

Be Aware: Marijuana Use

What is the extent of the problem?



- Nationally in 2018, 22.2% of 12th grade students reported past month use of marijuana.
- Vaping marijuana increased in usage rates between 2017 and 2018.

The number one danger of marijuana is misinformation. Because marijuana is legal in some states, teens falsely think that using marijuana use does not have risks and dangers.

Know the Facts:



- **Marijuana can cause impairment for days after usage impacting athletic and academic performance after the high is gone.** Marijuana causes skill impairment that may last up to 24 to 36 hours after usage, but students may think they are performing better because of how the drug makes them feel.
- **Synthetic cannabis is not safer than marijuana.** Synthetic cannabis is very dangerous and consumption has resulted in numerous hospitalizations. These drugs have been reported to cause hallucinations, increased heartbeat and blood pressure, aggressive behavior, anxiety, muscle spasms and vomiting.
- **Smoking marijuana is harmful to your health.** Smoking marijuana can be more harmful than using tobacco and can deliver more carcinogens. In terms of lung cancer risk, one joint of marijuana equates to 20 tobacco cigarettes.

What can parents do?



- Parents are the #1 influence in their child's life. Make it clear that the use of marijuana and other drugs is not allowed.
- Educate your child about the health risks associated with marijuana and the damage it can cause to their academic and athletic performance.
- Inform students of both school and legal consequences that are at stake for possession of marijuana.

The Impact on Youth Health and Safety

- About 1 in 6 teens who regularly use marijuana become addicted.
- Students who regularly use marijuana by age 15 are more likely to develop mental illness such as schizophrenia.
- After alcohol, marijuana is the leading drug found in the blood of drivers after crashes.
- Mixing alcohol and marijuana has an increasingly negative effect on impaired driving.
- High school drop-out and failure rates increase with marijuana use.
- Evidence has shown that marijuana use during the teen years could potentially lower a person's IQ and interfere with other aspects of functioning and well-being.



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