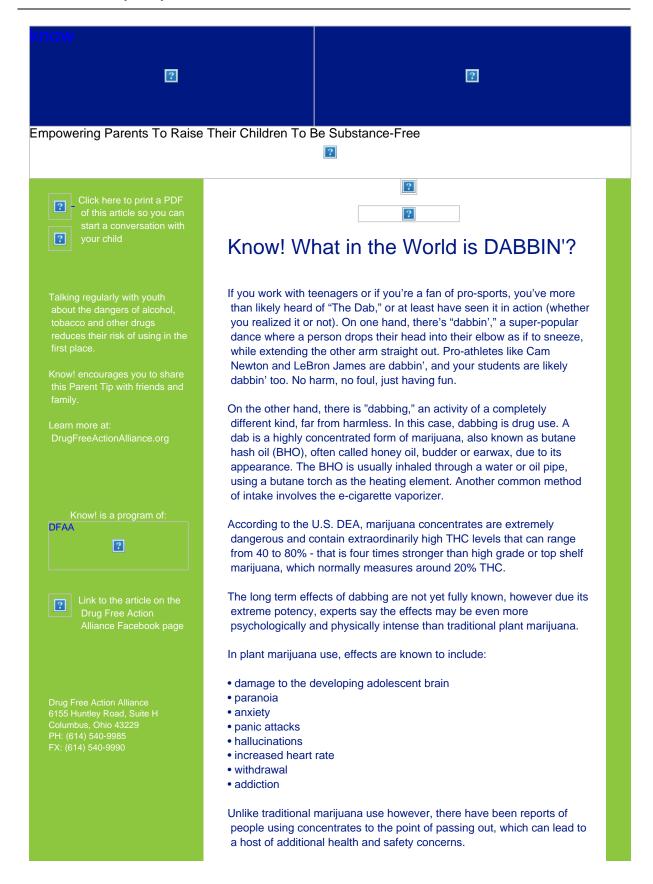
From: Know!
To: Jennifer Butchko

Subject: Know! What in the World is DABBIN"?

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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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