What You Need to Know About Youth & Marijuana

WHAT IS MARIJUANA?
Marijuana, also called weed, pot, bud, or cannabis, refers to the dried leaves, flowers and seeds of the cannabis plant. The marijuana plant contains more than 100 different compounds called cannabinoids, such as tetrahydrocannabinol (THC) and cannabidiol (CBD).

HOW IS MARIJUANA USED?
Marijuana can be consumed in many ways, including smoking, vaping, eating, drinking and dabbing. Each method has different safety risks and can be harmful for youth whose brains are still developing. It is against federal law to possess or use marijuana regardless of age.

HOW MANY YOUNG PEOPLE DO NOT USE MARIJUANA?
- 89% 8th graders
- 76% 10th graders
- 62% 12th graders

Lifetime prevalence of marijuana use in youth in 2022 was 11% in 8th grade, 24% in 10th grade, and 38% in 12th grade.

HOW DOES MARIJUANA AFFECT THE BRAIN?
Marijuana use directly affects the parts of the brain responsible for:
- memory
- attention
- decision-making
- emotions
- coordination
- reaction time

People who begin marijuana use in their youth are at an increased risk for impaired brain development.

CAN MARIJUANA BE ADDICTIVE?
Yes, research suggests approximately 30% of people who use marijuana have a marijuana use disorder. People who begin using marijuana before 18 are more likely to develop a marijuana use disorder as an adult.

Signs that someone may be addicted to marijuana include:
- Giving up important activities with friends and family in favor of using marijuana
- Using marijuana even when it causes problems fulfilling everyday tasks
- Needing more marijuana to get the same effect
- Being unsuccessful in efforts to slow down or quit

IS IT SAFE TO USE MARIJUANA AND DRIVE?
No, marijuana use can impair essential skills required for safe driving. If you plan to use or have used alcohol or drugs, including marijuana, choose not to drive and remind your friends and family to do the same.

IS MARIJUANA MEDICINE?
Marijuana has compounds that may help symptoms for some health problems; however, much of the research around medical uses of marijuana comes from research of isolated cannabinoids or compounds from the plant. No federal standards have been implemented for the quality and safety of marijuana products sold in state-based medical marijuana dispensaries. These products are not approved by the FDA.
REFERENCES


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