

Delta-8 Δ^8 - THC

What is **Delta-8**?

tetrahydrocannabinol
(THC)



A psychoactive compound found in **hemp/cannabis**.

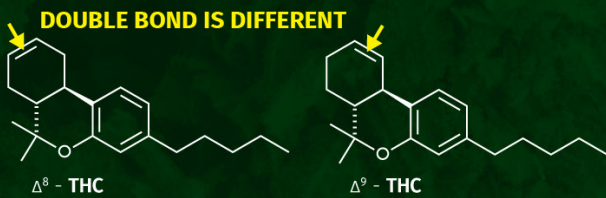
Is Delta-8 **addictive**?

Any form of THC use can lead to dependence.



THC can be both **physically** and **psychologically** addictive.

What is the **difference** between **Delta-8** and **Delta-9**?



DELTA-8 HAS THE SAME MOLECULAR STRUCTURE AS COMMON THC (DELTA-9)

There is **very little difference** between the molecular structure of Delta 8 and Delta 9.

Is Delta-8 **Legal**?



Delta-8 is derived from hemp and sits in "**legal gray area**" in many states.

Some states have passed legislation **making Delta-8 illegal**.

What are the **health effects** of using Delta-8?



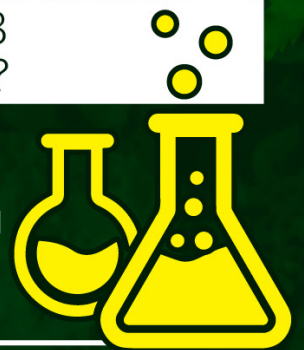
The **physical effects** of Delta-8 may include **drowsiness, numbness, dry mouth and eyes, low blood pressure,** and an **irregular heart rate**.

The **psychological effects** of Delta-8 may include **confusion, anxiety,** and a **decrease in mental focus**.



How are Delta-8 products **made**?

Chemicals are used to extract concentrated Delta-8 from Hemp and may be **harmful to humans**.



The **FDA does not regulate** and has **not approved** Delta-8 for consumption. Little is known about its effects on users.

Talk about **Delta-8**

Before the conversation

- 1 **Know the facts.** Visit www.wywetalk.org for more information.
- 2 **Set a positive example.** Be Drug-Free.
- 3 **Be ready to listen.** Avoid criticism and encourage open dialogue.

Start the conversation

- 1 **A more natural discussion** will increase the likelihood of your teen listening. Witnessing someone else using Delta-8, seeing an advertisement or walking by a shop can provide the opportunity for you to start the conversation.
- 2 **Ask for support.** Speaking with your family physician is a great place to start talking about the harms of Delta-8.

Be Ready to Answer Ask and Answer Questions:

“Delta-8 must be safe, it’s sold in shops around town.”

Dialogue: Delta-8 THC products have not been approved by the FDA. Companies may be putting people at risk because little is known about the long term effects of Delta-8 usage.

“I know people who use Delta-8 and they are fine.”

Dialogue: A chemical process is used to extract Delta-8 from hemp and due to that process there are likely chemicals left behind. A person could be fine after one use and not fine the next time they use Delta-8. Some of the effects of Delta-8 can be hallucinations, vomiting, tremors, anxiety, dizziness, confusion and loss of consciousness.

“Delta-8 is natural, it comes from a plant.”

Dialogue: THC is a psychoactive, addictive ingredient in both Delta-8. THC is the component responsible for producing the “high” that people feel when using the product. Since Delta-8 is not approved by the FDA there is no oversight on how Delta-8 products are made and there is no way of knowing just how much THC is being ingested at any given time.

Have Ongoing Conversations With Your Teens:

- 1 **Connect with your teen regularly** and encourage them to do their own research.
- 2 **Share information** that you learn with your teen.
- 3 **Remember it is okay to have bits and pieces of conversations** over a period of time.

