

A Hat-Trick of Information about Marijuana

Did you know:

- marijuana (pot, grass, weed) smoke contains substantially more cancer-causing chemicals than tobacco smoke
- chemical ingredients in marijuana can stay in the body up to a month following the smoking of a single joint
- today's marijuana is about 20 times stronger than marijuana used in the 1960's
- marijuana users can experience a psychological dependence on the drug and can develop a tolerance to the drug, requiring them to use more or stronger forms of marijuana to achieve the same level of "high"
- the effects of marijuana can linger long after the "high" is gone

Regular marijuana use causes these symptoms- sooner or later:

- lack of motivation
- red eyes and fatigue
- decreased performance in schoolwork and sports
- loss of timing
- loss of short term memory
- changes in grooming and appearance
- abrupt mood changes
- impaired driving ability
- irritability and increasing friction with peers and family

Marijuana use affects the body and how it functions:

- it increases the heart rate
- it irritates the lungs and impairs the lung's ability to expel bacteria and other foreign substances
- it interferes with the ability to concentrate, which is necessary for basic academic skills, like reading comprehension, verbal and arithmetic problem solving, and overall thinking ability
- it interferes with motor skills by slowing down reaction time, distorting visual perception, and minimizing coordination
- in the male, it can reduce sperm production and mobility
- in the female, it can cause irregular menstrual cycles and egg production
- it interferes with psychological functioning, personality development and emotional growth

Information Sources:

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- National Institute on Drug Abuse, "For Parents Only: What You Need To Know About Marijuana", revised 1981
- Pollin, William, M.D., Director, National Institute on Drug Abuse, in a statement on Health and Educational Effects of Marijuana on Youth before the Subcommittee on Alcoholism and Drug Abuse, Committee on Labor and Human Resources, United States Senate, October 21, 1981
- Drug Precipice, UNSW Press Book, 1998

If you don't or can't believe the statements made - contact these addresses for full reports:

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