

TIPS *for* TEENS

Marijuana THE TRUTH ABOUT MARIJUANA

SLANG:

WEED • POT • GRASS
• REEFER • GANJA •
MARY JANE • BLUNT •
JOINT • TREES



Get The Facts

MARIJUANA AFFECTS YOUR BRAIN.

Tetrahydrocannabinol (THC), the chemical responsible for most of marijuana's psychological effects, affects brain cells throughout the brain, including cells in circuits related to learning and memory, coordination, and addiction.

MARIJUANA AFFECTS YOUR MOTOR FUNCTION.

Marijuana can seriously affect your sense of time and your coordination, impacting performing tasks like driving.

MARIJUANA AFFECTS YOUR LUNGS.

Marijuana smoke deposits four times more tar in the lungs and contains 50 percent to 70 percent more cancer-causing substances than tobacco smoke does.

MARIJUANA AFFECTS YOUR MENTAL HEALTH.

Chronic marijuana use has been linked with depression, anxiety, and an increased risk of schizophrenia in some cases.

MARIJUANA COULD BE LACED.

Marijuana can be laced with substances without your knowledge. "Blunts"—hollowed-out cigars filled with marijuana—sometimes contain crack cocaine.

MARIJUANA CAN BE ADDICTIVE.

Not everyone who uses marijuana becomes addicted, but some users develop signs of dependence.

Q&A

IS MARIJUANA LESS DANGEROUS THAN SMOKING CIGARETTES?

NOT NECESSARILY. Both marijuana and cigarette smoke can be harmful. More research is needed to fully understand the connection between marijuana and long-term effects such as cancer.

CAN PEOPLE BECOME ADDICTED TO MARIJUANA?

YES. Marijuana use can lead to a marijuana use disorder, which takes the form of addiction in severe cases.

Learn More:

Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT MARIJUANA, CONTACT:

SAMHSA
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español)

TTY 1-800-487-4889
www.samhsa.gov

Before You Risk It!

- 1 KNOW THE LAW.** Marijuana is a Schedule I drug. According to federal law, it is illegal to buy or sell marijuana.
- 2 GET THE FACTS.** Using marijuana can cause memory problems and mood changes, and long-term use may lower cognition.
- 3 STAY INFORMED.** Research suggest that teens usually try alcohol, tobacco, and marijuana before other drugs, though most people who use marijuana do not use other drugs.
- 4 KNOW THE RISKS.** Marijuana affects your coordination and reaction time, raising your risk of injury or death from car crashes and other accidents. Co-use of alcohol or other drugs heightens crash risks.
- 5 LOOK AROUND YOU.** Most teens aren't smoking marijuana. In fact, only 6.5 percent of youth ages 12 to 17 said that they had smoked marijuana in the past month.



A note on harm reduction:

Harm reduction can help manage the risks and benefits of using substances (alcohol, drugs) for personal health.

Harm reduction does not encourage drinking or substance use, especially if you are underage. Harm reduction acknowledges that there are ways young people can and might reduce harm if using substances

Harm reduction helps us understand how to best take care of our personal and community health while still acknowledging that not everyone will refrain from using substances altogether. For more resources on harm reduction, please visit, <https://www.release.org.uk/drugs-health-advice>