

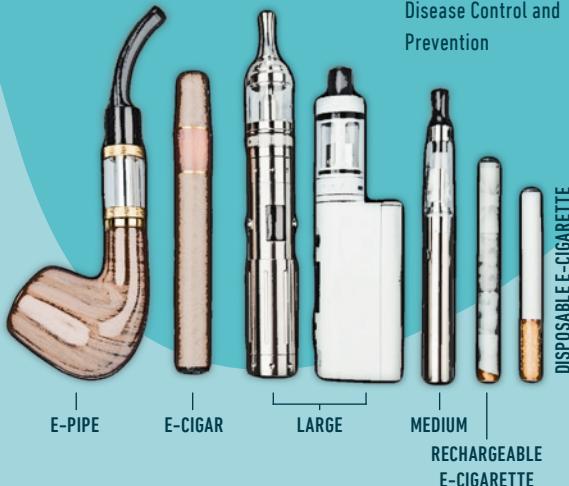
# What is Vaping?

Vaping is the act of inhaling and exhaling an aerosol or vapor made from a liquid or dry material that is heated in an electronic powered device, called an electronic cigarette, or e-cigarette.

The liquid can contain flavoring, nicotine, or marijuana concentrates. Dry herb vape devices can heat dry marijuana without combusting it and without using additional liquid. Generally, the vaping device consists of a battery, a cartridge for containing the e-liquid or dry marijuana, and a heating component.

Vaping devices come in a variety of shapes and sizes, with some resembling USB flash drives, pens, or other everyday objects that are often difficult for parents and teachers to recognize.

Image: Centers for Disease Control and Prevention



## Slang Terms

E-cigs, e-hookahs, mods, vape pens, vapes, tank systems, and Juuls or Juuling (after the Juul brand of vaping devices).

## What are the effects of using marijuana concentrates?

Being a highly concentrated form of marijuana, the effects upon the user may be more psychologically and physically intense than plant marijuana use. To date, long-term effects of marijuana concentrate use are not yet fully known, although the effects of plant marijuana use are. These effects include paranoia, anxiety, panic attacks, and hallucinations. Additionally, the use of plant marijuana increases one's heart rate and blood pressure. Plant marijuana users may also experience withdrawal and addiction problems.

## Did you know?

Marijuana use affects attention, memory, and learning skills. Students who use marijuana are more likely not to finish high school or get a college degree, compared with their peers who don't use marijuana.

Source: Marijuana: Facts for Teens. National Institute on Drug Abuse, 2017.

## Additional Resources

Teens:

[www.justthinktwice.com](http://www.justthinktwice.com)

Parents, Caregivers, and Educators:

[www.getsmartaboutdrugs.com](http://www.getsmartaboutdrugs.com)

Higher Education:

[www.campusdrugprevention.gov](http://www.campusdrugprevention.gov)



Drug Enforcement Administration  
[www.dea.gov](http://www.dea.gov)

# Vaping & Marijuana Concentrates

## What is Vaping?



# True or False?

## Vaping is safe

**FALSE**—Vaping is not considered safe for teens and young adults, especially since the adolescent brain is still developing and taking in these substances may be harmful. Additionally, some vape devices might explode, resulting in burns and other injuries.



## It is just water vapor

**FALSE**—Most vaping devices contain and release a number of potentially toxic substances including metals and volatile organic compounds, some of which have been linked to cell and DNA damage.

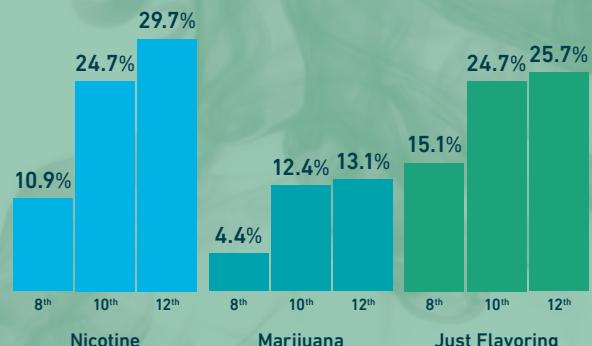
Source: National Academies of Sciences, Engineering, and Medicine, 2018. Public Health Consequences of E-Cigarettes.

