

Marijuana

KNOW THE MYTHS ABOUT MARIJUANA

MYTH: It's not addictive

THC is addictive. Pot can become a need instead of a choice and it can be hard to quit. If you stop using marijuana and feel irritable, anxious, or have trouble sleeping, it could be withdrawal.

MYTH: It's legal now

If you're under 21, it's illegal to have or use marijuana. You can get in trouble and that's no fun!

MYTH: It's all natural

Sometimes it's grown with unsafe chemicals. It's important to trust the people you get it from.

MYTH: It's not bad for my health

If you smoke, it can hurt your lungs just like smoking tobacco.

MYTH: It doesn't have long-term effects

It can affect your memory. You'll start to forget all those great times you had with your friends.

MYTH: It helps me focus

Using it before you're 16 can reduce your IQ and make you less smart.

MYTH: It helps me sleep

You might fall asleep fast, but you wake up feeling tired.

What are the different names for it?

There are lots of different names for marijuana like weed, pot, hash, cannabis, and ganja to name just a few.

What are the different ways to use it?

People smoke it, vape, dab, eat it (edibles) and use it with tobacco.

What's in it?

THC and **CBD** are the two natural chemicals in marijuana.

THC gets you high. It connects with nerve cells in your brain so you feel good. You might also have trouble thinking, with your coordination, or remembering things because of it.

CBD doesn't get you high. It has lots of medical benefits and you can't get addicted to it.

Is there anything good about it?

Marijuana can help some people relax, focus, or help with their pain. CBD can have the same benefits and it's legal. You can buy CBD in stores.

What if I'm feeling pressured?

If you're feeling pressured to try it or use it and you don't want to, have a plan. You can say something like, "My parents would kill me if I use it. And they always find out."

If you are wondering about your marijuana use or just want to talk, you can call the Substance Abuse and Mental Health Services Administration (SAMHSA) 24 hours a day, 365 days a year. It's a free helpline in English or Spanish at 800-662-HELP (4357)