

MARIJUANA: FACTS YOU SHOULD CONSIDER

HOW IS TODAY'S MARIJUANA USED?



Marijuana is typically smoked or vaped. Cartridges and flower both contain THC, the psychoactive ingredient of marijuana.



Edibles also contain THC, at a specified "dose" per serving. The effects have a delayed onset and can last for hours.



Just because cannabis is regulated, it doesn't mean that it is safe to use. It doesn't matter what you call it, it can negatively impact your life.

MARIJUANA CONCENTRATES



Concentrated marijuana contains significantly higher levels of THC when compared to traditional, marijuana flower/bud.



Use of marijuana concentrates can cause serious hallucinogenic and psychological effects which impair functioning.



Overall, the amount of THC in marijuana has increased 300% over the past three decades. You don't always know how it will impact your body.

YOUTH HEALTH IMPACT



In Ocean County, the most common reason youth enter substance use treatment is for alcohol and marijuana use.



Teens who regularly use weed may experience difficulty thinking, problems with memory, and a lower IQ.



Marijuana use has been linked to mental health problems in teens including depression, anxiety, paranoia, and psychosis.

OTHER THINGS TO KNOW



To "overdose" means different things for different drugs. You CAN overdose on marijuana if you consume too much.



Marijuana is the second most common drug involved in auto fatalities, only after alcohol. Driving under the influence is illegal for everyone.



Marijuana edibles, such as brownies, chocolate bars, and gummies, pose a risk for accidental ingestion by young children.

RESOURCES

QUICK FACTS AND INFORMATION



[cdc.gov/marijuana/factsheets/teens.htm](https://www.cdc.gov/marijuana/factsheets/teens.htm)
[teens.drugabuse.gov/drug-facts/marijuana](https://www.teens.drugabuse.gov/drug-facts/marijuana)
<https://www.justthinktwice.gov/facts-about-marijuana-concentrates>

LOCAL RESOURCES



<https://www.oceanresourcenet.org/>
<http://www.co.ocean.nj.us/OC/OCDHS/frmCIACC.aspx>
NJ Poison Control: Call (800) 222-1222

AT SCHOOL



Confidentially contact your Student Assistance Coordinator (SAC) or School Counselor.

LOOKING FOR COMMUNITY SUPPORT?



Scan To Learn
About SURE

Please contact the Substance Use Referral and Education (SURE) program at (732) 929-2806

If this is a medical emergency, please dial 911.

Data sourced from the above websites, National Institute on Drug Abuse Monitoring the Future Survey (2020), and ElSohly MA, Mehmedic Z, Foster S, Gon C, Chandra S, Church JC. Changes in Cannabis Potency over the Last Two Decades (1995-2014).



Institute for Prevention and Recovery

RWJ Barnabas HEALTH



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County



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