



AN INDIGENOUS PERSPECTIVE

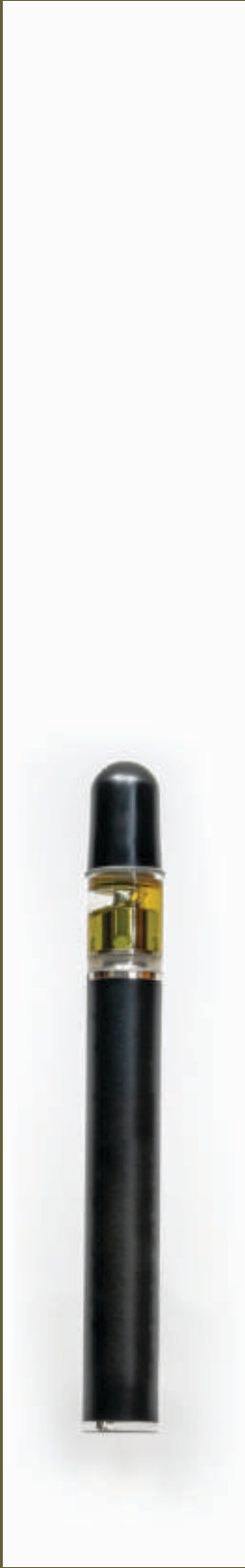
CANNABIS & VAPING

A TOOLKIT FOR EDUCATORS



ONECA
Ontario Native Education Counselling Association

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INTRODUCTION

It is normal for young people to be curious about experimenting with cannabis. We created this toolkit about recreational cannabis use, to provide educators with knowledge about the implications of cannabis and vaping, so you can better support young people in making informed, healthy decisions for their future. We provide you with culturally responsive materials that reflect the realities of recreational cannabis use faced by Indigenous youth today. This toolkit was developed with input from youth advisors, elders and community members, along with further research and best practices. Cannabis has changed a lot over the years and we will share with you how it’s being used today and what you should know.



SECTION 1: CANNABIS AND ITS EFFECTS

This module contains foundational knowledge on what cannabis is, the facts and understanding its effects on the developing brain and body.

WHAT IS CANNABIS?

Cannabis is a drug derived from the female cannabis plant that affects the body, mind and nervous system. Different variations of the cannabis plant are known as strains, include sativa, indica, or a hybrid. It consists of dried flowers, fruiting tops and leaves that are green or brown. ¹

HISTORY OF CANNABIS AND INDIGENOUS CULTURE

Cannabis was used widely by Indigenous and First Nation tribes thousands of years before colonization. Cannabis and hemp were used for clothing, hunting and gathering (in matts, nets and fishing line) selling, trading and exporting. ²



QUICK FACTS

- Cannabis is the most widely used drug in the world.
- One-third of Canadian teens have tried cannabis by age 15.
- Canadian teens ranked highest for cannabis use out of 43 countries.³
- Recreational cannabis is legal for people over the age of 19 in Ontario.⁴
- Cannabis contains THC (Tetrahydrocannabinol) which causes the high and CBD (Cannabidiol) which helps with pain and cancer relief.⁵
- Cannabis has many names: weed, grass, pot, ganja, Mary Jane, herb, bud, cheeba, and buddha.⁶
- Regulated cannabis is safer than street cannabis, which can be laced with harmful drugs or other substances.



THE DEVELOPING BRAIN

Cannabis use during adolescence can cause functional and structural changes to the developing brain, leading to damage. The brain continues to develop until age 25, so the earlier young people begin using cannabis, the more harm is caused in the long-term.⁶

If teenagers consume cannabis frequently, over a long period of time, their risk of mental health problems increases. These problems include dependence, disorders related to anxiety and depression and harm to their learning abilities and memory.⁶

Functional MRI studies in teens who use cannabis regularly have demonstrated increased neural activity, which means the brain is working harder to perform tasks. The THC content of cannabis is two to four times higher than from 40 years ago (from up to 4% to 12% or higher today). This factor will likely magnify the impact on a youth's brain.⁴

VIDEO LINK: *Effects of Cannabis on the Teenage Brain* <https://youtu.be/FvszaF4vcNY>⁷

HOW CANNABIS INTERACTS WITH THE BODY

Cannabis disrupts the body's natural balance and may cause problematic imbalances to sleep, appetite, mood, concentration, reaction time and memory creation and retention, especially in young people.⁸

The importance of achieving and maintaining balance in ourselves, our families, and our communities is an important aspect in many Indigenous teachings. This importance is reflected in the great law of the Haudenosaunee; lessons of the medicine wheel and the Anishinaabeg and Cree concepts of the good life Mino-Bimaadizwin (Anishinaabeg) and Mino-pimatisiwin (Cree).⁹

Instead of using cannabis while the brain is still developing, it's important for young people to get enough sleep, eat healthy, exercise, socialize, dance, limit exposure to alcohol, take part in sports and focus on other stress-reducing activities.

VIDEO LINK: The Endocannabinoid Systems <https://youtu.be/t6W0vB7zUHs>¹⁰

VIDEO LINK: How Marijuana Affects Your Developing Brain <https://youtu.be/1Luw2tiMuLk>⁸

SECTION 2: YOUTH, LEGALIZATION & CANNABIS LAWS

This module introduces learners to the responsibilities that youth have for themselves and their communities when it comes to recreational cannabis use and vaping.

LEGALIZATION

- Recreational cannabis became legal in Canada in 2018 and since then, has grown to include concentrates, vape pens, edible products and topicals.
- In Ontario, youth under the age of 19 are prohibited from possessing, buying, sharing, growing, or consuming recreational cannabis.
- Ontario's Cannabis Control Act provides penalties for adults who supply or sell cannabis to youth or involve youth in cannabis related crimes.¹¹
- Medicinal cannabis is subject to different laws and regulations than recreational cannabis and is not covered in depth in this module.¹²

LEGAL VS ILLEGAL CANNABIS

Legal Cannabis

Legal cannabis products clearly state on the label the potency, strain, net weight, expiration date and THC and CBD levels. Licensed Canadian cannabis producers are strictly monitored, which means products are regulated to meet Health Canada's standards.



Products are grown in pristine facilities to ensure no harmful contaminants. Legal cannabis is sold in child-proof, tamper-free packaging, keeping the product safe from children and pets. Legal cannabis products also undergo rigorous testing for harmful substances.¹³

Recreational cannabis is now legal to purchase in Canada for people over age 18 in Alberta and age 19 in every other province except Quebec where the minimum age is now 21 (Legal age to buy cannabis in Quebec is now 21, the highest in Canada, 2020).¹⁴

Illegal Cannabis

Nearly a year after cannabis legalization in Canada, 43% of cannabis users still purchase products from unauthorized sources. Without safety measures, there are no assurances that illegally obtained cannabis won't contain harmful substances leading to adverse side effects. The illegal market also does not ensure the safety of children and animals.

