

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.***

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FACT SHEET

Alcohol, Tobacco and Other Drug Clearinghouse

NH Department of Health and Human Services

NHBDAS
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Promoting Prevention and Recovery

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