HEMP-DERIVED THC

Delta-8, THC drinks and gummies: a high from a store shelf.

Know the Basics

What it is

THC made from hemp instead of marijuana, including delta-8, delta-10, THCA and hemp delta-9. It's sold as gummies, drinks, vapes and flower in smoke shops, gas stations and online.

Same high, different label

These products cause a high like marijuana, impair driving and can show up on drug tests.

Labels can be wrong

They aren't regulated like food or medicine. Much delta-8 is made by chemically converting CBD, and products may hold more THC than listed or leftover chemicals.

Candy look-alikes

Many look like snacks, candy or soda, which leads to accidental poisonings in young kids.

Same risks as cannabis

Effects on attention and memory, addiction risk, anxiety and psychosis, and delayed, stronger effects from edibles.

BY THE NUMBERS

91%

of U.S. 12th graders did **not** use hemp-derived THC products in the past year. 9% did (6% of 10th, 2% of 8th graders).
Monitoring the Future 2025 (national)

0.8%

of Indiana 12th graders used synthetic marijuana or delta-8 in the past month.
2026 Indiana Youth Survey

Data Check: Using These Numbers Right

- **These two numbers can't be compared.** Indiana groups delta-8 with synthetic marijuana and asks about the past month. The national survey asks about all hemp-derived products over the past year.
- **Indiana's measure may miss some products.** Teens may not think of THC drinks or gummies as "synthetic marijuana," so treat the Indiana figure with care.
- **Watch the calendar.** Product availability is about to change, so data collected before and after the federal rules took effect won't be directly comparable.

Laws & Safety in Indiana

- **No Indiana age limit yet.** A 2026 bill to set a 21+ age for hemp THC failed. Many stores card at 21 by choice.
- **Federal rules are changing.** Lab-made cannabinoids lose hemp status November 12, 2026, and a 0.4 mg THC-per-container cap is set for December 11, 2026. Dates have shifted before, so check current rules.
- **Driving high is illegal** in Indiana, whatever the source of the THC.

Campaign Angles

- **Lead with the majority:** more than 9 in 10 seniors nationally don't use these products.
- **Bust the myth:** "legal" or "hemp" doesn't mean safe, weak or tested.
- **Policy angle:** chapters can learn about retail age limits and how Indiana is responding to the federal changes.

Sources: Monitoring the Future 2025, University of Michigan/NIDA; 2026 Indiana Youth Survey, Prevention Insights, IU School of Public Health-Bloomington; U.S. Food and Drug Administration (FDA); Indiana General Assembly.