

# MARIJUANA: THE FACTS

*Marijuana is stronger and more hazardous today! It's a green/brown mixture of dried shredded leaves, stems, seeds and flowers from the hemp plant. Most users roll loose marijuana into a cigarette called a "joint." It can also be smoked in a water pipe "bong," mixed in food and/or brewed as tea. Street names include: Weed, Aunt Mary, Boom, Chronic, Dope ganja, Gangster, Grass, Hash, Herb, Kif, Mary Jane, Pot, Reefer, and Sinsemilla.*

- **Marijuana is mind-altering and affects your ability to learn.**  
*THC (the active ingredient) affects the nerve cells in the brain reducing motivation, ability to speak and to remember things.*
- **Marijuana affects your self-control interfering with your life.**  
*Marijuana can seriously affect your sense of time, perception, and coordination, impacting things like driving, school, and work.*
- **Marijuana can be addictive.**  
*It can also lead to the use of other drugs.*
- **Marijuana affects your lungs.**  
*A single joint contains four times as much cancer-causing tar as a filtered cigarette. You can develop breathing problems like cigarette smokers: coughing, wheezing, colds and/or lung infections.*
- **Marijuana is not always what it appears to be.**  
*Marijuana can be laced with other dangerous drugs without your knowledge (such as crack cocaine, or PCP).*
- **Marijuana is illegal.**  
*Buying, selling or having small amounts can lead to an arrest.*

***The bottom line: If you know someone who smokes marijuana, urge him/her to stop or get help.  
If you're smoking marijuana – stop!  
The longer you ignore the real facts, the more chances you take with your health and well-being.***

**[www.drugfreeNH.org](http://www.drugfreeNH.org)**

FACT SHEET

Alcohol, Tobacco and Other Drug Clearinghouse

NH Department of Health and Human Services

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Promoting Prevention and Recovery

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