

Knowing the Facts = **SMART CHOICES**

Marijuana (weed, pot, grass, herb, Mary Jane, MJ, mota, hemp)

Marijuana is the most widely used illegal drug in the U.S.. In recent years, primary Marijuana addiction is the most common reason that young people enter into drug rehab programs. Teens who regularly use Marijuana are twice as likely to drop out of school as those who don't use.

Despite these alarming facts, Marijuana has a continuing reputation for being a safe and harmless drug. Don't listen to what other kids say about the safety of Marijuana. **BE SMART** and get all the facts. Remember-it is up to you to make Smart Choices. Your health is truly in your hands.

MYTH: You can't get addicted to Marijuana.

FACT: Marijuana is indeed addictive and there are increasing numbers of teens seeking drug treatment for Marijuana use. In addition, Marijuana is often a gateway drug leading to other drug use.

MYTH:
Everybody uses Marijuana.

FACT:
Although it is the drug most commonly abused by teens, most of your peers are really not using Marijuana. Fewer than 25% of teens use it regularly.

Short term side effects:

- ⇒ Problems with memory and learning.
- ⇒ Distorted perception (sights, sound, time, touch).
- ⇒ Trouble thinking and problem solving.
- ⇒ Loss of motor coordination.
- ⇒ Increase in heart rate and blood pressure.
- ⇒ Unintended side effects can occur from impaired driving and other risky behaviors.

Long term side effects:

- ⇒ Smoking Marijuana over a long period of time may lead to some of the same consequences as cigarette smoking, such as chronic cough, higher incidence of lung infections (bronchitis and pneumonia), lung damage (emphysema) and even lung cancer.
- ⇒ Depression and anxiety.
- ⇒ Permanent changes in the brain, especially the areas that have to do with short term memory.

You are in charge of your life & Marijuana use is the road to failure

MYTH: MARIJUANA IS USED FOR MEDICAL REASONS, SO IT MUST BE SAFE.

FACT: ALL DRUGS HAVE SIDE EFFECTS AND MARIJUANA IS NO DIFFERENT. MARIJUANA HAS AN ESPECIALLY HARMFUL EFFECT ON THE MINDS AND BODIES OF YOUNG PEOPLE.

