



Youth Truth Matters

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Youth Truth Matters

Cannabis Sativa.....

Marijuana (Pot) - The parts of the brain which control emotions, memory, and judgment are affected by pot. Smoking pot can not only weaken your short-term memory (making it harder to remember what you learned in class or at work) but can prevent that information from making it into your long term memory. So, when you write your exam or try to recall information, you may not be able to remember.

Test Your Marijuana Smart

Test Your Marijuana Smart

- Marijuana isn't harmful because it's natural.
 - True
 - False
- Unlike other illegal drugs, marijuana isn't addictive.
 - True
 - False
- People who smoke marijuana are more careful drivers.
 - True
 - False
- Compared to cigarette smoke, marijuana smoke
 - A. Is not nearly as bad for your health
 - B. Is just as bad for you, maybe worse
 - C. Is much worse for you
 - D. none of the above
- Using marijuana regularly
 - A. Can impair judgment and make a person more likely to get into trouble
 - B. Usually makes a person mellow and relaxed and less likely to get into trouble
 - C. Makes a person hallucinate and become dangerously violent
- How long does marijuana stay in your body?
 - A. Up to 3 days
 - B. Up to 10 days
 - C. Up to a few weeks
 - D. Up to several months
- Unlike other illegal drugs, marijuana isn't addictive.
 - True
 - False
- People who smoke marijuana are more careful drivers.

Youth Truth Matters

Tri-County Women's Centre
 12 Cumberland Street
 Yarmouth NS
 B5A 3K3

Phone: 902 742-0085
 Fax: 902 742-6068
 Toll Free 1 877 742-0085
 E-mail:
 kirsta@tricitywomenscentre.org

Did You Know

A common bad reaction to marijuana is the "acute panic anxiety reaction." People describe this reaction as an extreme fear of "losing control," which causes panic. The symptoms usually disappear in a few hours.

This Newsletter has been developed by the Youth Truth Matters group from Drumlin High School



Marijuana

Marijuana is cheaper and less potent than hashish. It is commonly used and pretty easy to find because it is so inexpensive. Marijuana consists of the flower tops of female cannabis plants.

Did You Know

Smoking marijuana suppresses your body's instinctual need to throw-up bad things in your stomach. If you have been smoking pot while drinking your body will not be able to purge when your blood alcohol level reaches a dangerous level. This is how so many youth die each year from alcohol poisoning...too often they were also smoking pot!!!

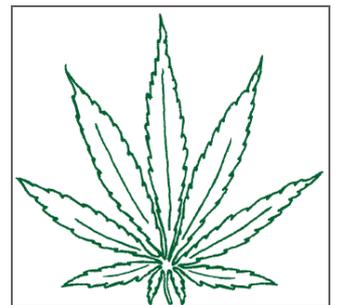
Hashish

This potent form of cannabis is taken from female marijuana plants. It consists of the most potent parts of these plants. It is taken from the trichomes from the flowered tops of female cannabis plants.

Other

Sativa and Indica are the two primary species of cannabis. Sativa often helps to improve the user's moods and also relieves pain. They may also have hallucinogenic effects. Indica is the more potent form of the two.

The main active ingredient in **marijuana**, THC (delta-9-tetrahydrocannabinol), stimulates brain cells to release the chemical dopamine, which creates a feeling of pleasure. This effect is partly responsible for the "high" a person feels when he or she smokes marijuana. It is one of the main reasons people use marijuana again and again, which can lead to addiction. You may be surprised to know that 1 in 11 adults who use marijuana become addicted. And the younger someone starts smoking, the higher the risk. One in six people who start in their teens will become addicted.



THC affects a part of the brain called the hippocampus, which is critical for processing and storing new information, making it difficult to learn. THC also affects attention, impairing your ability to do complex tasks that require focus and concentration. These effects can last even after the high is long gone, especially for frequent users of marijuana, and that can make it harder for them to do well in school, work, performing daily tasks.

SMOKING MARIJUANA CAN HURT YOUR ABILITY TO . . .

- **concentrate**
- **remember what you learned**
- **focus on projects or tasks**
- **react quickly while driving**
- **perform in sports owing to effects on coordination**

THC also affects parts of the brain that control timing, movement, and coordination. This not only diminishes athletic performance, but also puts you at risk for serious injury. Using marijuana can lead to other serious problems, especially for the lungs. Chronic marijuana users develop coughs, excess phlegm, and bronchitis because of the toxic mix of gases and particles in marijuana smoke.

