

TOP TEN MARIJUANA MYTHS

- 1. You can't get addicted to marijuana.** Studies show 17% of adolescents who use marijuana become addicted, and 50% of daily users become addicted. www.ncbi.nlm.nih.gov/pmc/articles/PMC4827335/pdf/nihms762992.pdf
- 2. Marijuana can't lower your intelligence.** Heavy marijuana exposure starting in adolescence predicts an 8-point drop in IQ. doi.org/10.1073/pnas.1206820109
- 3. Marijuana won't increase the odds of you using other drugs.** Adolescent marijuana users are 2.5 times more likely to abuse prescription opioids. www.ncbi.nlm.nih.gov/pmc/articles/PMC3552239/pdf/nihms388189.pdf
- 4. Marijuana makes you a better driver.** Marijuana decreases your reaction time, motor coordination, and driving skills. www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/812440-marijuana-impaired-driving-report-to-congress.pdf
- 5. Students who use marijuana are less likely to drop out of school.** Young people who use cannabis are at an increased risk of poor academic performance and dropping out of school. pubmed.ncbi.nlm.nih.gov/11219366
- 6. Marijuana can't cause mental illness.** Marijuana use can increase your risk of psychosis and schizophrenia four-fold. www.ncbi.nlm.nih.gov/pmc/articles/PMC4988731
- 7. Your fertility rates can't drop if you use marijuana.** Marijuana can reduce fertility due to decreased sperm counts and delayed ovulation. pubmed.ncbi.nlm.nih.gov/26283092
- 8. You'll feel more motivated to do things if you use marijuana.** Long-term marijuana users have lower levels of dopamine and are less ambitious and motivated. www.sciencedaily.com/releases/2016/09/160901211303.htm
- 9. Smoking marijuana is not harmful to your health.** Marijuana smoke can cause symptoms of chronic bronchitis, a heavy cough, and lung irritation. www.drugabuse.gov/publications/research-reports/marijuana/what-are-marijuanas-effects-lung-health
- 10. Marijuana can't kill you.** People have died from cannabinoid hyperemesis syndrome (CHS), characterized by uncontrollable vomiting. pubmed.ncbi.nlm.nih.gov/29768651

QUESTION:

Which one of your beliefs about marijuana was changed by this information?

REFLECT

