

What You Need to Know About Youth & Cannabidiol (CBD)

WHAT IS CBD?

Cannabidiol, or CBD, is one of more than 100 compounds, along with tetrahydrocannabinol (THC), found in the cannabis plant.¹ CBD is not the same as marijuana. Marijuana refers to the dried flowers, leaves, stems and seeds of the cannabis plant. CBD by itself does not produce the feeling of euphoria or the “high” that marijuana is capable of producing. To learn the common slang terms and code words for CBD, check out the [Drug Enforcement Administration’s full list](#).

HOW IS CBD USED?

CBD comes in many forms, including oils, extracts, capsules, patches, vapes and topical preparations for use on skin. CBD oils and extracts can also be added to foods, drinks and beauty products.²

WHAT ARE THE EFFECTS OF CBD?

CBD is marketed to reduce anxiety, depression and pain, while also promoting sleep, among many other things.³ Side effects of CBD use can include dry mouth, nausea, diarrhea, fatigue and irritability, depending on the individual, tolerance and other health factors.²⁻⁴ CBD can also cause liver injury and impact the efficacy of prescribed medications, which could cause serious side effects.⁴ The long-term health impacts of CBD use are still unknown.²⁻⁴⁻⁵

IS IT SAFE?

The safety of CBD is still being evaluated.⁴ The Food and Drug Administration (FDA) has approved only one CBD product, a prescription drug that

contains purified CBD from cannabis plants called Epidiolex, to treat seizure disorders.⁴ CBD is primarily sold as a supplement, which is not regulated for safety or purity by the FDA; therefore CBD products may contain other unknown chemicals and products that may be unsafe.⁵ A small study of CBD products tested for purity showed that more than a quarter contained less CBD than labeled and some contained THC.³

IS CBD ADDICTIVE?

CBD does not appear to be addictive. However, numerous CBD products contain varying levels of THC, and THC can be addictive.³

IS CBD LEGAL?

Whether CBD can be sold legally in a state depends on that state’s laws and regulations, but foods and dietary supplements that contain CBD cannot be legally sold in interstate commerce.⁶ Additionally, marketing CBD by adding it to a food or labeling it as a dietary supplement is illegal in all 50 states.⁴

HOW MANY PEOPLE ARE USING CBD?



The prevalence of CBD use among youth is not well documented. According to a 2019 Gallup poll,⁷ 14% of American adults reported using a CBD product, with 18- to 29-year-olds reporting the greatest prevalence of use at 20%.

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