

MARIJUANA/ CANNABIS



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

AFFECTS ON THE BRAIN

THC has an impact on brain cells particularly those in circuits that control learning and memory, coordination, and addiction.

AFFECTS ON SELF CONTROL

Marijuana can have a significant impact on your coordination and perception of time, which can make activities like driving dangerous.

AFFECTS ON THE LUNGS

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

BEFORE YOU RISK IT!

- **Get The Facts:** Using marijuana can cause memory problems and mood changes, and long-term use may lower intelligence.
- **Stay Informed:** Research suggests that teens usually try alcohol, tobacco, and marijuana before other drugs. There is current research suggesting a correlation between Marijuana Legalization and the Opioid Epidemic; specifically increases in overdose rates in legalized states.
- **Know The Risks:** Marijuana affects coordination and reaction time. Poly substance use (the use of multiple substances) increases the risk of vehicle crashes. Marijuana can negatively affect IQ, preexisting psychological conditions, and achievement.

KNOW THE SIGNS OF USE

- Poor physical coordination
- Red eyes
- Unusual smell on clothing
- Problems with short term memory
- Anxiety
- Increased appetite

SINCE THE LEGALIZATION OF MARIJUANA, THERE HAS BEEN A 23% INCREASE IN OPIOID RELATED DEATHS!

This project is made possible, in part, by a grant from the Nevada Division of Public and Behavioral Health.

CDC. (2019). Tips for Teens: Marijuana. Retrieved from <https://store.samhsa.gov/sites/default/files/d7/priv/pep19-05.pdf>

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CDC. (2020). Brain Health. Retrieved from <https://www.cdc.gov/marijuana/health-effects/brain-health.html>

CDC. (2020). Driving. Retrieved from <https://www.cdc.gov/marijuana/health-effects/driving.html>

CDC. (2020). Lung Heal Retrieved from <https://www.cdc.gov/marijuana/health-effects/lung-health.html>

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FACT SHEET FOR PARENTS/CAREGIVERS



Vape



Bong



Joint



Edibles



Gummies



Tincture

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PREVENT YOUTH MARIJUANA USE

- Parents and caregivers can influence whether or not youth use marijuana.
- Pre-teens, teens, and young adolescents frequently seek out new experiences and partake in risky behaviors like marijuana use.
- Parents and caregivers can help prevent youth from using marijuana by starting the conversation and making sure they are aware of potential consequences.

CONVERSATION TIPS

- Talk openly and provide guidance about the risks of using marijuana.
- Ask open ended questions.
- Listen to the questions and thoughts they have.
- Establish shared guidelines and expectations for healthy behaviors.
- Be aware of your own attitudes and behavior around your youth.

KNOW THE SIGNS OF MARIJUANA USE

Signs of marijuana use are poor physical coordination, increased appetite, red eyes, unusual smell on clothing, problems with short term memory, and anxiety.

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CDC. (2020). Driving. Retrieved from <https://www.cdc.gov/marijuana/health-effects/driving.html>

https://www.cdph.ca.gov/Programs/DO/letstalkcannabis/CDPH%20Document%20Library/October%202017%20Update/CDPH-Parents_Mentors.pdf

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POTENTIAL FOR ADDICTION

- Approximately 3 in 10 people who use marijuana have marijuana use disorder.
- Developing marijuana use disorder is stronger in people who start using marijuana during youth or adolescence and people who use marijuana frequently.

WHAT IS MARIJUANA USE DISORDER?

Continuing to use marijuana even though it is causing significant negative impact on one's life and health.

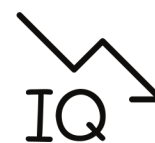
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**Marijuana
Can Be Addictive!**



**Marijuana
Can Cause Health Effects!**



**Marijuana
Can Lower IQ!**

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Yale Medicine. (2023). Cannabis/Marijuana Use Disorder. Retrieved from <https://www.yalemedicine.org/conditions/marijuana-use-disorder>

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