

WEED

MYTHS  FACTS

STUDENT VERSION

MYTH

"Everyone at school smokes pot."



FACT

MOST STUDENTS DON'T USE MARIJUANA

- In Ventura County...most have never tried it:
 - 91% of 7th graders (9 out of 10)
 - 76% of 9th graders (3 out of 4)
 - 58% of 11th graders (nearly 3 out of 5)

Source: VC CHKS

MYTH

**"I'll be fine if I only get high
on weekends."**



FACT

YOU CAN'T CONTROL YOUR HIGH

- Marijuana is 3-5X stronger than it used to be
- Marijuana's effects can last for days or weeks and include:
 - Problems paying attention and concentrating
 - Slower thinking
 - Less memory

MYTH

**"Smoking weed helps me
sleep at night."**



FACT

TEEN MARIJUANA USERS ARE MORE LIKELY TO HAVE TROUBLE SLEEPING

- They tend to go to bed later and sleep less
- People who start using marijuana early are more likely to have sleep problems later in life

MYTH

**"Smoking weed won't affect
how I do in school."**



FACT

MARIJUANA HAS BEEN SHOWN TO HAVE A CONNECTION TO:

- Lower grades
- Skipping classes
- Studying less
- Lower motivation
- Potential for dropping out
- Lost opportunities (sports, jobs, special programs)

MYTH

“After graduation, what I did in school now won’t matter.”



FACT

TEENS WHO SMOKE MARIJUANA FREQUENTLY HAVE FEWER CHOICES

- 60% of daily users do not complete high school
- Young users are 4X less likely to finish college
- Drug testing can limit job opportunities
- Social media photos may be checked out by school and employers

Sources: Lancet Psychiatry; U of MD

MYTH

"You can't get addicted to weed."



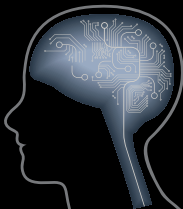
FACT

9% OF THOSE WHO USE MARIJUANA WILL BECOME ADDICTED

- Even more likely the younger you start using
- 25% to 50% who use every day may become addicted
- Withdrawal symptoms are hard to overcome

MYTH

**"Weed has the same effects
no matter what your age is."**



FACT

HEAVY TEEN USE LOWERS IQ PERMANENTLY

- Early marijuana use is linked to IQ dropping about 8 points
- Regular teen users who stopped using later in life did not recover the brain functionality that was lost

MYTH

***"It's medicine, just like
any other drug."***



FACT

MARIJUANA IS NOT THE SAME AS PRESCRIBED MEDICINE

- A doctor may recommend but not prescribe it
- The dosage and potency are not controlled
- It is not tested by the FDA for safety, purity or side effects
- Smoking or eating cause different reactions

MYTH

"I drive better when I'm high."



FACT

MARIJUANA IMPAIRS DRIVING ABILITY

- Impairs motor skills, alters perception of speed and slows reaction time
- Risk of an accident doubles when a person drives soon after using marijuana
- After alcohol, marijuana is the most frequently found substance in the blood of impaired drivers, fatally injured drivers and crash victims

MYTH

"It's just not a big deal."



FACT

MARIJUANA USE IS A BIG DEAL BECAUSE:

- It's almost four times stronger than it used to be
- It affects your brain – sometimes forever
- It impairs driving
- It can impact school, jobs and future success

Primary Resources

Academic opportunity costs of substance abuse during college, Univ of Maryland, (2013)

California Healthy Kids Survey, Ventura County Office of Education (2014)

Examining racial/ethnic disparities in the association between adolescent sleep and alcohol or marijuana use. Sleep Health (2015)

National Institute of Drug Abuse (NIDA), *Research Report: Marijuana* (2015); and, *Drugged Driving* (2014)

Young adult sequelae of adolescent cannabis use: an integrative analysis. The Lancet Psychiatry (2014)

WEED

MYTHS FACTS

Learn more:
VenturaCountyLimits.org



VENTURA COUNTY
BEHAVIORAL HEALTH
ALCOHOL & DRUG PROGRAMS