

Cannabis 101 for Parents & Trusted Adults



The Basics

Cannabis (aka weed, marijuana, pot, etc.) is a plant containing natural compounds called **cannabinoids**. The two most common are:

- **THC (delta-9 tetrahydrocannabinol)** — the main compound that causes a “high.”
- **CBD (cannabidiol)** — a compound that does not cause a “high,” and is typically used for relaxation or other reasons.

Potency is the strength of a cannabis product, based on how much THC, CBD, and other cannabinoids are in it. There are many types of products available today, more than there used to be. Some have higher amounts of THC.

Brains are still developing until about age 25. Using **cannabis** can impact that development. Conversations with a trusted adult can help young people make safer choices.

Store Cannabis Safely

If cannabis is in your home, how you store it matters, especially if you have teens or young children:

- Keep cannabis products **locked**, out of sight and out of reach.
- Store cannabis products in their original **child-resistant packaging**.
- Keep cannabis products completely **separate** from regular foods and drinks.
- Understand the potential risks associated with unintentional cannabis exposure.

If you think someone consumed cannabis without meaning to or consumed too much, call the Poison Center at **1-800-222-1222**. Dial **911** if there's a medical emergency. Keep cannabis products locked and out of sight and reach.

Cannabis Products Today

Cannabis is different than what it used to be. Today's products can be:

- **Flower** – smoked in blunts, joints, or pipes
- **Vapes & Concentrates** – highly potent extracts found in oils, wax, and vape pens.
- **Edibles & Drinks** – gummies, baked goods, infused beverages, which can look like regular snacks.
- **Topicals** – infused lotions and balms applied directly to the skin that do not typically cause a high.

Licensed Cannabis Dispensaries in New York

Licensed cannabis dispensaries and products in New York must meet strict public health and safety standards. Look for:

- A **Dispensary Verification QR code** at the entrance to confirm the store is licensed.
- A **QR code or link to lab test results** (called a certificate of analysis) showing the product has been tested.
- Packaging that does not look like candy or snacks and does not appeal to children.
- **Clear THC content:** Legal products must display the amount of THC on the label.
- **The New York State Universal Symbol** on product packaging:



Unregulated products are not required to follow testing or labeling rules, making them risky to you and your family, since you cannot know for sure what is in them.

Keep in mind that a licensed dispensary cannot sell any tobacco or alcohol products.

Interested in learning more about weed?

Get the facts. Make informed choices.
Scan QR code or visit cannabishonestly.org