If a person is caught purchasing or in possession of illegal cannabis, they will be fined \$150 for small quantities, while larger amounts will incur federal penalties.¹³

YOUTH AND CANNABIS LAWS

Youth 12 to 17 years old, can be charged under the Youth Criminal Justice Act for a criminal offence related to cannabis including:¹⁵

- Selling cannabis
- Gifting or selling cannabis to anyone under 19
- Possession of over 5 grams dried cannabis or equivalent in edibles or concentrates
- Driving under the influence of cannabis
- Smoking in a vehicle parked or unparked
- Being in possession of improperly packaged cannabis¹⁵



Provincial offences include:

- Buying cannabis from a retailer other than the Ontario Cannabis Store (OCS)
- Having or sharing cannabis that was not bought or grown legally
- Knowingly sharing cannabis with a person who may be intoxicated
- These offences can result in 1 year of jail, a fine of up to \$100,000, or both
- Engaging in cannabis use in prohibited spaces, can result in fines up to \$1000 for a first conviction, or \$5000 for repeated offenders¹⁵

Note: One gram of dried cannabis is equal to: 5 grams of fresh cannabis, 15 grams of edible product, 70 grams of liquid product 0.25 grams of concentrates (solid or liquid) and 1 cannabis plant seed. Smoking cannabis is also prohibited wherever cigarette smoking is prohibited in Ontario.¹⁵

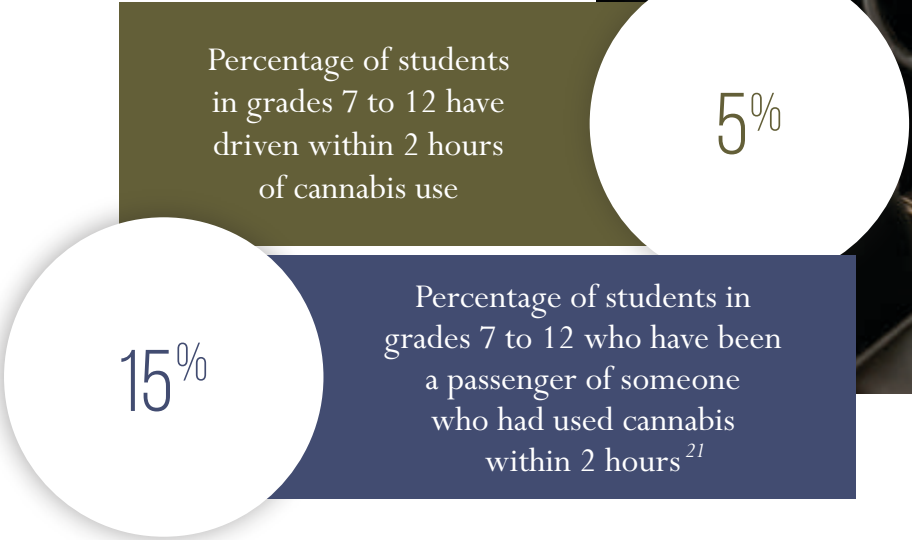


TREATY RIGHTS, RESERVE LANDS AND DISPENSERIES

- First Nations - Canadian treaty framework allows some individual bands to create their own cannabis laws or apply the Ontario Cannabis Store (OCS) framework.¹⁶
- On reserve dispensaries may not have access to legal cannabis retailers and therefore be offering black or grey market cannabis.¹⁷
- Cannabis products bought on reserve may be considered illegal to possess, sell or gift on or off reserve in Ontario.¹⁸
- Some on reserve dispensaries operate illegally without permission or oversight from local chief and council and may be subject to criminal prosecution and or police raids, while others operate in accordance with local council.¹⁹
- No dispensaries or cannabis stores on reserve or otherwise are permitted to sell cannabis to youth under the age of 19.¹⁵
- Contact local band office or on reserve Police Service to learn local regulations.

CANNABIS IMPAIRED DRIVING

You should never drive or allow a friend to drive after consuming cannabis as it can slow reaction times and lead to an accident and cause injury or death to others or yourself and friends or loved ones in the vehicle with you. If you have consumed cannabis, ask family members for a ride, walk or take public transportation.²⁰



Driving under the influence of cannabis is also not legal. Police officers are trained to recognize the signs of cannabis impairment, and can test your saliva for THC levels.²⁰

Cannabis cannot be smoked in a vehicle while parked or moving unless it meets the requirements for a current dwelling or living space.¹⁵

Any cannabis in the car must be sealed in its original container and be inaccessible to the driver or occupants (i.e. locked in the trunk).²²

Police have the right to search a vehicle if they have reason to suspect improperly stored cannabis is onboard.²²



MEDICINAL PURPOSES

- Cannabis and cannabis products have been used as treatment for chronic pain, disease and illnesses and a doctor's recommendation is needed for its use for medical purposes.²³
- While recreational cannabis focuses on plants with high THC levels and intoxicating effects, medicinal cannabis may focus on other compounds found in the plant for desired medicinal effects.²⁴
- Cannabis as a medicine should only be explored under the direction of a knowledgeable medical professional as it may cause undesired side effects or worsen pre-existing conditions.²⁵



SECTION 3: CANNABIS CONSUMPTION

This module contains evidence-based information on the different forms of cannabis.

HOW CANNABIS IS CONSUMED

- Smoked as a cigarette, called a joint, spliff or blunt.
- Smoked through a pipe or bong.
- Vaporized (called vaping) through a pipe, bong or e-cigarette.
- Mixed in drinks or food (tea, brownies, gummies, candies) called edibles.
- Consumed as a tincture (alcohol-based extract) added to food or drinks.
- Heated and inhaled (called dabbing) from concentrates extracted from cannabis resin or hash.²⁶

SMOKING AND COMBUSTING

- Burning cannabis in joints and bongs carries many of the same risks associated with tobacco use.²⁷
- Cannabis users tend to inhale deeper and hold their breath longer than tobacco smokers causing increased damage to the lower regions of the lung, resulting in more or all the lung needing to be removed if surgery is required.²⁸
- Bongs and other smoking devices may harbor molds and bacteria and may cause infection if not cleaned regularly.²⁹



CANNABIS COMES IN MANY FORMS



CANNABIS EDIBLES

A cannabis edible is a food product, homemade or produced commercially, that contains cannabis extract as an active ingredient. Although edible may refer to either a food or a drink, a cannabis-infused drink may also be called a liquid edible or drinkable.³⁰

Cannabis edibles last for a longer period of time than other forms of cannabis and it may also take a longer time for the effects to be felt.³⁰

Edibles can contain a significant amount of THC, which can cause a wide range of effects, including relaxation, euphoria, increased appetite, fatigue, and anxiety. Edibles can be unpredictable, for young people as everyone's tolerance is different.³⁰

