

MARIJUANA

KEY INFORMATION FOR UNDERSTANDING MARIJUANA

Imagine. Create. Engage.

LAUNCH



BACKGROUND

Marijuana comes from a plant called cannabis sativa/cannabis indica. This plant produces chemicals that can alter the mind (THC). Marijuana is one of the most common drugs among the younger generations. People use marijuana by smoking, vaporizers, edibles, etc. It is common for people to ingest too much marijuana when taking edibles because it takes longer to work. (National Institute on Drug Abuse, 2019)



WHY DO PEOPLE DO THIS?

- Curiosity
- Peer pressure
- To fit in with friends
- To cope with mental illness (anxiety, depression, stress, etc.)
- Home environment
- They don't understand that it is dangerous and can become addictive

(SAMHSA, n.d.)



WHAT DOES SMOKING EFFECT?

Long Term Brain Problems:

- Brain damage and development of brain
- Lack of memory, impaired thinking, and learning functions

Physical Problems:

- Breathing problems, high risk of lung cancer, coughing a lot
- Child development problems during pregnancy

Mental Health Problems

- Depression/suicidal thoughts
- Anxiety

(National Institute on Drug Abuse, 2019)

WAYS TO COPE

Get a good understanding of your daily structure, when you smoke and why. This can help you find the reasons you smoke, ranging from relieving anxiety or to run away from problems. Set small and achievable goals by trying to pick up more healthy habits instead of smoking (Withyou, n.d).



RESOURCES

Withyou (n.d). *How to stop smoking cannabis (weed).*

<https://www.wearewithyou.org.uk/help-and-advice/advice-you/stop-smoking-cannabis-weed/>

Substance Abuse and Mental Health Services Administration (n.d.). *Talking with your teen about marijuana: keeping your kids safe.* <https://www.samhsa.gov/sites/default/files/TTHY-Marijuana-Broch-2020.pdf>

National Institute on Drug Abuse. (2019 December). *Cannabis (marijuana) drugfacts.* National Institutes of Health. <https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>