

# Marijuana

## CAUSE & EFFECT



### SHORT TERM EFFECTS

#### Brain

Impaired motor skills, damage to short term memory, inability to concentrate, insomnia

#### Physical

Red eyes, dry mouth, loss of consciousness, weakened muscles

#### Lungs

Difficulty breathing, chest colds

#### Heart

Increased heart rate and blood pressure

#### Stomach

Increased appetite

#### Coordination

Clumsy, accident prone

### LONG TERM EFFECTS

#### Brain

Memory loss, reduced motivation, delusions

#### Systemic

Weakened immune system

#### Throat

Increased risk of cancer

#### Heart

Heart disease, risk of heart attack

#### Lungs

Bronchitis, emphysema, lung cancer

#### Stomach

Increased appetite



### STREET NAMES FOR MARIJUANA:

Weed, Pot, Boom, Cannabis, Chronic, Dope, Ganja, Grass, Hemp, Herb, Mary Jane, Reefer, Skunk.

### BEHAVIORAL HEALTH EFFECTS:

Depression, problems getting or keeping a job, problems at school, loss of interest in hobbies, psychological dependence



# FACTS ABOUT MARIJUANA:



- Just having marijuana in your possession is enough to get you arrested.
- Marijuana use can actually shrink parts of your brain including your hippocampus (the part of your brain that controls memory) and your amygdala (the part that helps with emotions and memory).
- Teens who smoke marijuana are more likely to try other drugs.
- Marijuana contains over 400 chemicals, including delta-9-tetrahydrocannabinol (THC), which is the drug's main mind-altering ingredient.
- Driving while high on marijuana is just as dangerous as driving drunk.
- The risk of heart attack is four times higher in the first hour after smoking marijuana.
- Marijuana has some of the same cancer-causing chemicals that are in tobacco products.

## Refusal Tips

People might talk as if smoking pot is the cool thing to do, but it's really not. The truth is, not everybody's doing it. Most teens don't use marijuana and neither should you. If someone offers you marijuana, just say "no," or try one of these lines:

- "No way! I need to keep my concentration on the big game."
- "No thanks. I'm applying to colleges and need to stay straight."
- "Weed makes you fat. No thanks."



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