

MARIJUANA/CANNABIS FACTS TO CONSIDER

Cannabis refers to all products derived from the plant *Cannabis sativa*. **Marijuana** refers to parts of or products from the plant *Cannabis sativa*. Common terms are weed, pot, reefer, grass, ganja, Mary Jane, and more.

HOW IS TODAY'S MARIJUANA USED?



Marijuana is typically smoked or vaped. Cartridges and flowers both contain THC, the psychoactive ingredient of marijuana.



Edibles also contain THC at a specified "dose" per serving. The effects have a delayed onset, can last for hours, and can lead to overdose.



Just because cannabis is regulated doesn't mean it is safe to use. No matter what you call it, it can negatively impact your life.

MARIJUANA CONCENTRATES



Concentrates can contain up to **95%** of THC, which is significantly higher when compared to cannabis flowers/buds.



Use of concentrates can cause serious hallucinogenic and psychological effects that impair functioning.



The amount of THC in marijuana increased **300%** over the past three decades. You don't always know how it will impact your body.

YOUTH HEALTH IMPACT



Alcohol and marijuana use are the most common reasons youth in Monmouth County enter substance use treatment.



Teens who regularly use marijuana may experience difficulty thinking, problems with memory, and a lower IQ.



Marijuana use has been linked to mental health problems in teens, including depression, psychosis, anxiety, and paranoia.

OTHER THINGS TO KNOW



Overdose means something different for each drug. You **CAN** overdose on marijuana if you consume too much.



After alcohol, marijuana is the most common drug involved in auto fatalities. Driving under the influence is illegal, regardless of age.



Children can potentially be at fatal risk when ingesting marijuana edibles, such as brownies, chocolate bars, and gummies.

UNDERAGE DRINKING FACTS TO CONSIDER

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), an estimated 95,000 people die from alcohol-related causes annually, making alcohol the third-leading preventable cause of death in the United States.

YOUTH HEALTH IMPACT

Youth who drink alcohol are more likely to experience:

- Changes in brain development that may have lifelong effects.
- Social problems, such as fighting or lack of participation in youth activities.
- Unwanted, unplanned, and unprotected sexual activity.
- Physical and sexual violence.
- Misuse of other substances.

LOCAL RESOURCES



Monmouth ResourceNet
monmouthresourcenet.org
info@monmouthresourcenet.org

Monmouth County
Children & Youth Behavioral Health
2020-2021 Reference Guide

AT SCHOOL



Confidentially contact your Student Assistance Coordinator (SAC)
or School Counselor

LOOKING FOR COMMUNITY SUPPORT?



Scan to learn about SURE

Substance Use Referral and Education (SURE)
Mental Health Association of Monmouth County
(732) 542-6422 | www.mentalhealthmonmouth.org

For medical emergencies, dial 911.

www.pcofmc.org



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Sources:

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- <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking>