

FACTS YOU SHOULD KNOW ABOUT

MARIJUANA

WHAT IS MARIJUANA?

Marijuana is the most often used drug in the U.S. The active ingredient in marijuana is THC or delta-9-tetrahydrocannabinol.

Marijuana is a green or gray mixture of dried, shredded flowers and leaves of the hemp plant.¹

COMMON TERMS

Bud, blunt, chronic, dab, dope, ganja, grass, green, hash, herb, joint, loud, mary jane, mj, pot, reefer, sinsemilla, skunk, smoke, trees, wax, weed.²

HOW IS IT USED?

The most common way to use marijuana is to smoke it. Users roll the marijuana into a cigarette commonly called a "joint", water pipe called a "bong" or a cigar called a "blunt."

Marijuana can be mixed into food or made into a tea and ingested. These are called edibles and can be made into well-known foods like brownies, chocolate and lollypops.

Marijuana can be vaporized in a e-cigarette or vape pen.

Concentrated forms of marijuana are especially dangerous because their THC content is 3-5 times higher than the plant variety. Common names for the concentrated substance are hash, wax, tinctures, oil and dabs.¹

YOUTH HARM FROM MARIJUANA USE



MENTAL HEALTH

Teens who smoked marijuana were 2 times more likely to develop anxiety or depression.³



SCHOOL

Using marijuana while in school lowers a teen's performance and IQ, and also increases the risk of students dropping out.¹



COMBINING WITH OTHER SUBSTANCES

Mixing marijuana with alcohol hides feelings of nausea, leading teens to drink too much. Mixing with nicotine increases risk of addiction and lung damage.⁴



LUNG HEALTH

Even without nicotine, marijuana smoke contains carcinogenic hydrocarbons that will harm the lungs.⁴

1 IN 6 TEENS WHO TRY MARIJUANA WILL BECOME ADDICTED



18%

MARIJUANA IS ADDICTIVE! THE YOUNGER YOU START THE GREATER YOUR CHANCE OF ADDICTION.

OF THOSE WHO SEEK ADDICTION TREATMENT REPORT MARIJUANA AS THEIR DRUG OF CHOICE.⁵

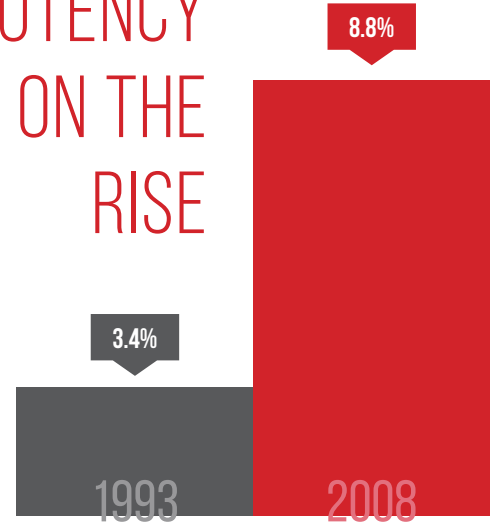
**STRONGER
NOT
BETTER**

TODAY'S MARIJUANA IS MUCH STRONGER INCREASING THE ODDS YOU WILL HAVE A HARMFUL REACTION. THE HIGHER YOUR THC INTAKE THE HIGHER THE RISK OF HOSPITALIZATION FOR VIOLENT HALLUCINATIONS, VOMITING, DISORIENTATION AND ANXIETY.

**HASH OIL,
EDIBLES
& DABS**

HASH OIL WHEN SMOKED (CALLED "DABBING") OR IN AN EDIBLE CONTAINS 3-5 TIMES MORE THC THAN THE DRIED PLANT AND CAN LEAD TO EXTREME INTOXICATION AND HOSPITALIZATION.⁶

**THC
POTENCY
ON THE
RISE**



MARIJUANA AND PUBLIC HEALTH



DUI Research studies have shown negative effects of marijuana on drivers, including an increase in lane weaving and slower reaction time and attention to the road. Use of alcohol with marijuana made drivers more impaired, causing even more lane weaving.

Driving with marijuana or other drugs in the system is increasing. The number of weekend nighttime drivers with evidence of drugs in their system climbed from 16.3 percent in 2007 to 20 percent in 2014. The number of drivers with marijuana in their system grew by nearly 50 percent.

Any minor (age under 21) convicted of any marijuana, alcohol, or other drug offense faces a 12-month driver's license suspension, regardless of whether the offense was driving-related.⁷



**PASSIVE
SMOKING**

Smoke from marijuana combustion has been shown to contain many of the same toxins, irritants and carcinogens as tobacco smoke.

Secondhand marijuana smoke contains many of the same toxins and carcinogens found in first-hand marijuana smoke, in similar amounts if not more.

Recent studies indicate that nonsmokers exposed to secondhand smoke can have slight impairments on cognitive tests, can feel high, and can have detectable levels of THC in their blood and urine for up to 22 hours post-exposure.⁷

**TALKING
WITH YOUTH**

- Be positive, attentive and respectful during conversation.
- Don't lecture—Youth probably already know you disapprove and lecturing could lead to frustration.
- Avoid a formal meeting and opt for a causal "spontaneous" approach, like on a walk or at a public park.
- Be aware of body language—finger pointing, and crossed arms are gestures which can portray disapproval.
- Use active listening skills like open-ended questions, positive responses and empathy.
- Avoid words like: but, should, bad, stupid, disapprove, disappointed and can't. Opt for more positive word choices like: and, want, harmful, unhealthy, concerned, worried and don't want.⁸

MPAT

Marijuana Prevention Action Team
of Contra Costa County

The Marijuana Prevention Action Team (MPAT) is a collaborative comprised by Contra Costa County Alcohol and Other Drugs Prevention Providers, youth advocates, educators and parents to raise awareness about the health, social and economic concerns of marijuana use especially among youth.

For an annotated fact sheet with references and additional information please visit: <http://cchealth.org/aod/marijuana-and-youth-safety.php>

REFERENCES

- 1 <https://www.drugabuse.gov/publications/drugfacts/marijuana>
- 2 <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>
- 3 <http://www.health.harvard.edu/blog/teens-who-smoke-pot-at-risk-for-later-schizophrenia-psychosis-201103071676>
- 4 <http://www.lung.org/stop-smoking/smoking-facts/marijuana-and-lung-health.html>
- 5 SAMHSA, 2014
- 6 <https://learnaboutsam.org/the-issues/marijuana-and-health/>
- 7 <https://www.drugabuse.gov/publications/drugfacts/drugged-driving>
- 8 <http://www.drugfree.org/MJTalkKit/>