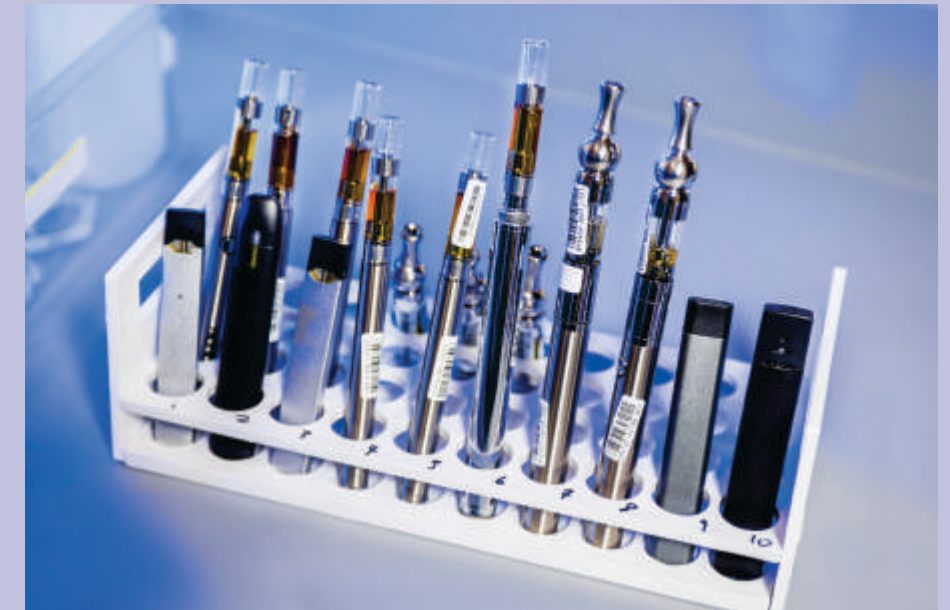
When eating or drinking cannabis edibles, it can take up to 2 hours for you to start to feel the effects, 4 hours for you to feel the full effects, 12 hours for side effects to subside.³¹

Because they are unregulated, illegal edibles may have different levels of potency than listed on the packaging, or potency may not be listed at all. As of October 17, 2019, cannabis edible products and concentrates are legal for sale in Canada. Legally sold edibles will list the amount of THC and not be packaged in a way that appeals to children according to Canadian law.³²



DIFFERENCE BETWEEN NICOTINE AND CANNABIS VAPING

Nicotine vapes may smell like cigarettes and their fruity smoke lingers in the air, whereas cannabis vapes are difficult to detect, as there is no smoke and minimal odor.³³



Vaping has the same side effects as smoking (bloodshot eyes, dry mouth, thirsty, and increased appetite). Vape refills look like cartridges (or even flash drives) and contain THC oil.³³



VAPING CANNABIS

Vaping is a method of consuming substances such as cannabis or nicotine using a device to heat a liquid or oil, which is then inhaled by the user as a vapor.³³

Vaping is a popular way of consuming cannabis among young people. Vaping is often attractively marketed with a variety of vape styles and vape juices in fruit and candy flavors. Vaping is also relatively new with little research on long-term health effects or how many chemicals are inhaled in the vapor.³⁴

Many cannabis vape products contain nicotine, which is addictive and has negative health effects. Vaping can cause damage to the throat, lungs and heart. In 2019, after reports of pulmonary illnesses and deaths in the United States from vaping, Health Canada warned vaping Canadians to monitor themselves for pulmonary illness (cough, shortness of breath and chest pain) and to seek medical help for such concerns.³⁴



VIDEO LINK: *What are the Health Risks of Vaping.* <https://youtu.be/IN7iCZJ3H6w>³⁵

DABBING, CANNABIS CONCENTRATES & EXTRACTS

Dabbing is a new popular form of cannabis consumption that is very concentrated and fast acting.³⁶

Dabbing is inhaling vaporized, cannabis concentrates through a temperature-specific heating device (glass chamber similar to a bong) or vaporizer.³⁷



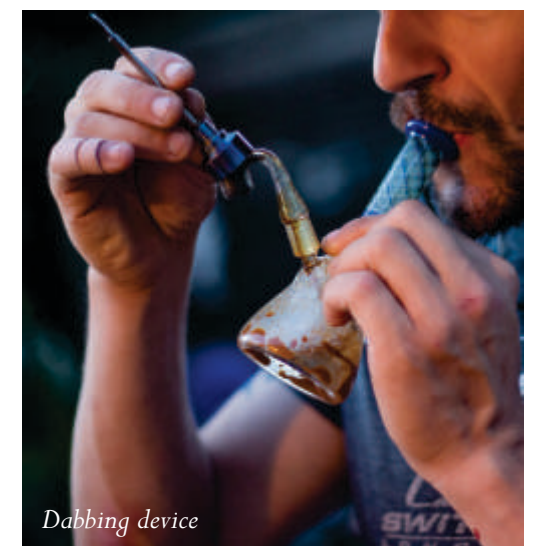
Cannabis concentrate

Dabs are portions of cannabis concentrates that are vaporized. THC cannabis concentrations that are dabbed are: honey oil, butane hash oil, rosin, live resin, wax, crystalline, sauce, budder and badder.³⁶ The concentrates used to dab don't look anything like cannabis and might look more like oil, medicine or hard candy.³⁷

Cannabis concentrates and extracts are more powerful often containing 60% and 90% of THC extract, as opposed to high quality cannabis strains that offer up to only 25%.³⁸ Even experienced cannabis users may be overwhelmed by the effects of cannabis concentrates.³⁷



