BACKGROUND

Plant species Cannabis Sativa

After-effects include a slight hangover and reduced concentration

97% of MU Students are not regular marijuana users

Most MU Students have not used marijuana in the past year

(MCHBS, 2013, n=1372)
SHORT-TERM EFFECTS

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
(In the first hour after smoking you’re 4.8x more likely to have a heart attack!)
Hallucinations and delusions
Impaired growth and development
Lower sperm production in men
Irregular menstrual cycles in women

Information from the National Institute on Drug Abuse
EFFECTS ON THE LUNGS

Smoking marijuana, 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!)

Information from the National Institute on Drug Abuse
LEGAL RAMIFICATIONS

Possessing 35 g or less:
Misdemeanor, max 1 year in prison, $1,000 fine

Possessing 35 g-30 kg:
Felony, max 7 years in prison, $5,000 fine

Selling 5 g or less:
Felony, max 7 years in prison, $5,000 fine

Selling 5 g to 30 g:
Felony, 5-15 years in prison, $5,000-$20,000 fine

Driving under the influence of any drug is illegal, so you could potentially get a DUI if driving while high

Information from the National Institute on Drug Abuse
Marijuana contains THC which is an addictive chemical

About 9% of users become addicted

17% of users that start smoking at a young age become addicted

25-50% of daily users become addicted

Marijuana withdrawal symptoms

Irritability
Sleeplessness
Anxiety
Drug-craving
Decreased Appetite

Information from the National Institute on Drug Abuse
BREAK THE HABIT

Get Moving! Any serious physical activity can boost your spirits and clear your head. Running, cycling, or shooting hoops can turn on the same feel-good brain chemicals, without the risks—or the expense.

Undo the Dew! A junk-food-free diet can decrease any blues that can come from quitting marijuana use. Taking a break from caffeine and sugar can’t hurt, either.

Relax! Take it easy. Try a new activity or practice a skill that you’ve let slide for a while. Now is as good a time as any try new activities.

Attend Marijuana 101! Call the Wellness Resource Center at 573-882-4634 for more information or to meet with a BASICS coach to talk about your marijuana use.

Information from the National Institute on Drug Abuse