



BEFORE YOU RISK IT!

- 1 KNOW THE LAW.** Marijuana is a Schedule I drug.⁸ According to federal law, it is illegal to buy or sell marijuana.
- 2 GET THE FACTS.** Using marijuana can cause memory problems and mood changes, and long-term use may lower intelligence.^{9,10}
- 3 STAY INFORMED.** Research suggest that teens usually try alcohol, tobacco, and marijuana before other drugs, though most people who use marijuana do not use other drugs.¹¹
- 4 KNOW THE RISKS.** Marijuana affects your coordination and reaction time, raising your risk of injury or death from car crashes and other accidents. Co-use of alcohol or other drugs heightens crash risks.¹²
- 5 LOOK AROUND YOU.** Most teens aren't smoking marijuana. In fact, only 6.5 percent of youth ages 12 to 17 said that they had smoked marijuana in the past month.¹³



KNOW THE SIGNS

How can you tell if a friend is using marijuana? Symptoms of marijuana use may include:¹⁴

- **Poor physical coordination**
- **Red eyes**
- **Unusual smell on clothing**
- **Problems with short-term memory**
- **Anxiety**



WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING MARIJUANA?

BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and treatment referrals in English and Español, call SAMHSA's National Helpline at:

1-800-662-HELP (1-800-662-4357)

or visit the SAMHSA Behavioral Health Treatment Services Locator at:

findtreatment.samhsa.gov

MORE INFORMATION

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS

"TIPS for TEENS,"

visit store.samhsa.gov or call
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español).



^{1,2,3,5,12} National Institute on Drug Abuse. (2018). Research Reports: Marijuana. Retrieved from <https://www.drugabuse.gov/publications/research-reports/marijuana/letter-director>

⁴ Gilbert, C. R., Baram, M., & Cavarocchi, N. C. (2013). Smoking wet: Respiratory failure related to smoking tainted marijuana cigarettes. *Texas Heart Institute Journal*, 40(1): 64-67.

⁶ Medical News Today. (2017). Marijuana 'may be worse than cigarettes for cardiovascular health'. Retrieved from <https://www.medicalnewstoday.com/articles/318854.php>

⁷ National Institute on Drug Abuse. (2018). Marijuana. *Drug Facts*. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/marijuana>

⁸ Drug Enforcement Administration. (2018). Drug Scheduling. Retrieved from <https://www.dea.gov/druginfo/ds.shtml>

⁹ Centers for Disease Control and Prevention. (2017). Marijuana and Public Health. Retrieved from <https://www.cdc.gov/marijuana/health-effects.html>

¹⁰ Meier, M. H., Caspi, A., Ambler, A., Harrington, H., Houts, R., Keefe, R. S. E., McDonald, K., Ward, A., Poulton, R., & Moffitt, T. E. (2012). Persistent cannabis users show neuropsychological decline from childhood to midlife. *Proceedings of the National Academy of Sciences of the United States of America*, 109(40), E2657-E2664. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3479587/>

¹¹ National Institute on Drug Abuse. (2015). Marijuana: Facts for Teens. Retrieved from <https://www.drugabuse.gov/publications/marijuana-facts-teens/want-to-know-more-some-faqs-about-marijuana>

¹³ Substance Abuse and Mental Health Services Administration. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health* (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFHR2017/NSDUHFHR2017.pdf>

¹⁴ American Addiction Centers. (2018). What Are the Signs That Someone Is High? Retrieved from <https://americanaddictioncenters.org/marijuana-rehab/how-to-tell-if-someone-is-high/>