



## LONG TERM EFFECTS

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DISTORTED PERCEPTION  
(SIGHTS, SOUNDS, TIME, TOUCH)

IMPAIRED MEMORY AND LEARNING

LOSS OF COORDINATION/DISORIENTATION

TROUBLE WITH THINKING AND PROBLEM-SOLVING

INCREASED HEART RATE, REDUCED BLOOD PRESSURE

HALLUCINATIONS AND DELUSIONS

IMPAIRED GROWTH AND DEVELOPMENT

LOWER SPERM PRODUCTION

IRREGULAR MENSTRUAL CYCLES



MOST MISSOURI COLLEGE STUDENTS  
**HAVE NOT USED CANNABIS  
IN THE PAST YEAR.**

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MOST STUDENTS WHO USE CANNABIS  
**DO NOT DRIVE AFTER USE.**

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**SOCIAL CANNABIS USE**  
(AT PARTIES, WITH FRIENDS, HANGING OUT)  
**CAN STILL HAVE  
NEGATIVE CONSEQUENCES.**



## EFFECTS ON LUNGS

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SMOKING AND/OR VAPING CANNABIS, EVEN INFREQUENTLY, CAN CAUSE BURNING AND STINGING OF THE MOUTH AND THROAT, HEAVY COUGHING, AND:

DAILY COUGH AND PHLEGM PRODUCTION

MORE FREQUENT ACUTE CHEST ILLNESSES

INCREASED RISK OF LUNG INFECTIONS

OBSTRUCTED AIRWAYS

POTENTIALLY CANCER

(MARIJUANA SMOKE CONTAINS 50-70% MORE CANCER CAUSING CHEMICALS THAN TOBACCO PRODUCTS!)



# CANNABIS

## ADDICTION POTENTIAL

**MARIJUANA CONTAINS THC,  
WHICH IS AN ADDICTIVE CHEMICAL**

**ABOUT 30% OF USERS DEVELOP SOME DEGREE  
OF PROBLEM USE**

**PEOPLE WHO HAVE USED MARIJUANA BEFORE THE AGE OF  
18 ARE 4-7 TIMES MORE LIKELY TO DEVELOP AN ADDICTION**

**25% TO 50% OF DAILY USERS BECOME ADDICTED**

**MARIJUANA WITHDRAWAL SYMPTOMS**  
**IRRITABILITY, SLEEPLESSNESS, ANXIETY,  
AND DRUG-CRAVINGS**

**(INFORMATION TAKEN FROM NATIONAL INSTITUTION FOR DRUG ABUSE)**



## **BREAK THE HABIT**

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### **GET MOVING!**

ANY SERIOUS PHYSICAL ACTIVITY CAN BOOST YOUR SPIRITS AND CLEAR YOUR HEAD.

### **EAT BETTER!**

A JUNK-FOOD-FREE DIET CAN HELP DECREASE ANY BLUES THAT CAN COME FROM QUITTING MARIJUANA USE.

TAKING A BREAK FROM CAFFEINE AND SUGAR WOULDN'T HURT, EITHER.

### **RELAX!**

TAKE IT EASY. TRY A NEW ACTIVITY OR PRACTICE A SKILL THAT YOU'VE LET SLIDE FOR A WHILE AND JUST ENJOY YOURSELF.