

How Can You Spread Awareness About CBD?



You'd be surprised how many people still associate CBD with THC and its intoxicating effects. When you look at all the milestones of the hemp plant and the impact it has in today's society, it is crazy to think that people cannot differentiate the two. But, the truth is that CBD is still a new concept to most and even a radical idea to some. If you are knowledgeable about CBD and its potential effects, it's up to you to inspire everyone you know to discover more about CBD and how it can make a difference in their lives. There are many ways you can get engaged and spread awareness about CBD.

Steps to Actively Spread Awareness

1. Learn About CBD

CBD is not a new invention marketed as a wellness tool. It's necessary to know the history of CBD leading up to today's

boom. While the [hemp plant](#) has modest origins, its place in modern society is still relatively new. Learning about the history of CBD can help you better understand the prevailing movement to legalize cannabis across the country.

Fortunately, things are moving notably fast. Currently, 34 states have legalized medical marijuana. Twelve other states allow for the use of CBD products as long as they are of low in THC. Only four states do not allow any free access to cannabis products of any sort.

Then came the [Farm Bill of 2018](#). This new piece of law federally-authorized the production of hemp and the sale of hemp-derived products. Although this doesn't mean that CBD is now legal nationwide, the passing of this bill is a massive step in the right direction for CBD products and manufacturers.

2. Experiment with CBD Recipes



CBD's remarkable versatility offers many different forms of CBD. From [oils](#) to chewing gum, users have more options they

could ever have imagined. People are even experimenting in the kitchen, concocting all kinds of dishes and sweets. CBD in food allows you to mix your culinary skills with the potential wellness [benefits](#) of the compound. If this sounds like an avenue for you, there are lots of recipes out there for you to discover and try.

3. Post on Social Media

Another great way to spread awareness is to post on social media. Whatever your preferred platform, social media is a powerful informational tool- use it. There's no harm in posting a few informational pictures or videos to familiarize your audience with the therapeutic benefits of CBD. You can even create fun, interactive videos addressing the contention surrounding CBD and inform followers of the notable [discrepancies between](#) CBD and THC, both in matter and in law. You have a voice on social media, why not put it to good use and educate your fellow followers?

4. Share CBD With Friends and Family

If you have a friend or a family member who is curious about CBD, you should be the one to educate them. Now is the perfect time to get educative and help them launch their CBD journey. Make sure you tell them that the process is deeply personal and requires time. Time to figure out what product is best for them and what serving size with which to start. Also, mention that there is a wide assortment of [CBD products](#) out there and the amount you take daily might not be the same for them as people take CBD for different reasons.

5. Contact Your Lawmakers

This course of action is for the activists at heart. Contacting your local lawmakers to promote significant change and development is a great way to go about spreading awareness. For those who aren't afraid to stand up for what matters—the bold ones— this can be your avenue.

There are various ways to reach local officials. You can write them a letter or an email. Use [ResistBot](#) to contact these officials. This tool gives you access to their phone number if you wish to get in contact with them directly.

Some general tips for communicating with your legislators:

- Provide your name and address.
- Plan and prepare a script for all the objectives that you are going to talk about.
- Be concise but to the point. Don't be afraid to get personal. Let them know why you want to push for CBD reformation.
- Don't engage in arguments.
- Request action or a consignment to vote.

Only contact officials in your state. It's useless to try and contact a legislator in a different state.

If you happen to reside in a state where the laws promote cannabis decriminalization, consider reaching out to your officials to thank them personally. These lawmakers get a lot of resentment from thousands of voters, a kind-hearted "thank you" can be extremely meaningful.

Takeaway

CBD is well on its way to becoming an undeniably large industry. At the human level, spreading awareness can go a long way and can even change lives. If you are one of those CBD connoisseurs, spread the good word without making too many claims. Chances are people will listen, and they'll want to try for themselves. Be the hand that guides them through the confusing and overwhelming journey.