

WHAT IS IT?

Marijuana is a name given to the plant *Cannabis Sativa* when it is used as a drug. The main active chemical is THC, which causes changes in mood, altered senses, and difficulty thinking.

HOW DO PEOPLE USE IT?

Marijuana can be smoked through blunts (emptied cigarettes refilled with marijuana), joints (rolled paper), or bongos (water pipes). People also use vaporizers, edibles (foods baked with marijuana inside), and dabbing (oils, wax, shatter all made from the resin of marijuana plants that is smoked).

MISSOURI COLLEGE STUDENTS AND MARIJUANA

- Missouri college students believe that 86% of typical college students uses marijuana.
- 3 out of 4 Missouri college students HAVE NEVER used marijuana.
- 93% of students have NEVER driven under the influence of marijuana.
- Of those students who use marijuana, 38% want to quit or are trying to quit.

To find resources on your campus, visit

pip.missouri.edu/resources



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the
GRASS
isn't always
GREENER

real facts about
Marijuana

This publication is brought to you by Partners in Prevention, a coalition of universities in Missouri.

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Partners in
Prevention

MARIJUANA'S EFFECTS ON

Health

Use of marijuana increases your heart rate and blood pressure. It can also increase your risk of lung infections and damage your immune system.

Learning

Marijuana can impair your memory and ability to learn new things. Your ability to problem-solve and retain information can also be greatly reduced.

Judgment

Using marijuana can result in mood and personality changes and can distort your perceptions of reality (sights, sounds, time, touch).

Sex

Marijuana can decrease sex drive, lower sperm production in men, and cause irregular menstrual cycles in women.

Sleep

Marijuana doesn't help with sleep and actually increases next day daytime sleepiness, anxiety, irritability, fatigue and jumpiness.

Motivation

Increased use of marijuana can decrease motivation, both short term and long term.

LEGAL RISKS

Missouri has some of the harshest marijuana laws in the country:

Possessing

35g or less

Misdemeanor. Max 1 year prison, \$1k fine.

35g-30kg

Felony. Max 7 years in prison, \$5k fine.

Selling

5g or less

Felony. Max 7 years in prison, \$5k fine.

5g-35g

Felony. 5-15 years in prison, \$5k-\$20k fine.

PROFESSIONAL & ACADEMIC RISKS

Having a drug conviction on your record can impact your academic and professional careers, here's how:

- It can affect your **financial aid** and **disqualify you for scholarships.**
- It can affect your **ability to live in on campus housing.**
- It could result in **expulsion from college.**
- It makes it **difficult to find government jobs**, jobs selling controlled substances (pharmaceuticals), and jobs requiring licenses (transportation, medical, legal etc.).
- It could result in a **failed background check** for positions you're qualified for.

POTENTIAL FOR ADDICTION

- 9% of users become addicted.
- 17% of users that start smoking at a young age become addicted.
- 25-50% of daily users become addicted.

GETTING HELP

Marijuana addiction, like any kind of addiction, can be tough to battle on your own. If you are looking to quit using marijuana, consult a medical doctor or your campus health or counseling services. If you would like to talk to someone or find a local treatment facility, call (800) 662-HELP.

WITHDRAWAL

Two-three weeks after discontinued use, some users will face the withdrawal.

Symptoms include:

- Irritability
- Drug-craving
- Sleeplessness
- Loss of Appetite
- Anxiety

DEALING WITH WITHDRAWAL

Get moving! Any serious physical activity can boost your spirits and clear your head.

Eat some veggies! A junk-food-free diet can decrease any blues that can come from quitting marijuana use.

Relax! Take it easy. Try a new activity or practice a skill that you've let slide for a while.

DRIVING UNDER THE INFLUENCE OF ANY DRUG IS ILLEGAL, SO YOU CAN POTENTIALLY GET A DUI IF DRIVING WHILE HIGH