

MYTH:
OF MISSOURI
COLLEGE STUDENTS,
80%
BELIEVE
THE TYPICAL
STUDENT USES
MARIJUANA

BUSTED:
3 OUT OF 4
DO NOT USE
MARIJUANA
AT ALL



Data from MCHBS, 2014



FOR SOURCES AND SPECIFIC
REFERENCES PLEASE VISIT
PIP.MISSOURI.EDU/MARIJUANA



THE
BLUNT
TRUTH

WHAT IS IT?

Marijuana is a name given to the plant **Cannabis Sativa** when used as a drug. The main active chemical is tetrahydrocannabinol, or THC, which moves quickly through the bloodstream to the brain and other organs.

LEGAL RISKS

MISSOURI HAS SOME OF THE HARSHTEST 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 AND ACADEMIC RISKS

Having a drug conviction on your record can impact your academic and professional careers! Drug convictions may affect your financial aid and disqualify you for scholarships. Not only that, but many schools will kick you out if you receive a drug conviction!

Drug convictions can also have a large effect on your professional career: you may find it difficult to find government jobs, jobs selling controlled substances (pharmaceuticals), and jobs requiring licenses (transportation, medical, legal etc).

EFFECTS

Marijuana is often thought to be a harmless drug but it actually has many negative effects on users' body and life!

HEALTH

Marijuana increases your heart rate and blood pressure! It can also increase your risk of lung infections and lower your body's resistance to common illnesses!

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, and touch).

SEX

Not only can Marijuana decrease sex drive, it also can lower sperm production in men and cause irregular menstrual cycles in women.

SLEEP

Though many use marijuana as a sleep aid, some studies report that marijuana actually throws off your sleep cycle! It also increases next day daytime sleepiness, anxiety, irritability, fatigue and jumpiness.

MOTIVATION

Increased use of marijuana can affect your brain chemistry leading to a decrease in motivation.

ADDICTION

Long-term marijuana use can lead to addiction and dependence.

POTENTIAL FOR ADDICTION

- ★ Marijuana contains THC which is an addictive chemical
- ★ 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 1-800-662-HELP.**

WITHDRAWAL

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

SYMPTOMS

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

DEALING WITH WITHDRAWAL

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

Undo the Dew! 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.

MARIJUANA

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