

November 2018 Newsletter



Fact or Fiction?
Marijuana is not an addictive drug.

Fiction: Marijuana is both a psychological and physiological addictive drug

Marijuana Facts for Youth:

- Marijuana (also known as weed, pot, Mary Jane, etc) is a mixture of the dried flowers of Cannabis sativa. Some people smoke it in joints, pipes, bongs, or blunts.
- Marijuana can also be used to brew tea, for medicinal purposes, or mixed into foods (edibles) such as brownies, candies, etc.
- It is linked to unsafe, sometimes fatal encounters behind the wheel, and lower grades in school.
- THC determines the strength or potency of the marijuana and this ingredient has been increasing since the 1980's
- Different people have different effects when smoking marijuana- some may not feel anything, some may have a relaxed feeling, and some may experience anxiety and paranoia.

The "Gateway" Drug and Addiction:

- Addictive substances like THC changes the way the brain responds to other drugs- can show an enhanced response to other addictive substances like nicotine in the brain.
- Marijuana can increase the likeliness that someone will use "harder" drugs but it also depends on social environments whether someone is more at risk for drug addiction.
- Although no one has died due to smoking marijuana, extreme psychotic reactions may occur.
- Some youth consume marijuana edibles which takes the body longer to process versus smoking, so they consume more trying to get higher faster which results in these extreme psychotic reactions.

Preventing the use of Marijuana:

- ✓ Tell your kids/students that it is okay to say NO!!
- ✓ Suggest Drug-Free Events and Activities to participate in, in the community.
- ✓ Be a Positive Role Model!!
- ✓ Know different resources in the community that help with drug addiction
- ✓ Stay EDUCATED about the up to date drug facts and trends to help prevent use sooner.

Short Term and Long Term Effects of Marijuana on the Brain and Body:

- ❖ When marijuana is smoked, the mind-altering chemical tetrahydrocannabinol (THC) passes from the lungs to the bloodstream
- ❖ If teenagers use marijuana, long-term effects can include reductions in thinking, memory, and learning functions
- ❖ Physical effects include breathing problems because of irritated lungs, increased heart rate for up to 3 hours after smoking, and nausea and vomiting by leading to users developing Cannabinoid Hyperemesis Syndrome
- ❖ Long term use can lead to mental illness (temporary hallucinations, temporary paranoia, etc.)



Web: <https://www.piedmontcsb.org/>
Franklin Co Number: 540-483-0582
Martinsville/Henry Co Number: 276-632-7128

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