



THE NEW MARIJUANA LANDSCAPE DOESN'T CHANGE THE FACT THAT ALL SUBSTANCES — INCLUDING MARIJUANA — ARE HARMFUL FOR THE STILL-DEVELOPING TEEN BRAIN. YOUR TEEN'S BRAIN IS NOT FULLY DEVELOPED UNTIL HE IS IN HIS MID-20S.

Partnership for Drug-free Kids

MARIJUANA (WEED, POT) FACT SHEET

Signs of Marijuana Abuse and Addiction

Someone taking marijuana can:

- Get dizzy
- Laugh for no reason
- Have red, bloodshot eyes
- Forget things that just happened

Marijuana makes you feel like time is slowing down. Minutes can feel like hours. At the same time, everyday sights, sounds, and tastes may seem really interesting or funny.

Marijuana can make you feel very hungry. You want to eat lots of junk food. Some people call this "the munchies."

When someone smokes marijuana, they often smell like it afterwards. Marijuana smells sweeter than cigarette smoke. A person might use incense, cologne, or perfume to hide the smell.

Some people get addicted to marijuana after using it a lot. They might need to smoke more and more of it to get the same high.

People who are trying to quit using marijuana can:

- Be in a bad mood
- Feel nervous
- Have trouble sleeping
- They will feel a strong need to take the drug.

The Montgomery County Collaboration Council is a public, private partnership addressing barriers that prevent our children and families from leading healthy and successful lives. The Many Voices for Smart Choices Prevention Alliance, developed between the Montgomery County Health and Human Services Prevention Office and the Collaboration Council, is committed to preventing alcohol, tobacco, and other drug use by Montgomery County youth. Get involved--talk with your children, join our Alliance. Please visit our website, www.manyvoicessmartchoices.org, to learn more!

Effects of Marijuana on Bodies and Brains

These are just some of the problems marijuana can cause:

- **Memory Problems**-Marijuana makes it hard to remember things that just happened a few minutes ago. That makes it hard to learn in school or to pay attention to your job. A recent study showed that if you begin regular marijuana use as a teen, you can lose an average of 8 IQ points, and do not get them back, even if you stop using the drug.
- **Heart Problems**-Using marijuana makes the heart beat fast and raises your risk of having a heart attack.
- **Coughing and Breathing Problems**-Marijuana smokers can get some of the same coughing and breathing problems as cigarette smokers. Marijuana smoke can hurt your lungs.
- **Drugged Driving**-Driving when you're high on marijuana is dangerous, just like driving drunk. Your reactions to traffic signs and sounds are slow. It's hard to pay attention to the road. And it's even worse when you're high on marijuana and alcohol at the same time.
- **You Stop Caring**- Over time, marijuana users can get "burnt out." They don't think about much or do much. They can't concentrate. They don't seem to care about anything.
- **Addiction**-Although some people don't know it, you can get addicted to marijuana after using it for a while. This is more likely to happen to people who use marijuana every day, or who started using it when they were teenagers.

RESOURCES for drug facts, communication skills & help

- ✓ InfoMONTGOMERY.org, local resource guide for substance abuse prevention for youth, <http://www.infomontgomery.org/resource-guides/substance-abuse-prevention-in-youth>
- ✓ Many Voices for Smart Choices, www.manyvoicessmartchoices.org
- ✓ Substance Abuse and Mental Health Services Administration, www.samhsa.gov
- ✓ National Institute on Drug Abuse (NIDA), www.drugabuse.gov
- ✓ NIDA for Teens, www.teens.drugabuse.gov
- ✓ Partnership for Drug Free Kids, www.drugfree.org
- ✓ Community of Concern, www.thecommunityofconcern.org

Resource: National Institute of Drug Abuse: <http://www.easyread.drugabuse.gov/index.php>