Cannabis concentrate

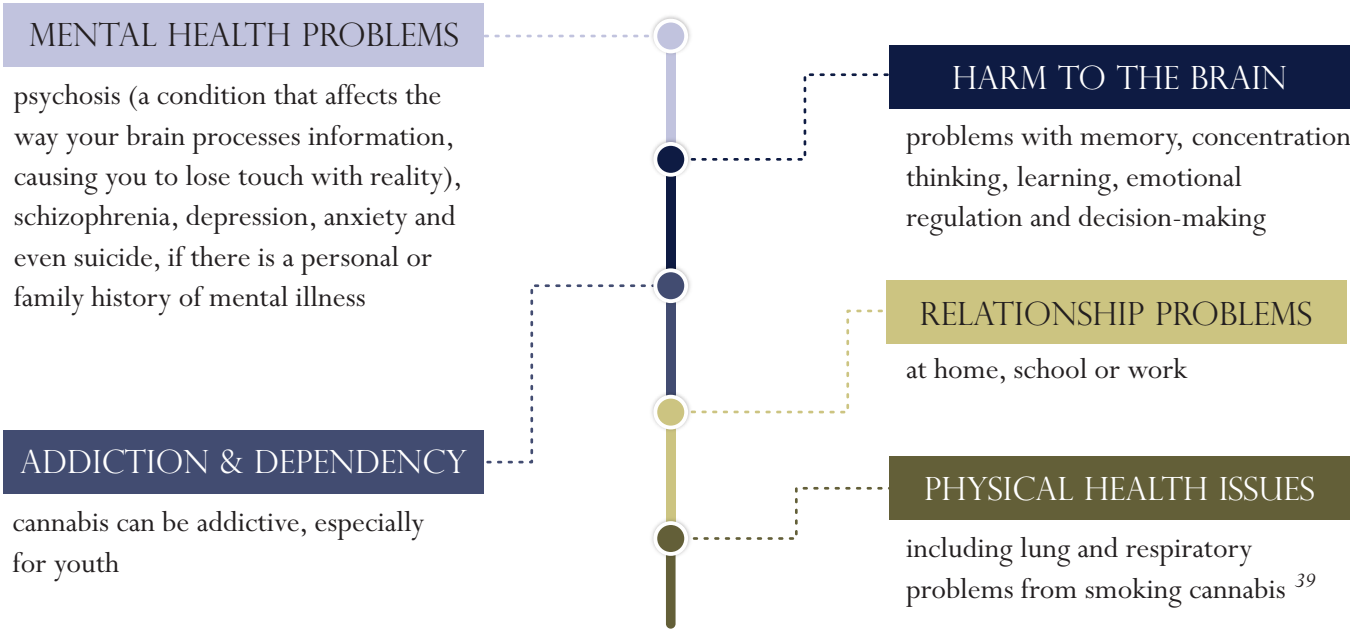


Dabbing device

SECTION 4: CANNABIS RISKS

This module informs learners of some risks associated with recreational cannabis use, and how it can disrupt relationships by impacting their physical, emotional, mental and spiritual wellbeing.

RISKS WHEN USING CANNABIS



CANNABIS OVERDOSE

Accidentally consuming too much cannabis at one time (called "greening out") is a normal response to acute cannabis exposure. It may feel very uncomfortable and lead to temporary adverse reactions. However, no deaths or long-lasting effects have ever been reported, from using cannabis alone.⁶

It is important to know if they have taken anything else along with too much cannabis. Cannabis over consumption may require medical attention, but typically only if consumed with other substances.⁶

Symptoms can include: paranoia and severe anxiety, increased heart rate, dizziness or lack of focus, pale colored skin, nausea, panic attack, chills or sweats and a psychotic episode.⁵

The higher the THC content in the product, the higher the likelihood of experiencing these effects, especially for first-time users. It is easier to over consume when ingesting (eating or drinking) cannabis edibles compared to inhaling cannabis (smoking or vaping).⁴⁰

If someone is "greening out," be sure to stay with them. Give them plenty of water to drink, give them a snack and get them comfy. Be calm and encourage them to take deep breaths and lie down. Try to relax them and let them know it will pass, everything will be ok.⁴⁰

The side effects from over consuming cannabis vary in length from several minutes to several hours. The symptoms will typically dissipate without medical care. However, if cannabis was consumed with a combination of alcohol, prescription drugs or harder drugs, it may be advisable to seek medical attention.⁵

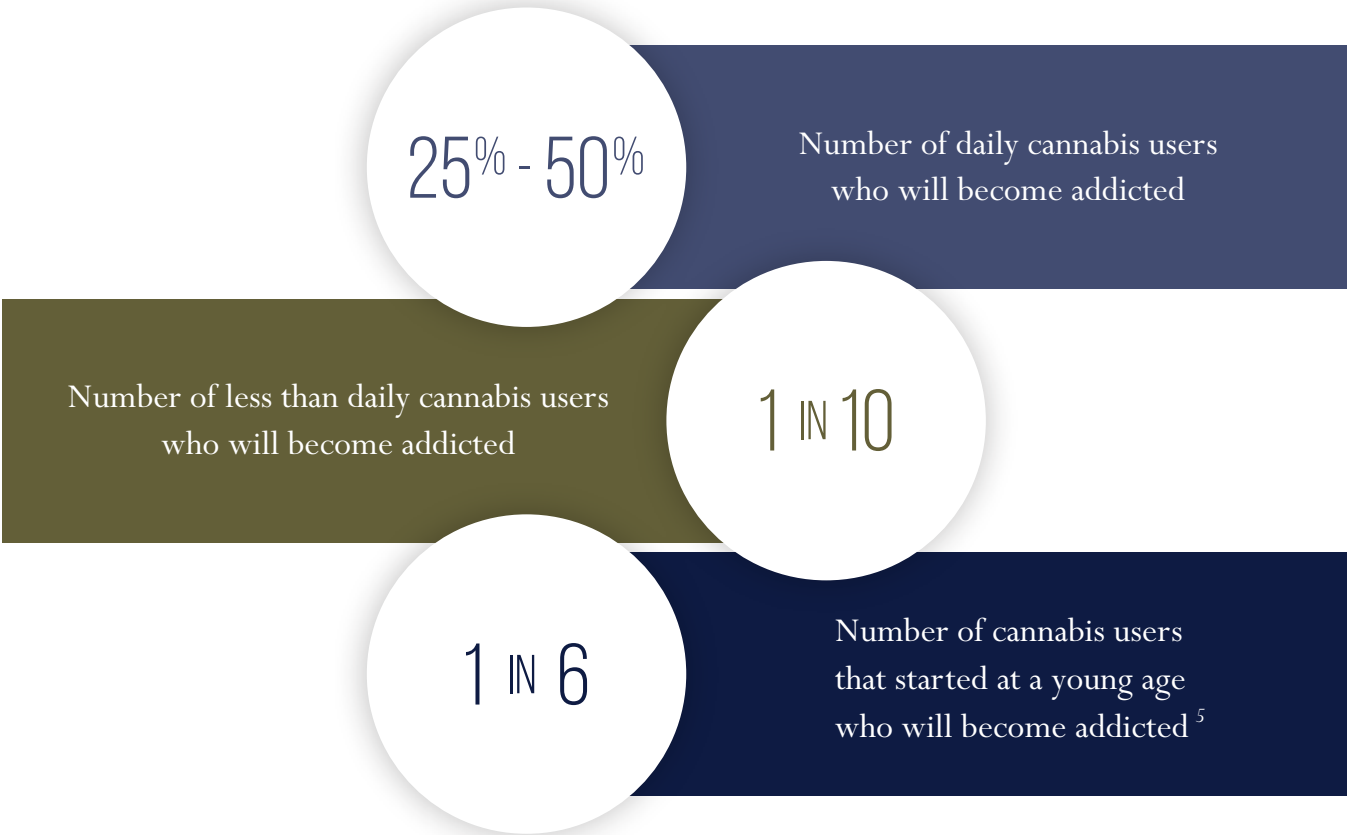
Cannabis can impact heart rate, blood pressure, and lower blood sugar. These effects can be increased when cannabis is mixed with other substances like alcohol.⁴¹

NOTE: The Good Samaritan Drug Overdose Act provides legal protection for people who experience or witness an overdose when you call emergency services for help.⁴²

