

Marijuana 101

Get the facts



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mar•i•jua•na, \ ,mer-ə-'wä-nə
the psychoactive dried resinous flower buds and leaves of the female hemp or cannabis plant (*Cannabis sativa* or *C. indica*) that contain high levels of THC and are smoked, vaped, or ingested (as in baked goods) especially for their intoxicating effect. (*Merriam-Webster.com*)

Although marijuana remains illegal federally, Michigan voters approved medical marijuana use in 2008 and recreational use for individuals 21 years and older in 2018. Medical marijuana may be used for youth under 18 years old following the State's approval of a medical marijuana card application and proper documentation/referral from a physician.

Using someone else's medical marijuana products and/or using recreational marijuana has some serious risks and consequences for youth.

DON'T LET WEED DEFLATE YOUR DREAMS



WATCHING YOUR TUITION FLOAT AWAY

WOULD BE A REAL BUMMER.

A Minor in Possession (MIP) occurs when someone under 21 years old is found to be in possession of drugs or alcohol. Marijuana related charges can cause you to lose your scholarship or financial aid for college.



YOU COULD GET FIRED,



Testing positive for marijuana can be grounds for losing your job. If you break your employer's rules for marijuana you can be fired, no matter how old you are.

IN A CAR ACCIDENT,

Marijuana may impair reaction time, motor coordination, and judgment. Marijuana is the drug most frequently found in the blood of drivers involved in vehicle crashes, including fatal ones.

Source: National Institute on Drug Abuse

OR BENCHED FOR GOOD.

You can be kicked off the team and not allowed to participate in extracurricular activities if you violate a school's drug policy. You risk being suspended or even expelled from school.





BEWARE OF BEARS

Edibles can contain high concentrations of THC – the chemical that makes you feel high. They can take up to four hours to take effect and can lead to severe symptoms such as loss of coordination, mild to severe tiredness, difficulty breathing, hallucinations, and nausea.

KEEP YOUR BRAIN STRONG

Your brain is developing until your mid-20s. Getting high may make it harder to learn and can impair memory and school performance. It can decrease motivation to do activities you enjoy, like sports and music. Using marijuana increases your risk of developing anxiety or depression.



BREATHE EASY TO DO WHAT YOU LOVE



Smoking marijuana may damage your lungs. Marijuana smoke contains many of the same chemicals as tobacco smoke.



23.7%

OF MICHIGAN HIGH SCHOOL
STUDENTS CURRENTLY
USE MARIJUANA



58.6%

OF MICHIGAN HIGH SCHOOL
STUDENTS HAVE NEVER
USED MARIJUANA

*Source: Centers for Disease Control & Prevention,
High School Youth Risk Behavior Survey, 2017.*



FAQ

Is it possible to overdose or have a bad reaction to marijuana?

A deadly overdose is unlikely, but that doesn't mean marijuana is harmless. The signs of using too much marijuana include extreme confusion, anxiety, paranoia, panic, fast heart rate, delusions or hallucinations, increased blood pressure, and severe nausea or vomiting. In some cases, these reactions can lead to unintentional injury such as a motor vehicle crash, fall, or poisoning. An emergency room visit may be necessary.

What are the effects of mixing marijuana with alcohol, tobacco or prescription drugs?

Using alcohol and marijuana at the same time is likely to result in greater impairment than when using either one alone. Using marijuana and tobacco at the same time may also lead to increased exposure to harmful chemicals, causing greater risks to the lungs and heart.

Is it possible to become addicted to marijuana?

Yes, about 1 in 10 marijuana users will become addicted. For people who begin using younger than 18, that number rises to 1 in 6.

What do I do if I or someone I know has tried to stop using marijuana, but can't?

Tell a trusted adult such as a parent, coach, teacher, or counselor. There are resources and treatment programs that can help. If you suspect a loved one is misusing or abusing marijuana, you can talk to them and encourage them to get help. Call SAMHSA's National Helpline – 1-800-662-HELP (4357) – for referrals to local treatment facilities, support groups, and community-based organizations.



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