Marijuana
and your brain

Marijuana directly affects

memory | learning

attention | decision making

coordination | emotions

and reaction time

Young brains are Especially Susceptible

Help is Available

Changing habits takes time and commitment, but resources are available.

National Helpline

1-800-662-HELP (4357) or TTY: 1-800-487-4889, a confidential, free, 24/7 information service.

Text your zip code to 435748 (HELP4U) to find help near you

Marijuana use disorder

(MUD)

Trying but failing to quit using or giving up important activities in favor of using.

Risk is greater if you start using in adolescence.

Marijuana is Addictive

Marijuana
and your grades

Getting high has a negative effect on:

> **Attention** > **Memory**
> **Learning**

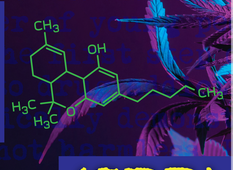
This can last for days or weeks. Someone who smokes marijuana daily may be functioning at a reduced intellectual level most or all of the time.

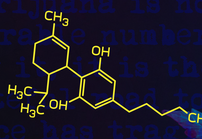
Marijuana is a GPA Killer

The Cannabis Plant

contains more than 100+ chemical compounds, including

(THC)
Tetrahydrocannabinol
which causes a "high"





(CBD)
cannabidiol
which does not cause a "high"

Marijuana is Dangerous

Marijuana
methods of use

Marijuana is used in many forms. ALL of them are BAD.

A. Smoked in joints (like a cigarette), blunts (cigars refilled with marijuana), or pipes

B. Vaped using electronic vaporizing devices

C. Infused into foods or drinks: candy, cakes, or brownies, or tea, cola, or alcohol

There's No Safe Way to Use

Marijuana

also called cannabis, weed, pot, or dope, refers to the dried flowers, leaves, stems, and seeds of the cannabis plant.

Marijuana's effect depends on:

- Amount taken
- Frequency of use
- Use with other substances (e.g., alcohol or other drugs)

Marijuana is not "Harmless"

Marijuana
and driving

Like alcohol, driving under the influence of drugs, including marijuana, is dangerous and illegal.

Marijuana use can impair important skills required for driving

- slowing reaction time and ability to make decisions
- impairing coordination
- distorting perception

Driving High is ILLEGAL