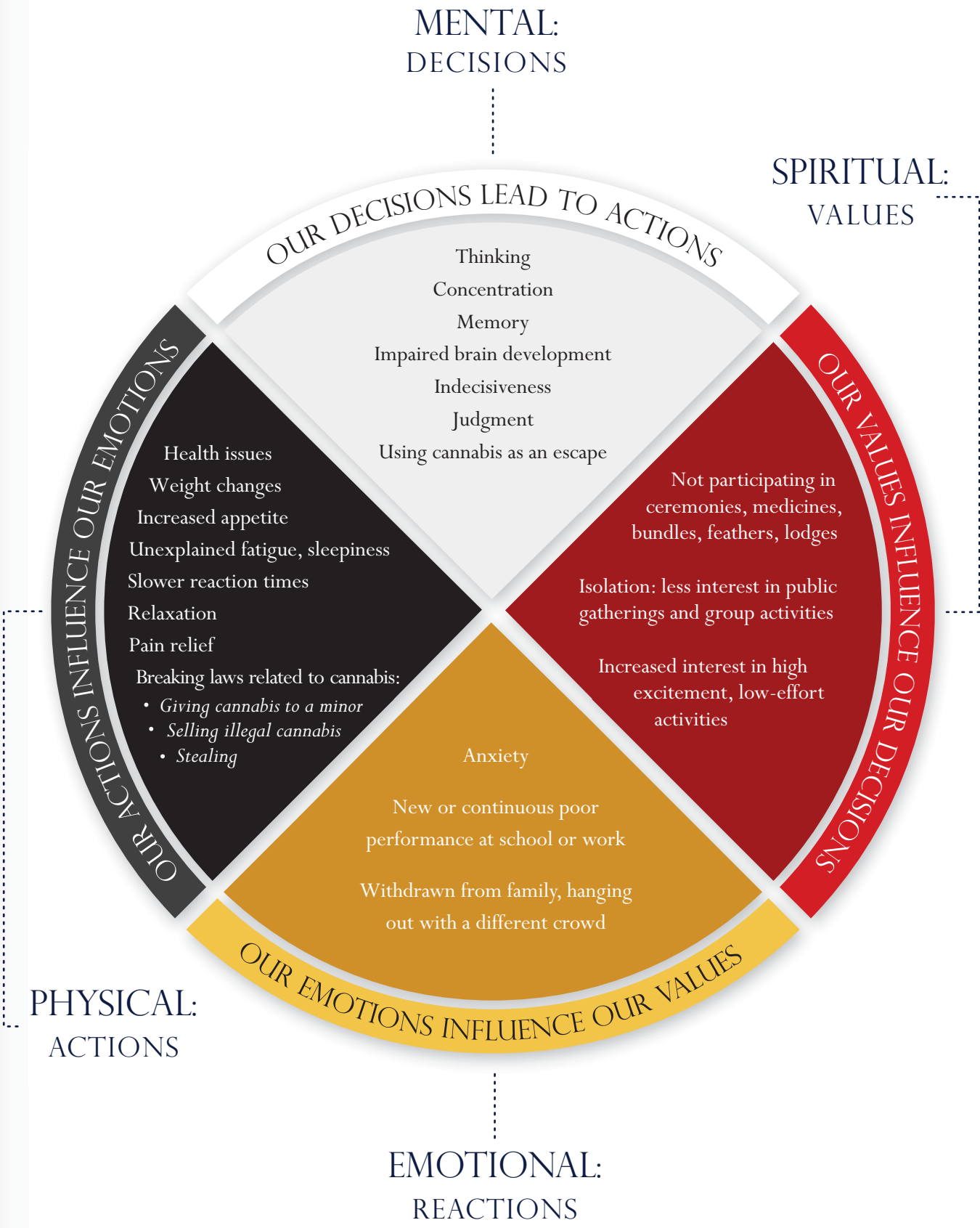


CANNABIS ADDICTION

Teens who use cannabis frequently can become addicted, although the risk of addiction is lower than alcohol, tobacco and opioids. Cannabis addiction can cause harm to health, social life, work life, work and financial future.⁵



IMPACTS OF RECREATIONAL CANNABIS



SECTION 5: CULTURE AND HARM REDUCTION

This section is intended to offer youth pro-social alternatives to cannabis use along with harm reduction methods, cultural tools and other supports intended to help youth make healthy informed decisions that nurture and maintain their inner balance.

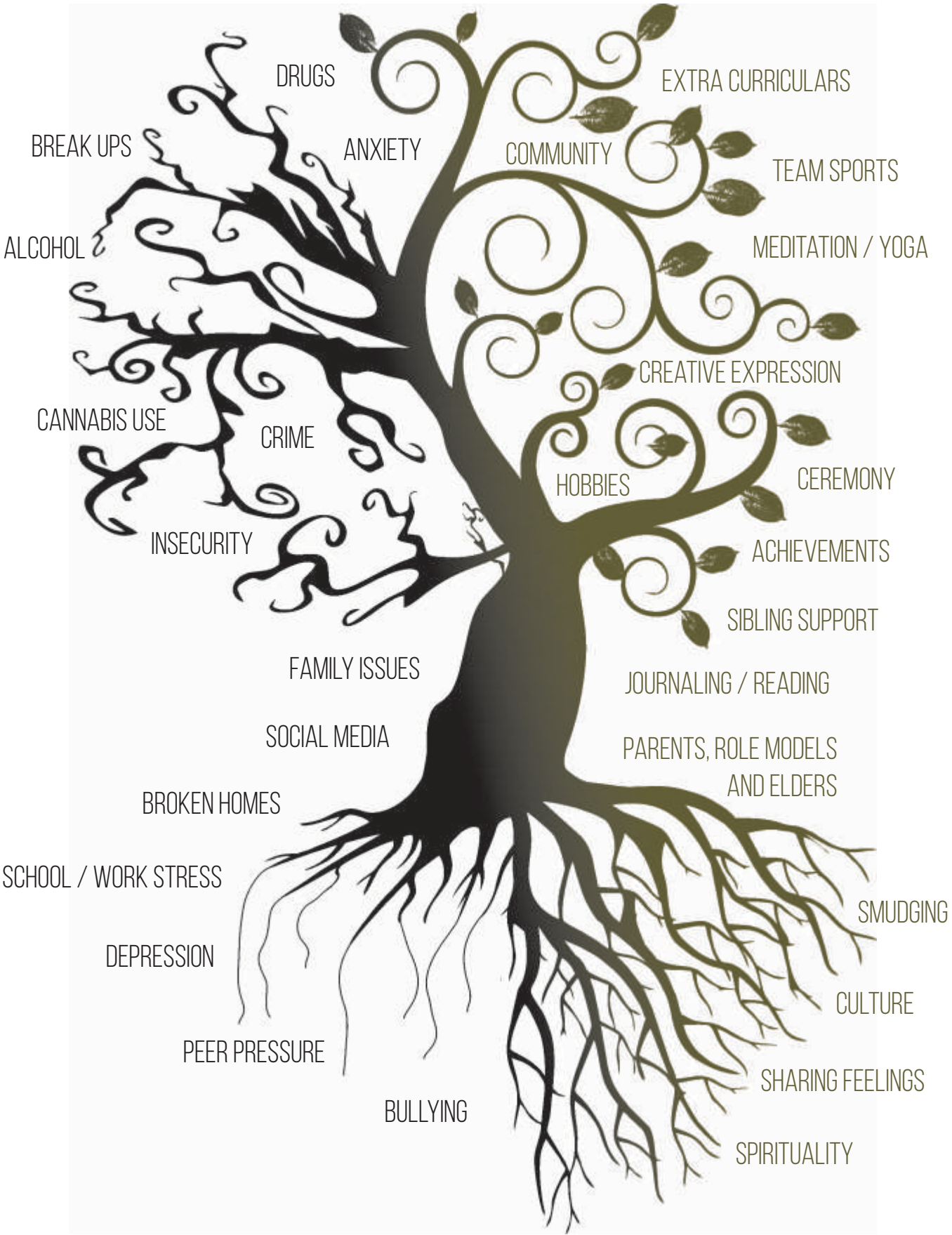
WHY ARE YOUTH USING CANNABIS?

