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Empowering Parents To Raise Their Children To Be Substance-Free

Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.

Click here to print a PDF of this article so you can start a conversation with your child

Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

Learn more at: DrugFreeActionAlliance.org

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DFAA Drug Free Action Alliance

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Start Talking!

Building a Drug-Free Future

Know! What in the World is DABBIN'

If you work with teenagers or if you're a fan of pro-sports, you've more than likely heard of "The Dab," or at least have seen it in action (whether you realized it or not). On one hand, there's "dabbin'," a super-popular dance where a person drops their head into their elbow as if to sneeze, while extending the other arm straight out. Pro-athletes like Cam Newton and LeBron James are dabbin', and your students are likely dabbin' too. No harm, no foul, just having fun.

On the other hand, there is "dabbing," an activity of a completely different kind, far from harmless. In this case, dabbing is drug use. A dab is a highly concentrated form of marijuana, also known as butane hash oil (BHO), often called honey oil, budder or earwax, due to its appearance. The BHO is usually inhaled through a water or oil pipe, using a butane torch as the heating element. Another common method of intake involves the e-cigarette vaporizer.

According to the U.S. DEA, marijuana concentrates are extremely dangerous and contain extraordinarily high THC levels that can range from 40 to 80% - that is four times stronger than high grade or top shelf marijuana, which normally measures around 20% THC.

The long term effects of dabbing are not yet fully known, however due its extreme potency, experts say the effects may be even more psychologically and physically intense than traditional plant marijuana.

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In plant marijuana use, effects are known to include:

- damage to the developing adolescent brain
- paranoia
- anxiety
- panic attacks
- hallucinations
- increased heart rate
- withdrawal
- addiction

Unlike traditional marijuana use however, there have been reports of people using concentrates to the point of passing out, which can lead to a host of additional health and safety concerns.

Another dangerous aspect of dabbing is the process of creating the oil, in which butane fluid is forced through a tube or pipe packed with dried marijuana trimmings and then torched to extract the THC. Because the extraction process is not real complicated, requires few resources and is the subject of countless how-to videos online, many people have tried making it for themselves, resulting in fires, severe burns and violent home explosions throughout the country.

You may be wondering if the Dab Dance has anything to do with the Dab drug? Some people, including Rapper Bow Wow, believe the dab dance is a direct reference to drug use, and that dropping your head into your elbow represents a cough after hitting some “marijuana.” However, the creators of the song and dance say that ***dabbin’*** has no connection to ***dabbing***. In any case, this is an ideal opportunity to bring up the subject with your students, ask them what they know or have heard on the topic and then provide them with some facts on the dangers and risks of dabbing. And if you really want to get their attention, just show them your dab dance moves. Then you can start talking, once they stop laughing.

Sources: Pediatric Perspectives: Assessing the Dangers of Dabbing: Mere Marijuana or Harmful New Trend? July 2015. Sports Illustrated: ‘Dab on them folks;’ A brief history of the Dab dance in sports, Nov. 2015. U.S. Drug Enforcement Administration: What You Should Know About Marijuana Concentrates, Also Known as THC Extractions.

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