5 times more potent than what's written on the package.



- 5. What steps can you to prevent eating edibles by mistake?
(Slide 9)**

Answer: First, it goes without saying, don't eat candies, chocolate, or snacks if you don't know where they came from, whether you're in school, at a party, etc. Make sure to know who is hosting a party when food is served. If you're aware of your friends, roommates, or parents using edibles, make sure they store and mark them properly, so you don't eat one by accident.

- 6. What should you do if you see one of your friends feeling
anxious, paranoid, or hallucinating? (Slide 10)**

Answer: DON'T leave them alone and get some help by calling a responsible adult or even 911 if you see it getting out of control. DON'T stop yourself from helping them because you think you or your friends will get in trouble. The consequences of not getting help could be WAY MORE catastrophic. Most states have "Good Samaritan laws" that protect people when they're helping others. Google it and see what it entails in your state or country.

- 7. What is the danger of taking edibles if you're already taking
prescribed medication? (Slide 11)**

Answer: Mixing medication with edibles can be very dangerous. If you have other medications in your system, your body may metabolize THC differently, causing THC levels in your bloodstream to dangerously increase.

Once your students have answered questions 1-7, 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 presentation to 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.



8. What is the presentation trying to tell us about edibles?

Answers will vary but could include: that even though edibles may look like candies they can be very dangerous. They contain THC and are not regulated.

9. How does the presentation explain the difference between smoking marijuana and eating edibles?

Answers will vary but could include: the major differences include not having to smoke or breathe in edibles, they take longer to kick in, and the high or effect takes longer to kick in.

10. What emotions did you feel during this presentation? Explain your answer.

Answers will vary but could include: determination, shame, pride, excitement, curiosity, confusion, fear, sadness, uncertainty, anxiety, and/or hope.

11. What lessons can we learn about edibles from this presentation? Explain your answer.

Answers will vary but could include: I didn't know that edibles lasted so long and that the fact they take some time to kick in leads some people to take more than they should, leading to overdoses and trips to the hospital.

12. How has this presentation informed and/or changed your opinion about edibles? Explain your answer.

Answers will vary but could include: this video helped me understand that edibles can really change the way I behave and think and makes me reconsider the impact that they can have on me in both the short and long term. I also didn't realize how dangerous they are and how long they last, and I am going to avoid them now.

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!