
Marijuana



OVERVIEW

Marijuana refers to the dried leaves, flowers, stems, and seeds from the *Cannabis sativa* or *Cannabis indica* plant. The plant contains the mind-altering chemical THC and other similar compounds. Extracts can also be made from the cannabis plant.¹

OTHER TERMS

CANNABIS - The dried leaves and flowering tops of the *Cannabis sativa* or *Cannabis indica* plant. Cannabis contains active chemicals called cannabinoids that cause drug-like effects all through the body, including the central nervous system and the immune system. Also known as marijuana. The Cannabis plant makes a resin (thick substance) that contains compounds called cannabinoids. In the United States, Cannabis is a controlled substance and has been classified as a Schedule I agent (a drug with a high potential for abuse and no accepted medical use).

CANNABINOID - also known as phytocannabinoids, are chemicals in Cannabis that cause drug-like effects in the body, including the central nervous system and the immune system. Over 100 cannabinoids have been found in Cannabis. The main psychoactive cannabinoid in Cannabis is delta-9-THC. Another active cannabinoid is cannabidiol (CBD).

HEMP - a mixture of the Cannabis plant with very low levels of psychoactive compounds. Hemp oil or cannabidiol (CBD) are products made from extracts of industrial hemp, while hemp seed oil is an edible fatty oil that contains only scant or no cannabinoids. Hemp is not a controlled substance, but CBD is. Hemp must not contain more than 0.3% of delta-9 THC.

CBD - cannabidiol-a form of a cannabinoid and a controlled substance.

THC-delta-9-tetrahydrocannabinol - the psychotropic and addictive ingredient in marijuana as well as a mind altering chemical.

DELTA-8, delta-8-tetrahydrocannabinol -a compound from the cannabis plant. It is said to have half of the effect of THC (Delta-9) and the high doesn't last as long. It is an intoxicating product and it may be derived from hemp. It is illegal to sell Delta-8 products in MN. It is also known as D8 and weed-light. Similar to Delta-8 is Delta-10 and Delta-0.

CANNABIS USE DISORDER (CUD) - also known as cannabis addiction or marijuana addiction, is defined as the continued use of cannabis despite clinically significant impairment. Dependency of THC and withdrawal signs such as dysphoria (anxiety, irritability, depression, depersonalization, restlessness), disturbed sleep, gastrointestinal problems, and decreased appetite. Research suggests that between 9 and 30 percent of those who use marijuana may develop some degree of CUD. One in six who begin using marijuana before age 18 are four to seven times more likely than adults to develop a CUD.

CONCENTRATES - can contain very high levels of THC-These THC-rich marijuana products may be vaporized and inhaled using a vape pen or through a process called dabbing. Concentrates is a broad term referring to all products that have been extracted from the plant.

DABBING- Smoking THC-rich resins extracted from the marijuana plant. Includes the practice of inhaling small quantities of a concentrated and vaporized drug, typically cannabis oil or resin. As a verb, dabbing is the act of inhaling vaporized cannabis concentrates using a heating tool such as a dab rig, e-rig, or vaporizer.

BHO - Butane Hash Oil - Using flammable solvents is popular because the products have high THC levels, users report longer-lasting effects, and it is a relatively inexpensive and efficient production method. Butane is a commonly used solvent, producing the potent marijuana concentrate.

EDIBLES - Form of Food - It is very common for cannabis to come in some kind of food form, such as brownies, beverages, chocolate, candies, cookies, or lollipops. A cannabis edible, also known as a cannabis-infused food or simply an edible, is a food product (either homemade or produced commercially) that contain decarboxylated cannabinoids.

Is Marijuana Addictive?

Yes, marijuana use can lead to the development of a substance use disorder, a medical illness in which the person is unable to stop using even though it's causing health and social problems in their life. Severe substance use disorders are also known as addiction.

1: <https://www.drugabuse.gov/publications/drugfacts/marijuana>.



Minnesota Prevention Alliance

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The Minnesota Prevention Alliance is a statewide coalition made up of professionals and volunteers from around the state who promote and enhance substance abuse prevention efforts. Our goal is to reduce adolescent substance abuse by building advocacy, policy influence, and youth engagement in Minnesota communities. We want to see Minnesota be a healthy, safe place for teens and families to thrive.

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