

# FACTS YOU SHOULD KNOW ABOUT

# MARIJUANA

## YOUTH HARM FROM MARIJUANA USE



### MENTAL HEALTH

Teens who smoked marijuana were 2 times more likely to develop anxiety or depression.<sup>3</sup>



### SCHOOL

Using marijuana while in school lowers a teen's performance and IQ, while increasing the risk of students dropping out.<sup>1</sup>



### COMBINING WITH OTHER SUBSTANCES

Mixing marijuana with alcohol hides feelings of nausea, leading teens to drink too much. Mixing with nicotine increases risk of addiction and lung damage.<sup>4</sup>



### LUNG HEALTH

Even without nicotine, marijuana smoke contains toxic chemicals that will harm the lungs.<sup>4</sup>

1 IN 6 TEENS WHO TRY MARIJUANA  
WILL BECOME ADDICTED



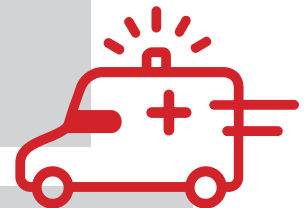
**MARIJUANA IS ADDICTIVE! THE YOUNGER YOU START THE GREATER YOUR CHANCE OF ADDICTION.**

**18%**

**OF THOSE WHO SEEK TREATMENT FOR ADDICTION REPORT MARIJUANA AS THEIR DRUG OF CHOICE.<sup>5</sup>**

**STRONGER IS NOT BETTER**

Today's marijuana is much stronger increasing the odds you will have a harmful reaction. The higher your THC (the chemical responsible for the high) intake, the higher your risk of **hospitalization for violent hallucinations, vomiting, disorientation and anxiety.**<sup>6</sup>



**DUI: NOT JUST ALCOHOL**



California has a zero tolerance law for minors driving under the influence of any drug, including marijuana. Minors can face **jail time, fines and license suspension** if found driving under the influence.<sup>7</sup>

**MPAT**

Marijuana Prevention Action Team  
of Contra Costa County

The Marijuana Prevention Action Team (MPAT) is a collaborative comprised by Contra Costa County Alcohol and Other Drugs Prevention Providers, youth advocates, educators and parents to raise awareness about the health, social and economic concerns of marijuana use especially among youth.

For an annotated fact sheet with references and additional information please visit: <http://cchealth.org/aod/marijuana-and-youth-safety.php>

# REFERENCES

- 1 <https://www.drugabuse.gov/publications/drugfacts/marijuana>
- 2 <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>
- 3 <http://www.health.harvard.edu/blog/teens-who-smoke-pot-at-risk-for-later-schizophrenia-psychosis-201103071676>
- 4 <http://www.lung.org/stop-smoking/smoking-facts/marijuana-and-lung-health.html>
- 5 SAMHSA, 2014
- 6 <https://learnaboutsam.org/the-issues/marijuana-and-health/>
- 7 <https://www.drugabuse.gov/publications/drugfacts/drugged-driving>