

THE BASIS OF BURNOUT

People who use marijuana claim that it is a harmless, fun or natural drug. However, marijuana is no less 'harmless' or 'natural' than the tobacco found in cigarettes. In fact, its smoke contains many of the same cancer-causing toxins as tobacco.

A simple look at the lives of most abusers shows marijuana at the center. Marijuana is easily addictive with roughly 33% of all marijuana users reporting that they have a marijuana related substance abuse disorder. This addiction can cause withdrawals, lack of happiness and joy, a dependence on the drug, depression and anxiety. Marijuana smokers are the reason that a lack of excitement about life is called "burnout."

STONED SCARY

Being high on marijuana is not a "fun" experience. It is scary, has many adverse effects, and can impact you for the rest of your life. People who are stoned on marijuana are commonly paranoid. Abusers often lose passion for their interests, hobbies, or other things they once enjoyed due to an altered brain structure and dependence on the drug to feel "normal."

People high on marijuana have difficulty judging distances, and their reactions to sights and sounds are slowed down. These effects can last up to 24 hours after smoking marijuana. People who have been smoking marijuana perform as badly on "drunk driver" tests as drunk people do. Don't burn out. Keep your mind sharp, your lungs clear and your eyes focused on the future. Don't smoke marijuana.



WHAT IS MARIJUANA?

Marijuana is a green or gray mixture of dried, shredded leaves, stems, seeds and flowers of the *Cannabis* plant. It is a mind-altering drug that affects almost every organ in the body and has a strong, sweet odor when burned.

MARIJUANA IN THE BRAIN

The main active chemical in marijuana is delta-9-tetrahydrocannabinol, or THC. Marijuana also contains more than 400 other chemicals. THC binds to nerve cells and alters brain pathways, changing the way sensory information is processed.

HOW IS MARIJUANA USED?

Marijuana is usually rolled up and smoked like a cigarette (a joint) or a cigar (a blunt). Marijuana can also be smoked in a pipe by inhaling the vapor (a bong), by using THC oil in a vaporizer (vaping), mixing it in food, candy or brewing it as a tea (edibles), or by smoking oils, concentrates and extracts from the marijuana plant (dabbing).

ADDITIONAL RESOURCES

If you or someone you know is having problems with marijuana abuse, you are not alone. There are people and places ready to help. Resources include school counselors, family members, members of the clergy, hospital substance-abuse programs, and private practitioners.

Substance Abuse and Mental Health Services Administration (SAMHSA)

samhsa.gov

National Institute on Drug Abuse (NIDA)

drugabuse.gov

in the know

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877-329-0578
www.PTRPress.com • product #PB-DA97
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MARIJUANA

STONE COLD STUPID



STREET NAMES FOR MARIJUANA

There are over 200 slang terms for marijuana, including:

Pot, Weed, Herb, Kush, Mary Jane, Dope, Chronic, Bud, Sinsemilla, ganja, hashish and hash oil (stronger forms of marijuana).

MARIJUANA AND THE MIND

Marijuana's effects can be unpredictable. The effects that abusers are seeking include relaxation, release and giddiness. However, this is not always the case. The chemical THC in marijuana mimics neurotransmitters that send messages between nerve cells, affecting the brain areas involved in pleasure, memory, thinking, concentration, movement and time perception. This unnatural alteration in the brain's usual activity can permanently disrupt brain function. This can make it unsafe for a person using marijuana to drive a car, operate heavy machinery, engage in sports or other potentially dangerous physical activities.

Marijuana use often comes with many adverse effects. Many users become dizzy, have difficulty walking and have red, bloodshot eyes. Terrible thirst—"cotton mouth"—and hunger—"the munchies"—are typical. Some people fall asleep when they use marijuana. Others experience intense anxiety or paranoia.



SHORT-TERM EFFECTS OF USING MARIJUANA

Users can have problems with memory, learning and problem solving after ingesting the drug only a few times. Abusers lose coordination and their senses of sight, hearing, touch, time and depth are distorted. Marijuana increases heart rate, causes anxiety and panic attacks and has also been linked to depression.

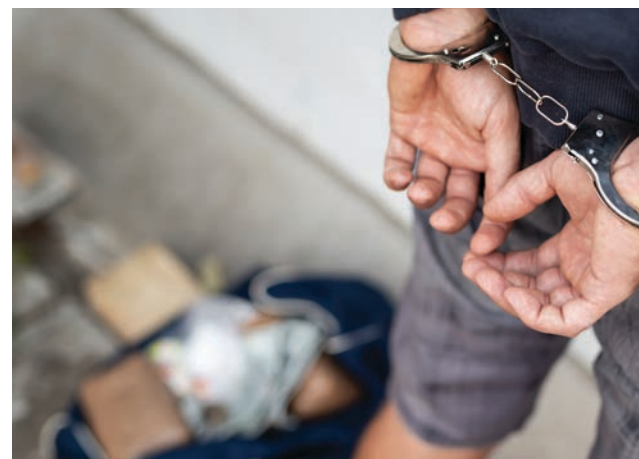


LONG-TERM EFFECTS OF USING MARIJUANA

The most common long-term effect of marijuana abuse is something called amotivational syndrome. Abusers lose interest in the future and stop caring about things that used to be important to them. They neglect school, chores, personal health, and relationships. It can take up to two years to regain a normal motivation level.

Marijuana can cause a great deal of other damage over time, including:

- Increasing tolerance—the need for larger amounts to feel the same effects
- Permanent damage to thinking and reasoning ability
- Chronic bronchitis, frequent chest colds and pneumonia
- Increased risk of lung or oral cancer
- Weakened immune system
- Damage to the reproductive system and infertility in both sexes
- Miscarriage or brain damage to fetuses



WHAT ELSE SHOULD I KNOW ABOUT MARIJUANA?

- Marijuana is a Schedule 1 Illicit Substance in the United States, meaning it is one of the most illegal drugs to use, possess, or sell.
- Exposure to secondhand marijuana smoke will cause a "contact high" and potentially show up in a drug test.
- In one study, 33% of arrested reckless drivers tested positive for marijuana.
- Marijuana is legal for recreational and medical use in several states for adults over the age of 21, and legal for medical use in many more states.
- Marijuana is used by 55 million adults in the United States, with 33% of them having a substance abuse disorder related to marijuana.

PUT MARIJUANA OUT

If someone offers you marijuana, the best thing to do is say, "No, thanks." You don't owe them any explanation. Say you're just not interested and make a quick exit. Keep potheads and pot smoke out of your life. Your brain, your body and your goals are too important to be a burnout.



Many users become dizzy, have difficulty walking and have bloodshot eyes

