

## What you need to know about edible cannabis and youth

In 2022, Minnesota legalized the sale of certain edible cannabis products made from hemp to adults 21 years or older.



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Kanabec County Community Health

Cannabis is a plant that contains a chemical called tetrahydrocannabinol (THC). THC is what gives you a “high.” Cannabis can be smoked, vaped, or consumed as edibles. Edibles are products made with cannabis that you can eat or drink. Edibles often resemble food products such as cookies, chocolate, gummy candy, and beverages. Although hemp is not as strong as other cannabis plants, the THC derived from hemp can still give you a high.

### Public health concerns for youth who use cannabis

- Cannabis dependence increases when someone starts using at an early age and when used heavily.
- Cannabis use increases the risk of abuse or dependence on other substances.
- Edible cannabis products pose a risk of accidental poisoning.
- For teens, regular THC use can impair memory, concentration, and impact learning. It’s also linked to psychological problems and a higher chance of substance abuse when they grow up.
- Cannabis use by youth may increase if it is legalized and becomes more available.

### Effects of edible cannabis on youth

Anyone who consumes edible cannabis products can experience effects, such as:

- Altered perception/intoxication/nausea/vomiting
- Anxiety/panic/paranoia
- Dizziness/weakness/poor coordination/slurred speech
- Excessive sleepiness/apnea (not breathing for 10 seconds or longer)/heart problems

**If you suspect a THC overdose, contact Poison Control immediately.**



### Keeping edibles out of the hands of youth

- Store them safely. Store them like any medication or toxic product: out of reach or in locked locations.
- Be a role model. Don’t use edibles in front of youth. It may impair your ability to create a safe environment.
- Do not drive. Driving under the influence (DUI) of cannabis is illegal and you could be charged with a DUI.
- Avoid buying edibles that look like real candy or treats. Put them back in a safe location immediately after use.
- Talk to family members, friends, and caregivers. Parents are most often the source of unintentional exposure; but family members, friends, and caregivers are also a source.

### Tips for talking to youth about edible use

Parents and caregivers should talk to youth about the risks of edibles whether youth are using or not. Visit our website or scan the QR code to access tips on how to talk to youth about edible use.

