

# TIPS for TEENS

## MARIJUANA

### THE TRUTH ABOUT MARIJUANA



**SLANG:** WEED/POT/GRASS/ REEFER/  
GANJA/MARY JANE/BLUNT/JOINT/TREES

## GET THE FACTS

**MARIJUANA AFFECTS YOUR BRAIN.** Tetrahydrocannabinol (THC), the chemical responsible for most of marijuana's psychological effects, affects brain cells throughout the brain, including cells in circuits related to learning and memory, coordination, and addiction.<sup>1</sup>

**MARIJUANA AFFECTS YOUR SELF-CONTROL.** Marijuana can seriously affect your sense of time and your coordination, impacting things like driving.

**MARIJUANA AFFECTS YOUR LUNGS.** Marijuana smoke deposits four times more tar in the lungs and contains 50 percent to 70 percent more cancer-causing substances than tobacco smoke does.<sup>2</sup>

**MARIJUANA USE IS NEGATIVELY LINKED WITH OTHER ASPECTS OF YOUR HEALTH.** Chronic marijuana use has been linked with depression, anxiety, and an increased risk of schizophrenia in some cases.<sup>3</sup>

**MARIJUANA IS NOT ALWAYS WHAT IT SEEMS.** Marijuana can be laced with substances without your knowledge.<sup>4</sup> "Blunts"—hollowed-out cigars filled with marijuana—sometimes contain crack cocaine.

**MARIJUANA CAN BE ADDICTIVE.** Not everyone who uses marijuana becomes addicted, but some users develop signs of dependence.

## ? Q&A

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

**A. NO.** Both marijuana and cigarette smoke can be harmful. More research is needed to fully understand the connection between marijuana and long-term effects such as cancer.<sup>5</sup>

**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.<sup>6</sup>

**Q. WHAT ARE THE 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.<sup>7</sup>

### THE BOTTOM LINE:

Marijuana affects the development of teen brains. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

### LEARN MORE:

Get the latest information on how drugs affect the brain and body at [teens.drugabuse.gov](http://teens.drugabuse.gov).

### TO LEARN MORE ABOUT MARIJUANA, CONTACT:

**SAMHSA**

**1-877-SAMHSA-7 (1-877-726-4727)**

(English and Español)

**TTY 1-800-487-4889**

[www.samhsa.gov](http://www.samhsa.gov)

[store.samhsa.gov](http://store.samhsa.gov)



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