

# Know the Facts about MARIJUANA

## Natural, but not harmless

- Marijuana use can impact your health
- Marijuana today is much stronger
- Smoking, vaping, and edibles (food containing marijuana) can all be risky methods of use

## Legal does not mean safer.

- Marijuana is not an FDA-approved treatment
- There is a lack of research to support benefits
- Benefits do not outweigh health risks

## Negative and long term impacts

- Heavy use in young adults can cause lasting damage to the brain and decrease intelligence
- Marijuana can directly worsen symptoms of anxiety, depression, and schizophrenia
- Marijuana can lead to addiction, just like any other drug
- Withdraw symptoms include cravings, trouble sleeping, anxiety, and appetite loss

## Marijuana use impairs driving

- Doubles a driver's risk of an accident
- Use with alcohol increases risk

## Using marijuana with other substances.

- Mixing marijuana and alcohol increases risk for nausea and reactions of panic, anxiety, or paranoia
- Mixing tobacco and marijuana increases risk of developing respiratory diseases and/or cancer

## Marijuana and pregnancy.

- Using marijuana during pregnancy affects child development including learning and behavioral problems
- Health risks for the child include low birth weight; premature birth; problems with attention, memory, and problem solving; and reduced IQ

## Tips for Making a Change in Marijuana Use

### Think about changing

- Why do you use? What do you like about it? What don't you like about it?
- Why do you want to cut down or stop?

### Plan for the change you want

- Set a goal and date for changing your use. Make it realistic.
- Share your plan with people you trust and ask for support.

### Act on your decision

- **Distract and do something.** Make a list of fun activities unrelated to your use and keep busy.
- **Delay.** Stop and think before using. Wait 15 minutes to ride the craving, and the wave of desire may pass.
- **Plan ahead.** Avoid high-risk situations and people who use.

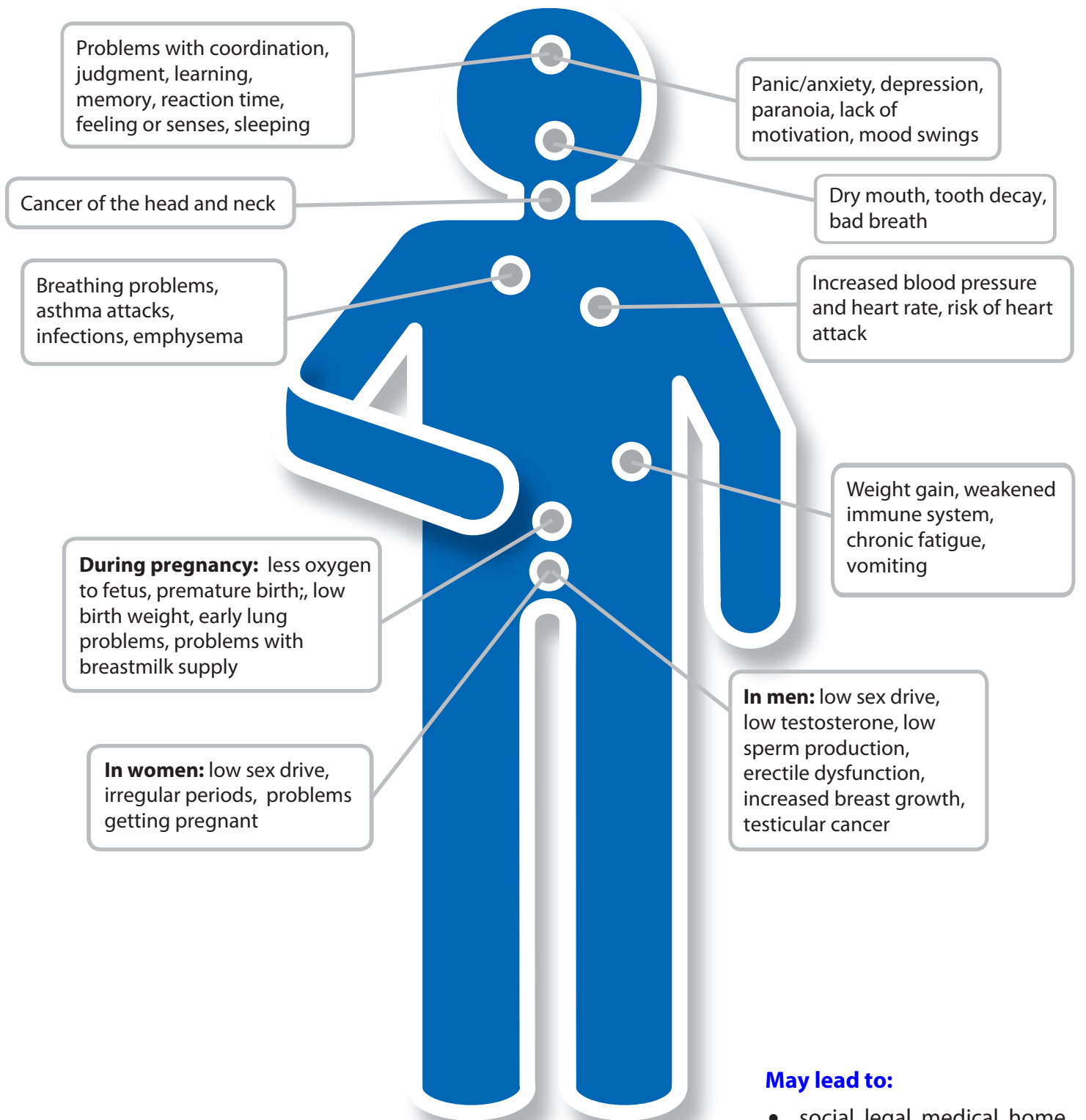
### Have a back-up plan

- If you haven't achieved your goal yet, that's okay.
- Consider the situation in which you used and see what could be changed next time.
- Review your plan and see if it needs revising.



# MARIJUANA

## Effects on the Body



### May lead to:

- social, legal, medical, home, family, job, and money problems
- development of dependence and Cannabis Use Disorder