

# MARIJUANA

- **Marijuana** is a mixture of the dried and shredded leaves, stems, seeds & flowers of the hemp plant. The mixture can be green, brown or gray.
- Marijuana can be brewed as a **tea** or mixed with **food**. It can be **smoked** through a water pipe called a bong, or rolled into a cigarette called a joint, or as a **blunt** - a cigar that has been hollowed out and filled with pot.
- **Slang Terms**- Weed, Herb, Pot, Dope, Grass, Reefer, Mary Jane, Blunt, Joint, Roach, Nail, Aunt Mary, Skunk, Boom, Gangster, Kif, Ganja, Texas Tea, Maui Wowie, Widow, Northern Lights, Fruity Juice, and Chronic are just a few. There are over 200 terms used for marijuana.
- The **strength** of today's marijuana is as much as **ten times** greater than the marijuana used in the early 1970s.
- Marijuana is the **most frequently used** illegal drug in the United States. Nearly 95 million Americans over the age of 12 have tried marijuana at least once.
- Abusers' risk of **heart attack** more than **quadruples** in the first hour after smoking marijuana.
- Marijuana users have many of the same **respiratory problems** that tobacco smokers have, such as chronic bronchitis and inflamed sinuses.
- **Nearly 45%** of all U.S. teenagers try marijuana **before finishing** high school.
- Research has determined that **second-hand** smoke causes **cancer**. Marijuana and cigarette smoke contain many of the **same** cancer causing **substances**. Therefore exposure to second-hand **marijuana** smoke **is as harmful** as second-hand tobacco smoke.
- **Exposure** to second-hand smoke can cause a **drug test** to be **positive**.
- Individuals **high on marijuana** show the same **lack of coordination** on standard drunk driver tests as do people who have had too much to drink.

## Facts Parents Need to Know

- Each year, **more teens** enter treatment with a **primary diagnosis** of **marijuana addiction** than for all other illicit drugs combined.
- Youth who are **not regularly monitored** by their parents are **FOUR TIMES** more likely to use drugs.
- **Signs** someone may be using marijuana:
  - \* seem dizzy or have trouble walking
  - \* seem silly and giggly for no reason
  - \* have **red** or bloodshot **eyes**
  - \* have a hard time remembering events
  - \* **heavy** use of incense or **deodorizers**
  - \* continual use of eye drops
  - \* changes in academic performance
  - \* **loss of interest** in sports or favorite activity
  - \* depression, hostility, fatigue, **changes** in eating and sleeping habits
- **Many** people who use marijuana **have trouble** quitting and experience withdrawal symptoms such as irritability, difficulty sleeping and anxiety.
- Adolescent marijuana users show **lower academic achievement** compared to nonusers. Short-term use has been linked to memory loss and difficulty with problem solving.
- Marijuana **smoke** has a pungent and distinctive, usually sweet-and-sour, odor.
- **Marijuana** is often the **gateway drug** that leads to other drug abuse.
- Make sure your child knows that you **will not tolerate** any type of **substance abuse**.

**Tell your kids  
to Say NO...  
Even if you  
didn't!**

## WHAT YOUNG PEOPLE NEED TO KNOW

- Teens that drink underage or use drugs are up to **5 times** more likely than their peers to **drop out** of high school.
- Marijuana can **linger** in the body for a **few weeks**. It can be easily detected by standard drug tests long after initial use.
- **THC** (the active ingredient in marijuana) affects the nerve cells in the part of the brain where memories are formed. It also affects your judgment, **drains your motivation**, make you feel anxious, impair many of the skills needed for safe driving, and it leads to changes in the brain that are similar to those caused by cocaine and heroin.
- **Experimentation** can lead to **addiction**.
- **Long term effects** of marijuana include: cancer, damage to the immune system, breathing problems, frequent chest colds, lung infections, and increased risk of pneumonia.
- Teens who smoke marijuana **are more likely** to try other drugs.
- There are more than **400** known chemicals in marijuana. A single joint contains **four times** as much cancer causing tar as a filtered cigarette.
- Marijuana can be **laced** with other dangerous drugs - crack cocaine, PCP, embalming fluid, - **without your knowledge**
- It is **illegal** to buy or sell marijuana. Possessing even small amounts can lead to fines or arrest.
- No matter how many shirts and hats you see printed with the marijuana leaf, or how many groups sing about it, remember this: **You don't have to use it just because you think everyone else is. MOST teenagers DO NOT use marijuana!**

## Myths and Facts About Marijuana

**MYTH:** Marijuana is harmless.

**FACT:** Marijuana is the most widely used illicit drug among youth today and is more potent than ever. Marijuana use can lead to a host of significant health, social, learning and behavioral problems at a crucial time in a young person's development. Getting high also impairs judgment, which can lead to risky decision making on issues like sex, criminal activity, riding with someone under the influence, and impairs the ability to say no to harder drugs.

**MYTH:** You can't get addicted to marijuana.

**FACT:** Kids can get hooked on pot. Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.

**MYTH:** Parents can't stop their kids from "experimenting" with marijuana.

**FACT:** Parents are the most powerful influence on their children when it comes to drugs. Kids need to hear how risky marijuana use can be. They need to know how damaging it can be to their lives. By staying involved, knowing what their kids are doing, and setting limits with clear rules and consequences, parents CAN keep their kids drug-free.

**MYTH:** There are no long-term consequences to marijuana use.

**FACT:** Research shows that kids who smoke marijuana engage in risky behavior that can jeopardize their futures, like having sex, getting in trouble with the law, or losing scholarship money. Marijuana can also hurt academic achievement and puts kids at risk for depression and anxiety.

**MYTH:** Marijuana isn't as popular as other drugs like ecstasy among teens today.

**FACT:** Kids use marijuana more than any other illicit drug. Among kids who use drugs, 60% use ONLY marijuana.

**MYTH:** Young kids won't be exposed to marijuana.

**FACT:** Not only are they exposed to marijuana, they are using it.

**MYTH:** Parents who experimented with marijuana in their youth would be hypocrites if they told their kids not to try it.

**FACT:** Parents need to make their own decisions about whether to talk to their children about their own drug use. But parents can tell their kids that much more is known today about the serious health and social consequences of using marijuana.

## Helpful Websites

[www.nida.nih.gov](http://www.nida.nih.gov)  
[www.family.samhsa.gov](http://www.family.samhsa.gov)  
[www.freevibe.com](http://www.freevibe.com)  
[www.checkyourself.org](http://www.checkyourself.org)  
[www.drugfreeamerica.org](http://www.drugfreeamerica.org)  
[www.thecoolspot.org](http://www.thecoolspot.org)  
[www.TheAntiDrug.com](http://www.TheAntiDrug.com)  
[www.familiesinaction.org](http://www.familiesinaction.org)  
[www.mediafamily.org](http://www.mediafamily.org)  
[www.notmykid.org](http://www.notmykid.org)  
[www.notalone.com](http://www.notalone.com)

Coalition For A Safe And  
Drug-Free Clay County  
P. O. Box 11  
46 Church Street, Suite 20  
Hayesville, NC 28904  
(828)389-6557

This brochure made possible by Lake  
Chatuge-Hiawasse Rotary Club



Harmless marker?.....or pot pipe?



Hemp Plant

# Marijuana

*It's not as harmless as you  
may think!*



Water Bong



Marijuana Leaf



Rolling papers



Clay Pipe



Marijuana Pipe