



TEEN'S GUIDE TO MARIJUANA

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MYTH

Marijuana is okay for some youth.

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MYTH

Marijuana helps one's mood and promotes mental health.

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MYTH

Marijuana has minimal impact on driving, road safety and crime.

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FACTS

Research strongly suggests that marijuana use during adolescence and early adulthood can damage the part of the brain associated with learning and memory.

Regular marijuana use during adolescence can lead to reduced IQ scores, poorer school performance, and higher school dropout rates.

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FACTS

Like alcohol, marijuana and associated THC-containing products are intoxicants and can contribute to impaired judgment and increased susceptibility to mental health problems, including depression, insomnia and paranoid delusions.

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FACTS

Marijuana significantly impairs judgment, motor coordination, and reaction time.

Studies have found a direct relationship between the concentration of marijuana (THC) in the blood and driving ability.

The risk of being involved in an accident doubles after marijuana use.

MARIJUANA MYTHS BUSTED!



TALK WITH YOUR PARENTS

ABOUT THE EFFECTS OF MARIJUANA



WHAT ARE EDIBLES?

- Edibles are food products infused with marijuana. Though smoking is the most prevalent method of consumption, eating marijuana is quickly becoming a popular way to consume the drug.
- Brownies are among the most common food products infused with marijuana, however, almost any food product may be infused with marijuana and eaten.
- The effects from smoking marijuana only takes minutes. Edibles, however, take between 1-3 hours because food is absorbed into the bloodstream through the liver. Because it takes longer, the user may end up consuming larger amounts of the drug while thinking the drug isn't working. Serving size for marijuana edibles can be dangerous. It is easy to eat much more than a person intends to, with bad side effects.

IS EATING MARIJUANA MORE DANGEROUS THAN SMOKING MARIJUANA?

- **YES!** There is high potential for overdose from marijuana edibles.
- The amount of THC, the active ingredient in marijuana, is very difficult to measure and is often unknown in these food products.
- If the user has other medications in his or her system, their body may metabolize different amounts of THC, causing THC levels in the bloodstream to dangerously increase five-fold.
- Overdose symptoms from eating marijuana are often more severe than symptoms of an overdose from smoking marijuana.

MORE RESOURCES

Substance Abuse
and Mental Health
Services Administration
[Store.SAMHSA.gov/Product-Tips-for-Teens-The-Truth-About-Marijuana/PEP19-05](https://store.samhsa.gov/Product-Tips-for-Teens-The-Truth-About-Marijuana/PEP19-05)

You Can
[YouCanWA.org](https://www.youcanwa.org)

National Institute
on Drug Abuse
[Teens.DrugAbuse.gov/Drug-Facts/Marijuana](https://teens.drugabuse.gov/Drug-Facts/Marijuana)

California Department
of Public Health
[CDPH.CA.gov/Programs/DO/LetsTalkCannabis](https://cdph.ca.gov/Programs/DO/LetsTalkCannabis)

America Addiction Centers
ProjectKnow.com/Teen/Marijuana-Rehab

BNI Treatment Centers
VeryWellMind.com/Teens-in-Treatment-Report-Marijuana-Withdrawal-Symptoms-67785