WHAT TO KNOW ABOUT CANNABIS
Cannabis refers to the dried leaves, flowers, stems, and seeds from the Cannabis sativa or the Cannabis indica plant. This plant contains the mind-altering chemical THC and other compounds.

Cannabinoids come from trichomes (resin glands), found on the plant’s buds, flowers and leaves. There are hundreds of these chemical compounds found in the cannabis plant and they vary from strain to strain.
CBD or Cannabidiol is the second most prevalent cannabinoid in cannabis. Many people who grow hemp grow varieties that are high in CBD. Unlike THC, CBD does not cause a “high” or psychoactive effect by itself.

Advertised effects of CBD are not yet proven and the FDA has not yet approved cannabis for treating any health problems. However, it is legal in several states for medical and recreational use.

THC or Tetrahydrocannabinol (Delta-9-THC) is a cannabinoid known for its psychoactive effects, or the feeling of being high.

Most recreational use of cannabis involves the consumption, inhalation, or application of THC forms of cannabis.

As of now, there are no research studies that demonstrate concrete evidence in support of positive effects of CBD or THC.
Cannabis Names and Methods of Use

Other names for Cannabis:
Commonly referred to as pot, weed, grass, ganja, herb, dope, mary jane, and more.

Why we use the term Cannabis:
"Marijuana" came into popular usage in the U.S. in the early 20th century because anti-cannabis factions wanted to underscore the drug’s "Mexican-ness." It was meant to play off of anti-immigrant sentiments. We choose to use the word “cannabis” to not endorse or reinforce racist ideas about use.

CONSUME

Edibles
Cannabis is combined with different foods (gummies, baked goods, drinks) and metabolized (broken down) through the liver as the item is digested.

Capsules/Tablets
Swallowed and absorbed into the digestive system, similar to a pill that does not contain cannabis.

Tinctures
Cannabis liquids that are placed under the tongue with a dropper or syringe and absorbed.

Lozenges/Films
These items dissolve in the mouth or under the tongue.

INHALABLES

Pre-Rolls
Dried cannabis flower is "rolled" into a cigarette-like shape using different kinds of smoking (rolling) paper.

Pipes & Bongs
Dried flower or cannabis concentrates are placed into a pipe and smoked.

Concentrates
Cannabis concentrate placed and inhaled from a smoking device (i.e. dabs, shatter, and wax).

Vape (dried flower)
Cannabis smoked from either a dried flower vaporizing device or a concentrated cannabis oil cartridge.

APPLY

Topicals
Typically applied to the skin and include lotions, ointments, and balms. Transdermal compounds, patches, and suppositories release medical cannabis into the body.

⚠️ Cannabis can interact with food, medications, and conditions/diseases differently. Consult with your healthcare provider for more information.
Cannabis is legal in the state of Minnesota, but illegal on our campus. Because Carleton accepts federal funding, it is required to follow federal law, which considers cannabis illegal.

74% of Carleton students reported NOT using Cannabis in the past two weeks and 79% of Carleton students agree that using Cannabis is NOT central to social life at Carleton.
Effects of Cannabis

When a person smokes cannabis...

- it is absorbed through the lungs, and passed into the bloodstream. Cannabis is carried throughout the body to the brain. It over-activates parts of the brain that contain the highest numbers of receptors that react to THC. This causes the “high” that people feel.

When a person ingests cannabis...

- it is absorbed through the stomach. When you eat or drink cannabis products, THC is broken down in the liver and transforms into the metabolite 11-Hydroxy-THC (11-OH-THC), which is several times more potent than THC when it is smoked.

Possible mental effects of cannabis consumption may include:

- Mood change (euphoria, relaxed)
- Increased or stronger sensitivity to certain stimuli (like colors and music)
- Impaired attention and short-term memory
- Panic attacks, paranoid thoughts, and hallucinations (more common if you have consumed high levels of THC and if you have a family history of serious mental illness)
- Hypersensitivity
- Altered perception of time

Possible physical effects of cannabis consumption may include:

- Mild or moderate dizziness
- Red eyes
- Dry mouth
- Changes in pulse rate and blood pressure
- Increased appetite
- Tiredness
- Impacted motor skills that may make work or certain tasks more difficult
- Impaired driving ability
It is possible to become addicted to cannabis. This is more likely with more frequent use (such as every day or every other day). If addicted, you may need cannabis just to feel like yourself, and you may also need to take more and more of it to get the same high. When you try to quit you may experience irritability, trouble sleeping, decreased appetite, anxiety, and cravings.

Cannabis can cause long term health problems - including effects on brain development. People who use cannabis before their brain is fully developed (typically around age 25) may have trouble with thinking, memory, and learning. People who smoke cannabis frequently can suffer from coughing and breathing problems.

Cannabis can cause long-term health problems - including effects on brain development. People who use cannabis before their brain is fully developed (typically around age 25) may have trouble with thinking, memory, and learning. People who smoke cannabis frequently can suffer from coughing and breathing problems.

It is possible to overdose on cannabis, despite popular belief that it is not. An overdose of cannabis can occur when a high dose is taken. Symptoms of an overdose include anxiety, panic, and rapid heartbeat. In rare cases, an overdose can cause paranoia and hallucinations.