Did You Know...Driving under the influence of marijuana is dangerous.

The skills you need to drive safely—alertness, concentration, coordination, judgment, and reaction time—are controlled by the parts of your brain affected by THC. This means that smoking marijuana seriously increases the likelihood of a car accident.

Some people think they can compensate for the effects of marijuana by driving more slowly or paying closer attention to the road. But that does not work, especially when combined with even a small amount of alcohol.

In fact, marijuana (sometimes in combination with other drugs and alcohol) is the most common illegal drug found in the systems of drivers who die in car accidents. Bottom line: It's not safe to drive after smoking marijuana or to ride with a driver who has been smoking marijuana.

Answers

1. Marijuana isn't harmful because it's natural.

False. Marijuana is not a harmless little plant. Smoking marijuana can lead to some changes in your brain similar to those caused by cocaine, heroin and alcohol and marijuana contains the same cancer-causing chemicals as tobacco. It can also ruin your future, by getting you kicked out of school or off a sports team, or get you in trouble with the law. You call that harmless? And besides, the fact that something is 100 percent natural doesn't mean it's good for you. Heroin is synthesized from a chemical produced by the opium poppy. Cocaine is extracted and refined from the coca plant. These are two of the most harmful drugs known today.

2. Unlike other illegal drugs, marijuana isn't addictive.

False. Research proves that marijuana is addictive. It's true that withdrawal might not be as severe as with heroin or other drugs, but research shows that people who regularly smoke marijuana have withdrawal symptoms—drug cravings, decreased appetite, nervousness, irritability, stomach pain, aggression and anxiety, among others

3. People who smoke marijuana are more careful drivers.

False. Marijuana affects the skills needed for safe driving: alertness, the ability to concentrate, coordination and reaction time. A study of patients in a shock-trauma unit who had been in traffic crashes found that 15 percent of those who had been driving a car or motorcycle had been smoking marijuana, and another 17 percent had both THC (the active ingredient in marijuana) and alcohol in their blood.

4. Compared to cigarette smoke, marijuana smoke

- A. Is not nearly as bad for your health
- B. Is just as bad for you, maybe worse**
- C. Is much worse for you
- D. none of the above

Is just as bad for you, maybe worse Marijuana contains the same cancer-causing chemicals as tobacco—including the deadly carcinogen benzopyrene—and at higher concentrations. Smoking four joints a week is the equivalent of smoking an entire pack of cigarettes every day, which even in the short term, leads to lung and respiratory problems. Long-term use increases the chances of tissue damage and lung cancer. Regardless of the content of THC (the intoxicating chemical in marijuana) the amount of tar inhaled by marijuana smokers and the level of carbon monoxide absorbed are three to five times greater than among tobacco smokers for similar amounts. A study conducted at the University of California, Los Angeles shows that the way smokers inhale marijuana and hold it in the lungs adds to the damage.

5. Using marijuana regularly

- A. Can impair judgment and make a person more likely to get into trouble**
- B. Usually makes a person mellow and relaxed and less likely to get into trouble
- C. Makes a person hallucinate and become dangerously violent

Can impair judgment and make a person more likely to get into trouble The popular stereotype of the pot user is the "mellow" label. The stoner in the movies is happy. He laughs a lot, eats lots of terrible food, and doesn't bother anyone. The facts don't support this image. The effects of marijuana vary from user to user, but the fact is, they're not all laughing. A lot of people don't enjoy the experience at all. Smoking dope can lead to anxiety, panic attacks, depression and paranoia. If you become a regular user, chances are you won't feel better over time: teens who become regular marijuana users are three times as likely to have suicidal thoughts than those who don't, according to the National Household Survey on Drug Abuse. Pot users aren't always mellow—and they're much more likely to get in trouble than nonusers. The National Household Survey also found that teens who frequently use marijuana are almost four times as likely to commit a violent act—either against people or property—than those who don't. They're five times as likely to steal. Impaired judgment can also lead to sex and make kids vulnerable to sexually transmitted diseases and unwanted pregnancies.

6. How long does marijuana stay in your body?

- C, is Correct.**
- A. Up to 3 days
- B. Up to 10 days
- C. Up to a few weeks**
- D. Up to several months

Up to a few weeks Even after users stop feeling the effects of marijuana, the drug can linger in the body for a few weeks. That means it can be detected by a standard drug test long after its initial use.