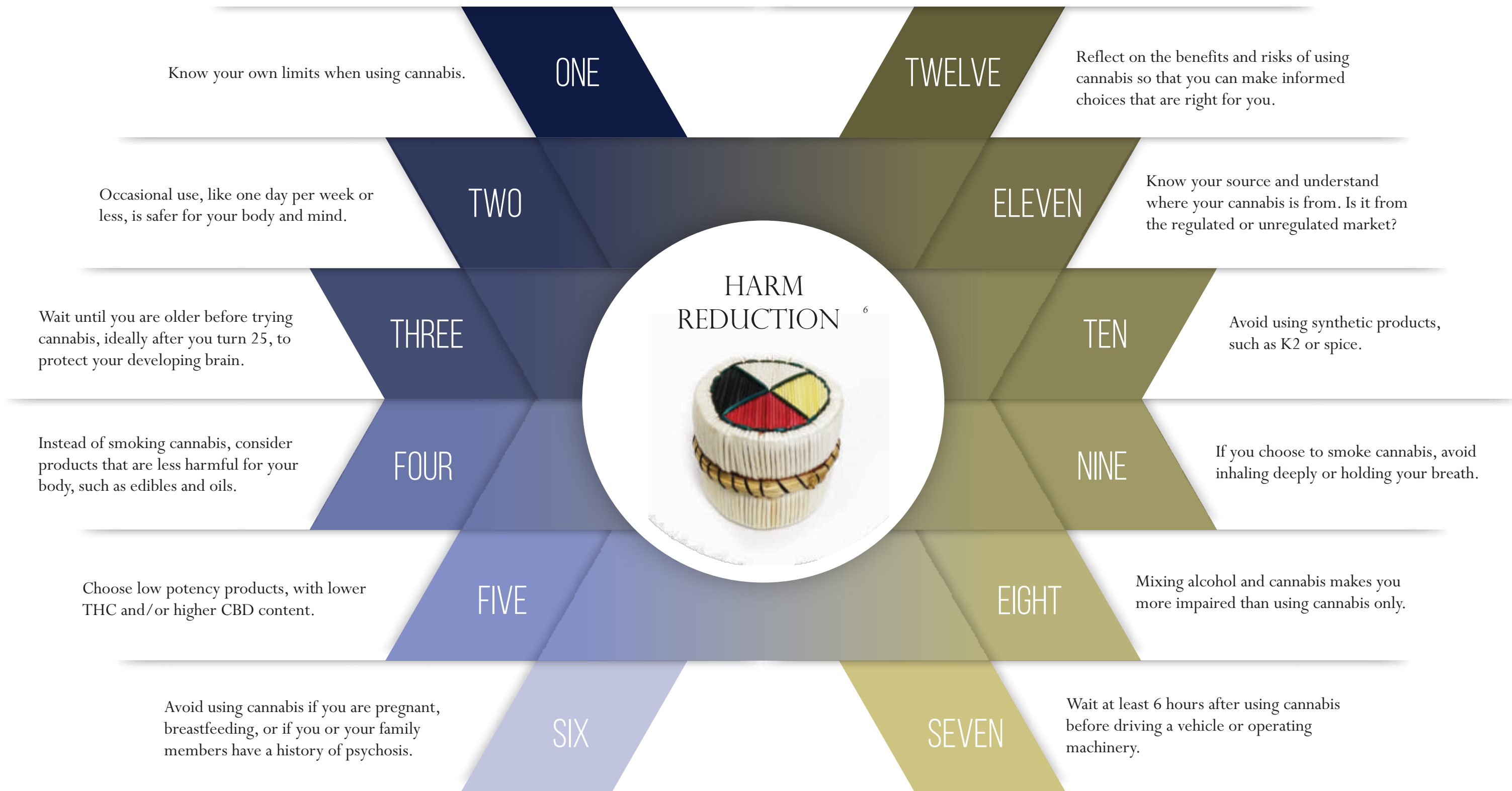


- Pressure from friends and peers
- Trying to fit in with certain groups of people or trying to be accepted
- Out of curiosity
- Social media is promoting it
- They think it's cool and they want to look cool doing it
- To cope with daily stress
- For medicinal purposes (headaches, body aches, ADHD, anxiety, sleeping)
- Because it legal

This information was gathered during a youth discussion group with ONECA

NEGATIVE VS. POSITIVE INFLUENCES





CULTURE IS HARM REDUCTION IN ACTION



Participating in cultural activities and ceremonies can reduce the risk of participating in drug and alcohol use and addiction, involvement in crime, violence, anxiety and depression. It can be beneficial to encourage your students to be involved in traditional activities, ceremonies, or learning new skills.



POSITIVE CULTURAL INFLUENCES

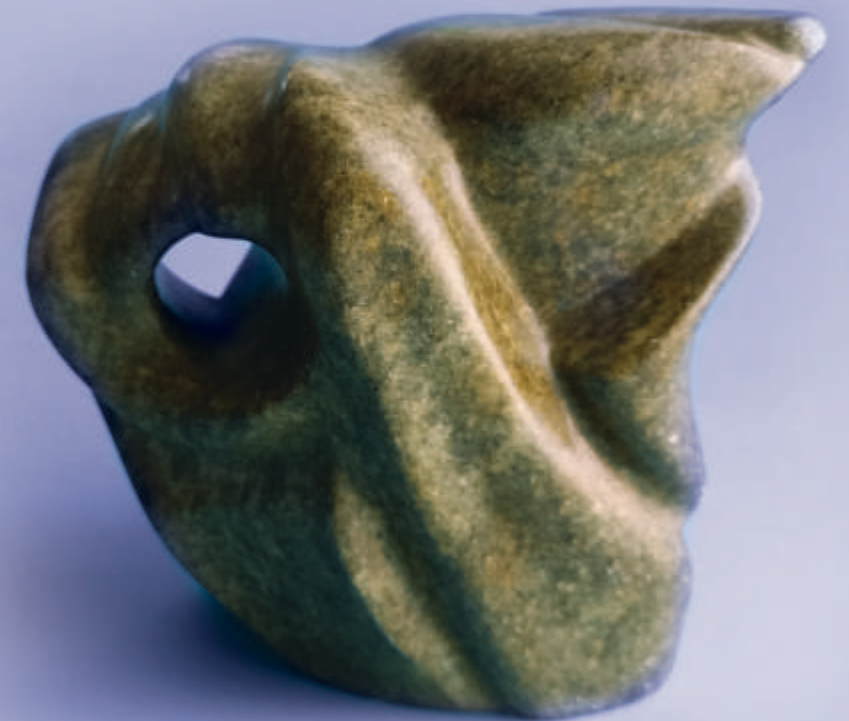
- Drumming circles
- Sharing circles
- Beading
- Painting
- Drum making
- Sweat lodges
- Smudging
- Jingle dress dancing
- Regalia making
- Ribbon skirt and ribbon shirt making
- Attending powwows and ceremonies
- Medicine walks
- Making tobacco ties
- Seeking out guidance and mentoring from elders
- Spending time on the land, hunting, fishing, hiking