## It helps you quit smoking

**TRUE & FALSE**—Although using e-cigarettes as a way to stop smoking may work for adults, teens and young adults who vape are almost four times as likely to begin smoking traditional cigarettes as those who don't vape.

Source: JAMA Pediatrics 2017;171(8):788-797.

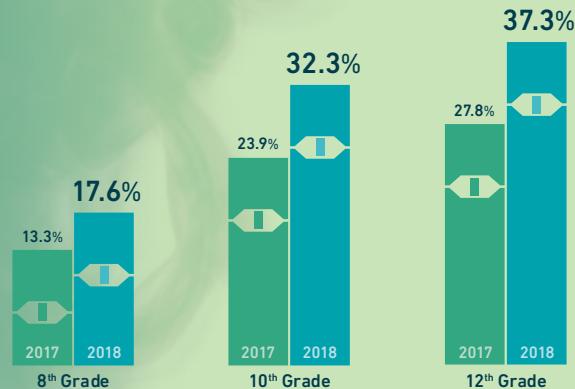
## 2018 Vaping Trends Among Grades 8–12



## Teens and Vaping Use

Vaping is an emerging public health threat to the nation's youth. In just a single year, American teens reported a dramatic increase in their use of vaping devices.

- In 2018, **37.3% of 12<sup>th</sup> graders** reported "any vaping" in the past 12 months, compared to 27.8% the year before.
- Marijuana vaping increased in 2018 to **13.1% for 12<sup>th</sup> graders** up from 9.5% in 2017.
- More than **1 in 10 eighth graders (10.9%)** say they vaped in the past year.



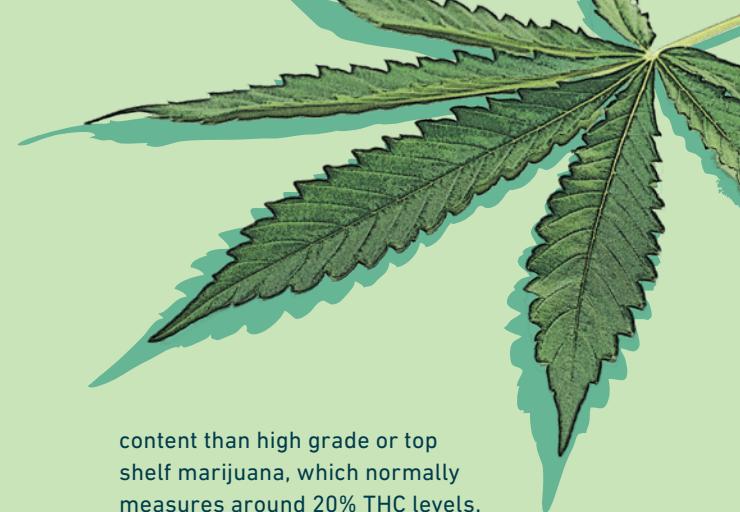
Source: 2018 Monitoring the Future Study.

## Vaping and Marijuana

In addition to nicotine and flavored liquids, marijuana concentrates can also be vaping.

## What are marijuana concentrates?

A marijuana concentrate is a highly potent THC (tetrahydrocannabinol) concentrated mass (THC is the psychoactive substance in marijuana) that is most similar in appearance to either honey or butter, which is why it is referred to or known on the street as "honey oil" or "budder." It can contain extraordinarily high THC levels ranging from 40 to 80%. This form of marijuana can be up to four times stronger in THC



content than high grade or top shelf marijuana, which normally measures around 20% THC levels.

## Street names

Street or "slang" terms change often and vary regionally across the country. Marijuana concentrates are often referred to as 710 (the word "OIL" flipped and spelled backwards), wax, ear wax, honey oil, budder, butane hash oil, butane honey oil (BHO), shatter, dabs (dabbing), black glass, and errl.

## How is it used?

Marijuana concentrates are increasingly being used in vaping devices. Many users prefer the vaping device because it is smokeless, sometimes odorless, and is easy to hide or conceal. The user takes a small amount of marijuana concentrate, referred to as a "dab," then heats the substance using the vaping device to produce vapors that ensure an instant "high" effect for the user ("dabbing"). Marijuana concentrates can also be used by infusing them in various food or drink products, creating marijuana edibles.

