



# THC AND EDIBLES

Edible marijuana can be risky for children, teens, and young adults. When eaten, THC—the main chemical that causes a high—takes longer to enter the bloodstream, usually 1 to 3 hours. Because of this delay, people might eat too much while waiting to feel the effects and possibly overdose.<sup>1</sup>

While a THC overdose is not likely to be deadly, it can be very unpleasant and may cause psychosis, hallucinations, or lead to serious physical harm.<sup>2</sup>

# THE IMPACT ON CHILDREN



Between 2021 and 2023, U.S. Poison Centers got 8,000 calls about delta-8 use. Almost one-third of those involved children under 6. From January 2021 to February 2022, there were 2,362 delta-8 cases reported, with 41% involving kids under 18, and 40% of the cases were accidental.<sup>3</sup>



While most youth smoke marijuana, some use edibles at school to avoid getting caught. Some youth also use edibles because they do not want to smoke and they don't like the smell. Many youth view edibles as less risky than smoking.<sup>1</sup>

## MORE INFORMATION



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