*“Culture helps us to
stay on a good path
and live a good life.”*

- Mino Bimaadiziwin



HOW YOU CAN LEARN ABOUT CULTURE

For anyone wanting to become more involved in their culture, there are many opportunities available to participate in cultural events and to learn about culture, spirituality, traditional art and skills.

There are many tutorials online for beading, ribbon dress making, drum making, traditional dancing, and more.

Many First Nations, Colleges and Universities, and Indian Friendship Centers across Ontario offer cultural programming, education, spiritual guidance and ceremonies. You can reach out to an elder in the community for guidance and mentorship.

ONECA RESOURCE:

<https://oneca.com/documents/Maintaining%20Balance.pdf>⁴³



LEARNING ACTIVITIES FOR STUDENTS

RESOURCES FOR EDUCATORS

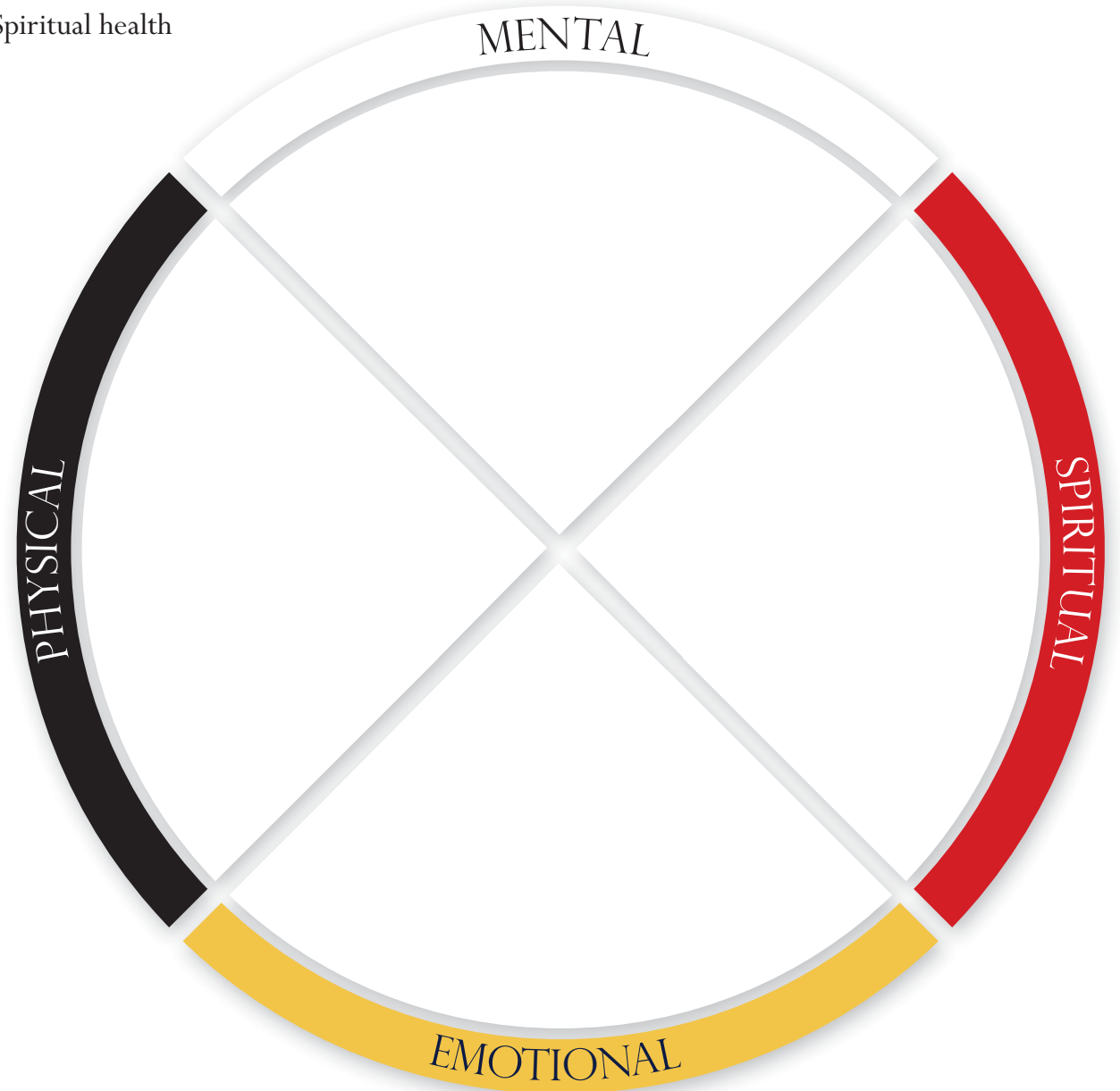
ACTIVITY ONE: MEDICINE WHEEL

The medicine wheel can be used as a tool to conceptualize, evaluate and promote balance within ourselves and our communities. It teaches us that we have four aspects to ourselves: the physical, the mental, the emotional and the spiritual. Each must be in balance and equally created in order for us to remain as strong, happy individuals.

As a group, brainstorm and answer the following questions. As students answer, be mindful that each of the quadrants can mean different things for each person.

How can you can promote health and balance for your:

1. Emotional health
2. Physical body
3. Mental health
4. Spiritual health



ACTIVITY TWO: **STICK LEARNER**

The learning goal of this activity is to explore possible consequences of cannabis use and brainstorm positive alternatives to cannabis and other drug use.

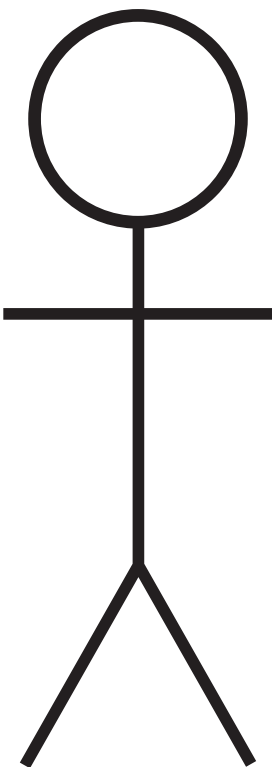
Pass out the attached stick learner work sheet using a white/blackboard or overhead projector. Now, have the learners imagine that this person (or stick figure) is one of them, a fellow learner. Guide them in drawing the eyes, mouth, nose, and hair on this person.