It is possible to become addicted to cannabis. This is more likely with more frequent use (such as every day or every other day). If addicted, you may need cannabis just to feel like yourself, and you may also need to take more and more of it to get the same high. When you try to quit you may experience irritability, trouble sleeping, decreased appetite, anxiety, and cravings.

Cannabis Facts

Cannabis has long-term health consequences.

It’s possible to overdose on cannabis.

Cannabis can be addictive.
Considerations Before Using Cannabis

Check In With Yourself

Part of responsible cannabis consumption is being aware of how you’re feeling. Before consuming, check in with yourself:

- **Do you have a pre-existing mental health condition?**
  Adverse effects such as psychosis may occur in individuals with pre-existing mental health conditions that consume larger serving sizes of THC.

- **What was your mood like before and after consuming cannabis?**
  Be aware of how you feel before and after consuming cannabis.

- **Are you consuming any other substances?**
  Use caution if you drink alcohol or take other substances while you consume cannabis. Mixing cannabis with alcohol or other drugs (prescription or otherwise) could lead to a negative reaction such as dizziness, drowsiness, or sedation.

- **Set intentions for yourself!**
  Setting intentions and visualizing how you would like your cannabis experience to go (prior to consuming) can help you avoid anxiety and better embrace the present.

THC Dosing Chart

The way cannabis affects you depends on how often you use, your tolerance level, and your method of consumption. Edibles can take 30-90 minutes to hit you and you’ll feel them most after 2-3 hours.

- **5mg**
  - Low Tolerance: Infrequent user
  - Potential adverse effects: dry mouth, memory loss, drowsiness

- **10mg**
  - Moderate Tolerance: Sometimes user
  - Potential adverse effects: impairment, dysphoria, panic

- **25mg**
  - High Tolerance: Frequent user
  - Potential adverse effects: paranoia, nausea

- **50mg**
  - Higher concentrations may lead to more severe side effects.

- **100mg**
  - Use caution and always start low and go slow when consuming high concentrations.

When trying a new product for the first time, keep in mind that different products can take longer to take effect. Wait before taking more. Then the next time you consume you’ll know what the “right” serving size for your body looks like. You can always take more if you aren’t feeling the effects, but you cannot take less!
# Reducing Harm Around Cannabis

- Purchase cannabis from the regulated market.
- Avoid high doses - use under 5 mg of THC.
- Avoid mixing cannabis with other substances.
- Avoid smoking cannabis.
- Start low (dose) and go slow (pacing).

<table>
<thead>
<tr>
<th>Don’t use blunts or cigar papers, which contain tobacco and may have additional negative health effects.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consume cannabis in an environment that feels safe to you.</td>
</tr>
<tr>
<td>Avoid high-frequency (e.g., daily or near-daily) cannabis use.</td>
</tr>
<tr>
<td>Don’t drive after consuming cannabis. You should wait at least 8 hours after consuming cannabis before driving.</td>
</tr>
</tbody>
</table>
What If You’ve Over-Consumed?

Support yourself and get help as needed.

**How to Increase Comfort:**
- Rest and hydrate
- Practice deep breathing
- Watching a movie or find another distraction.
- Contacting your support system (e.g., friends, roommate, etc.).
- Watch for signs of an overdose:
  - Extreme anxiety or panic attacks.
  - Psychotic reactions, including paranoia, hallucinations, or delusions.
  - A fast heart rate, chest pain, or heart attack.
  - Uncontrollable shaking or seizures.
  - Pale skin color.
  - Unresponsiveness.
  - Sudden high blood pressure with headache.

**If the Situation Escalates or You Need Medical Assistance:**

**CALL FOR HELP**
If you’re worried, always call Campus Security or 911!

Security: 507-222-444

**Carleton’s Medial Amnesty Policy**

*Carleton will not impose sanctions for possession or consumption of alcohol or drugs for:*
- a student who initiates a request for medical assistance for oneself or another student
- the student for whom medical assistance is sought
Tolerance may develop when using cannabis consistently over an extended amount of time. When consumed consistently, your body’s receptors become overwhelmed and will stop absorbing cannabis in the same way. This means that someone who uses regularly will have a higher tolerance than someone who is trying cannabis for the first time. Tolerance is a warning sign for addiction, and may indicate that you would benefit from taking a break from cannabis use.

Withdrawal may develop a few days after the last time you used cannabis if you substantially reduce the amount or potency of the cannabis you’re consuming, or if you stop consumption completely. Withdrawal symptoms can last up to two weeks and may include irritability, anxiety, insomnia, reduced appetite, nausea, mild depression, and an upset stomach.

OHP Harm Reduction Suggestions:
If cannabis becomes a problem...

*Here are some campus resources you can turn to:*

- **Alcohol and other Drug Coaching (AOD)** - a private, one-on-one program offered through the Office of Health Promotion to all Carleton students who want to explore their alcohol, cannabis, or drug use.
- **Student Health and Counseling (SHAC)** - confidential one-on-one sessions for students seeking help for substance use and other issues.
- **Dean of Students Office (DOSO)** - student considering recovery support are encouraged to keep their class Dean in the loop. The Dean of Students Office is the best connection between social and academic life, and can be of great support if challenges arise for a student.