

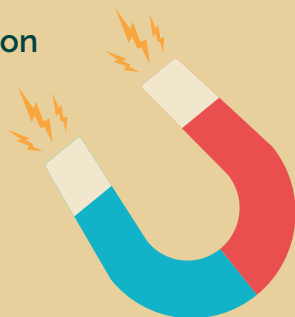
# MARIJUANA TIPS FOR TEENS



People use marijuana for a lot of different reasons: to feel good, feel better, feel different, or fit in. Whatever the reason, drug use has consequences.

## Today's marijuana is stronger.

Today's marijuana has more than **3 times** the concentration of THC than marijuana from 25 years ago. More THC — the mind-altering chemical in marijuana — may lead to an increase in dependency and addiction.



## Impairs your memory.

Using marijuana can affect your memory, learning, concentration, and attention. Other effects include difficulty with thinking and problem solving.



## Affects your performance.

Using marijuana can lead to worse educational outcomes. Compared with teens who don't use, students who use marijuana are more likely not to finish high school or get a college degree.



## Risk of addiction.

About **1 in 10** people who use marijuana may become addicted to marijuana — and **1 in 6** when use begins before age 18.



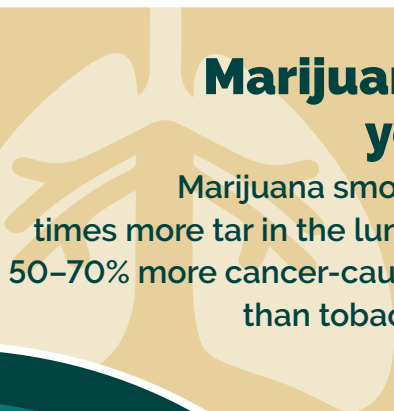
## Lowers brain power.

Marijuana affects your brain development. Use by adolescents has been linked to a decline in IQ scores — up to 8 points! Those are points you don't get back, even if you stop using.



## Marijuana affects your lungs.

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



## Driving danger.

People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.



# ? Q&A

## Q. WHAT IS MARIJUANA?

**A.** Marijuana, also called weed, pot, dope, or cannabis, is the dried flowers and leaves of the cannabis plant. Marijuana is a psychoactive drug that contains close to 500 chemicals, including tetrahydrocannabinol (THC), a mind-altering compound that causes harmful health effects. People think that because marijuana is a plant, it can't be bad for them. But dangerous drugs like cocaine, heroin, and tobacco also come from plants and are "natural" like marijuana.

## Q. HOW DOES MARIJUANA WORK?

**A.** Marijuana changes how the brain works. It affects brain cells (neurons) in the parts of the brain that control body coordination, memory, pleasure, and judgment.

## Q. ISN'T SMOKING MARIJUANA LESS DANGEROUS THAN SMOKING CIGARETTES?

**A. No.** Both marijuana and cigarette smoke are harmful. More research is needed to fully understand the connection between marijuana and long-term effects such as cancer.

## Q. CAN PEOPLE BECOME ADDICTED TO MARIJUANA?

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

## Q. WHAT ARE OTHER RISKS ASSOCIATED WITH MARIJUANA USE?

**A.** In addition to the physical and mental risks associated with marijuana use, people who use marijuana have also reported less academic and career success, as well as lower life satisfaction and more relationship problems.

## Q. DOES USING MARIJUANA AS A TEEN CAN CHANGE HOW YOUR BRAIN GROWS?

**A. Yes.** Your brain is still growing and changing until you get into your mid-20s.

## Q. IS MEDICAL MARIJUANA SAFE?

**A.** The fact that it's legal does not mean that it is safe. Marijuana, just like alcohol and tobacco, can have negative and long-term effects.

## Q. CAN MARIJUANA USE AFFECT MY ATHLETIC ELIGIBILITY?

**A. Yes.** Not only can marijuana harm your athletic performance, but if caught using, can result in suspension from sports.

**FOR HELP FINDING TREATMENT REFERRALS, CALL**

**211**

## KNOW THE SIGNS

### HOW CAN YOU TELL IF A FRIEND IS USING MARIJUANA?

Symptoms of marijuana use may include:

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



## What can you do to help someone who is using marijuana?

**BE A FRIEND. SAVE A LIFE.**

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult. If someone has a reaction after consuming marijuana call the Poison Control hotline at **1-800-222-1222** or **911**.



## LEARN MORE: [OKLAHOMA.GOV/HEALTH/OVERDOSE](https://oklahoma.gov/health/overdose)

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