Have the learners brainstorm some consequences the stick learner might encounter when using cannabis and breaking cannabis laws. Have the learners raise their hands to share there ideas and write them next to the stick learner.

Next, have the learners brainstorm ways the stick learner can avoid the consequences they identified and encourage them to think of pro-social activities that don't involve cannabis or other drugs. Then, have them share their ideas and write them in the opposite side of the consequence box.

CONSEQUENCES
OF CANNABIS USE

ACTIVITIES / METHODS
TO AVOID CANNABIS USE



ACTIVITY THREE: **PERSONAL SELF-CARE PLAN**

This activity will help encourage mindfulness and teach youth how to practice self-care to support better management of stress and decrease the chances of exploring substance use as an alternative. Every person is different, and what may help one person, may not help another. It's imperative to find what works best for every individual.

Below is a chart. This is meant for individual purpose, to create your own self-care plan to use when needed. When completed, discuss as a class and have students share their ideas.

Area of Self Care	Current Practices	Practices to Try
PHYSICAL (e.g. Eat regular and healthy meals, regular exercise, medical checkups, etc.)		
EMOTIONAL (e.g. Engage in positive activities, acknowledge my own accomplishments, express emotions in a healthy way, etc.)		
SPIRITUAL (e.g. Read inspirational literature, self-reflection, spend time in nature, meditate, explore spiritual connections, etc.)		
SOCIAL (e.g. Healthy relationships, make time for family and friends, ask for support from family and friends, sports teams, etc.)		
PSYCHOLOGICAL (e.g. Take time for yourself, disconnect from electronic devices, journal, pursue new interests, learn new skills, etc.)		

ACTIVITY FOUR: TREE OF LIFE

We are very much like trees. Trees start out as small seedlings connected to the earth. They go through many changes, and they weather the toughest of storms showing their strength. We also experience and face many changes and challenges throughout life. As we grow, we learn how to deal with situations, and each time we grow stronger and increase our knowledge.

Identify and write down positive influences in your life that give you strength and negative influences that may be holding you back or affecting you negatively. You want to be the best version of yourself! It will be good to look at your tree once completed to see what may be holding you back, so in turn you will know how to make that change. Don't be afraid to explore new opportunities!

POSITIVE
INFLUENCES



NEGATIVE
INFLUENCES

ACTIVITY FIVE: WHY YOUTH USE CANNABIS BRAINSTORM

Organize your group for a talking circle, brainstorming discussion. Each individual will have a chance to talk as you move from person to person clockwise. Each person may have a paper and pen, if they choose to write down the discussion.

- *What are some reasons why youth try cannabis for the first time?*
- *What does problematic cannabis use look like?*
- *What are some reasons why youth might use cannabis regularly?*
- *Do you think it's helpful to know the potential dangers of cannabis use?*



ACTIVITY SIX: REFLECTIVE QUESTIONS ON A NANABOOZHOO TALE

VIDEO: <https://vimeo.com/651758272>

Cannabis use doesn't just impact the user, it also impacts those around them.

Following the video, please respond to these questions as a class.

- *Who are the people affected by Rastan's cannabis use? List 2 ways each of these people were impacted.*
- *List Rastan's negative influences?*
- *List Rastan's positive influences?*
- *How did cannabis affect Rastan?*
- *If Rastan continues to use cannabis, how do you think it would impact his family?*
- *Why was it easier for Rastan to resist the pressure from the trickster to jump in the river, than it was for him to resist the pressure to smoke cannabis with his cousin?*
- *List some activities that can offer alternatives, rather than engaging in cannabis use.*
- *What did you learn from this video?*

FINAL QUIZ: TEST YOUR KNOWLEDGE

1. When cannabis was legalized in Ontario in 2018...

- a. It became legal for everyone
- b. It became legal for people over the age of 19
- c. It became legal for anyone with medical reasons
- d. None of the above

2. Regulated cannabis is safer than street cannabis.

- a. True
- b. False

3. THC content is 2-4 times higher than it was during the 60's and 70's.

- a. True
- b. False

4. Some mental health problems that can arise from prolonged use of cannabis in teens include:

- a. Anxiety and/or depression
- b. Dependence
- c. Harm to learning and memory
- d. All of the above

5. Legal cannabis products clearly state on the label the potency, strain, net weight, expiration date and THC and CBD levels.

- a. True
- b. False

6. Some of the youth offences related to cannabis may include:

- a. Possession of over 5 grams of dried cannabis or its equivalent in edibles or concentrates
- b. Smoking in a vehicle parked or unparked
- c. Being in possession of improperly packaged cannabis
- d. Selling cannabis
- e. All of the above

7. On reserve, dispensaries may not have access to legal cannabis retailers and offer black or grey market cannabis products.
- a. True
 - b. False
8. Police officers are not able to recognize the signs of cannabis impairment, and do not have any testing available at this time.
- a. True
 - b. False
- 9.What is the percentage of students in grades 7-12 who have driven with someone who is cannabis impaired?
- a. 56%
 - b. 5%
 - c. 23%
 - d. 15%
10. Many cannabis vape products contain nicotine, which is addictive, and has negative health effects.
- a. True
 - b. False
11. List 3 of the different ways in which cannabis can be consumed?
12. Edibles can be predictable, as everyone's tolerance is the same.
- a. True
 - b. False
13. How long does it take to feel the full effects of cannabis edibles?
- a. 1 hour
 - b. 30 mins
 - c. 10-15 mins
 - d. up to 4 hours

- 14.What is the percentage of daily cannabis users who will become addicted?
- a. 10-15%
 - b. 25-50%
 - c. 18%
15. Signs of cannabis overdose may include:
- a. Foaming at the mouth and passing out
 - b. Increased heart rate, pale coloured skin, nausea and paranoia
 - c. Fever, chills and bloodshot eyes
16. Impacts of recreational cannabis use can effect your physical, mental, spiritual and emotional health.
- a. True
 - b. False
- 17.What do you do if your friend is experiencing a cannabis overdose (greening out)?
- 18.What are some risks you take when using cannabis as a youth?
- a. Addiction and dependency
 - b. Mental health problems
 - c. Relationship problems
 - d. Physical health issues
 - e. All of the above

Answer Key:			
1. b	8. b	9. d	10. a
2. a			
3. a			
4. d	11. joint, spliff or blunt, smoked or vaporized, pipes, bongs, mixed in foods & drinks (edibles), dabbing and concentrates		
5. a			
6. e			
7. a	12. b	13. d	14. b
		15. b	16. a
			17. Stay with them, get them to drink plenty of fluids, be calm and encourage them to take deep breaths, try to relax them and tell them it will pass
			18. e

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