

# 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**.<sup>1</sup> The marijuana plant contains more than 100 different compounds called **cannabinoids**, such as **tetrahydrocannabinol (THC)** and **cannabidiol (CBD)**.<sup>2</sup>

## 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**.<sup>3</sup> It is against federal law to possess or use marijuana regardless of age.

## HOW MANY YOUNG PEOPLE DO NOT USE MARIJUANA?



Lifetime prevalence of marijuana use in youth in 2022 was 11% in 8th grade, 24% in 10th grade, and 38% in 12th grade.<sup>4</sup>

## HOW DOES MARIJUANA AFFECT THE BRAIN?

Marijuana use directly affects the parts of the brain responsible for:<sup>2</sup>



**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.<sup>5</sup>



Signs that someone may be addicted to marijuana include<sup>5</sup>:

- 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.**<sup>2</sup> 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.<sup>5</sup> **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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