



SAN JUAN COUNTY  
PARTNERSHIP

cannabis  
guidebook:  
know the laws,  
proper storage,  
and safety  
information

# Introduction

With the legalization of adult use cannabis and cannabis products in New Mexico, you may have some questions.

You may be wondering:

- What are the new laws?
- How do I store it safely, especially if there are youth in my home?
- What effects does cannabis have on young people?
- How do I talk to youth in my life about cannabis use?
- What do cannabis products look like?

This guide is intended to give you basic information to answer these questions, and give you resources and other information to help guide safe adult cannabis use and storage, while protecting our youth.



# Do you know the laws for the adult use of cannabis in New Mexico?

**IT IS A FOURTH DEGREE FELONY TO GIVE CANNABIS OR CANNABIS PRODUCTS TO MINORS!**

## Purchasing

In a single transaction, a person 21 years old or older shall not purchase more than:

- two ounces of cannabis (flowers, stems, seeds)
- sixteen grams of cannabis extract
- eight hundred milligrams of edible cannabis

## Possession

Adults who are 21 and older will be allowed to:

- possess up to two ounces of marijuana, up to 16 grams of concentrated marijuana, and 800 milligrams of edible cannabis;
- cultivate up to six mature and six immature cannabis plants per adult, with a maximum of 12 mature plants per household (regardless of # of adults);
- create cannabis-infused foods at home or perform extracts that do not involve volatile solvents;

## Safety

All cannabis products should be stored in a *locked* space at the person's residence that is not visible from public spaces, and is *not* accessible to person's under age 21.

**It is illegal to drive under the influence of cannabis.**

**PLEASE NOTE:** It is still illegal to possess or purchase cannabis on the Navajo Nation.

# YOUTH ACCESS

The most common way youth obtain substances, including cannabis and alcohol, is through social means (e.g., family members, older siblings, and peers).

Easy access for **adolescents** is concerning. The adolescent brain is still developing until **at least age 21**. Cannabis use by adolescents can have long term and lasting biological and psychological effects, including:

- permanent decrease in IQ, up to 8 points
- decreased memory retention
- increased;
  - paranoia
  - anxiety
  - depression

Emerging research also suggests youth who begin cannabis use early, and use heavily, are four to seven times more likely than adults to develop a drug problem.

# CANNABIS & YOUTH USE

Data from **San Juan County's**  
**Youth Risk & Resiliency Survey** tell us that ...

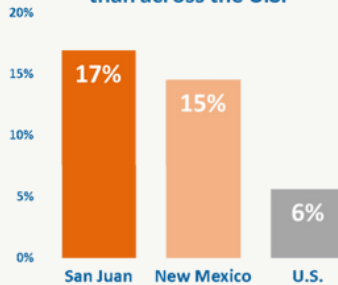
The "good news" is that 72% of high school students do *not* use marijuana. Yet, it is also concerning that over one-fourth (28%) of high school students report past month (current) use, and before they get to high school, 22% of middle school students, 6th - 8th grade, have already tried marijuana.



High School students used marijuana in the past 30 days

*Significantly greater percentage of High School youth in San Juan County used marijuana before age 13 than across the U.S.*

**13** yrs  
average age of trying marijuana



**9%**  
used marijuana almost daily (20+ times / month)

**1 in 5**

drove after using marijuana



# Do's and Don'ts of Youth & Cannabis



## DO

Know the slang terms for cannabis products and using cannabis:

### Cannabis products

- marijuana
- mj
- mary jane
- weed
- pot
- blunt
- joint
- spliff
- ganja
- doja
- left-handed cigarette

### Using Cannabis

- dabbing
- toking
- get high
- puff the dragon
- baking
- tea party
- 420
- clam bake



## DO

Educate yourself about cannabis and the laws in your area, regulations can vary from town to town.



## DON'T

...wait to begin the conversation with your child. Data from a survey of middle school children in San Juan County reports 7% tried cannabis before age 11 and more than 12% were currently using.

# Safe Storage Tips



## DON'T

...leave cannabis products in places that are easily accessible to children and pets.



## DON'T

...provide cannabis products to individuals under the age of 21. It is illegal for individuals under the age of 21 to purchase, possess, or consume cannabis products in New Mexico. It is a **fourth degree felony** to provide cannabis to any person under age 21.



## DON'T

...consume more than the recommended dosage listed on the label of edibles containing THC. THC levels in edibles are highly concentrated and take longer than smoking or vaping for the effects to be felt.



## DO

Lock up all cannabis products in a cabinet, drawer, or medicine safe. Always store in the original container - the label provides important information about the dosage and potency of the product.

Caring adults are the number one reason youth don't use substances. Here are just a few skills you can develop to help prevent your teen from using.



## BONDING

Teens are less likely to use when their parents/loving adults are involved in their lives and when teens and the adults in their life feel closer to each other.

Spend time together:

- do fun activities
- eat dinner together
- listen and be supportive
- maintain at least a 4:1 ratio of positive to negative comments



## BOUNDARIES

Teens respond better when they have clear boundaries and expectations. Never assume your teen knows what your rules, expectations, and attitudes are.

Write the rules down and discuss them:

- teach the risks of underage cannabis usage
- discuss what to do if cannabis is present
- consistently enforce the rules



## MONITORING

Know where your teens are, who they are with, and what they are doing. Studies show parental involvement drops by half between 6th and 12th grades. It is important to remain engaged throughout their teens years.

- know your teens activities
- observe emotional well being: watch for signs of excess stress or depression
- know their friends and the friend's parents
- keep in touch
- ensure substance free environments at home and while with friends.



# **Take Back Locations**

Never flush or throw products containing cannabis in the trash. You may anonymously drop off any cannabis products, for safe disposal, at the following locations:

Farmington Police Department

Aztec Police Department

Bloomfield Police Department

San Juan County Sheriff's Office &  
substations in Kirtland and  
Lee Acres

Northern Navajo Medical Center

Walgreen's 20th Street Location

# **Youth Counseling Resources**

ATB Behavioral Health Services: (505) 947-9990

Cottonwood Clinical Services Inc: (505) 564-3733

Desert View Family Counseling: (505) 326-7878

Farmington Community Health Center: (505) 327-4796

## HOW TO IDENTIFY PRODUCTS CONTAINING CANNABIS/THC

Many products containing cannabis/THC can look like ordinary products. It is important to know how to identify products, especially edible products, that contain cannabis/THC in order to keep these products away from teenagers, kids, and pets. Use this guide to aid you in identification.

### EDIBLE PRODUCTS

The universal warning label for THC will appear on all packaging for edible products. It should also be imprinted on individual products like gummies or chocolate.



### FLOWER/BUD

Many people have never seen cannabis in the form that is used as a combustible (smoking).



The flower/bud of the plant contains the psychoactive elements and does not look like the leaf that is traditionally associated with "marijuana". It is sold "loose" and pre-rolled.

### RESIN/WAX/CAVIAR



Sticky yellow substance that is smoked. Packaging will include THC warning label.

## SMOKING PARAPHENALIA

Water bong and pipes are used when the flower/bud or cannabis resin are smoked. These can come in many different forms.



## VAPORIZING DEVICES

While the process may be similar, there are differences between devices that vaporize nicotine and those that vaporize substances containing cannabis/THC.



image: ruthlessvapor.com

### CANNABIS/THC VAPE PEN

With and without refillable cartridge containing THC.

### NICOTINE VAPE PEN

Open (refillable) and closed (pre-filled) systems are available, but are generally boxier than cannabis vape devices.

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## WEBSITE

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