

Cannabis



WHAT IS IT?

It's a plant called *cannabis sativa* which is commonly known for its mind-altering ingredient delta-9 tetrahydrocannabinol (THC).

HOW DO PEOPLE USE IT?

Smoked through joints, bongs, and inhaled through vaping devices. People can also mix cannabis in foods such as brownies, cookies, candies and can brew cannabis as a tea.

WHAT'S THE BIG DEAL? →



Cannabis



FACTS

- 1 in 6 cannabis users under the age of 18 can become addicted.
- THC content has drastically increased from less than 2% to 17-28%.
- Teens who use cannabis regularly are at risk for permanent brain damage.
- Smoking can cause lung irritation, cough, phlegm, wheezing, and acute bronchitis.

SHORT TERM EFFECTS

- Difficulty thinking and problem solving
- Impaired memory
- Changes in mood
- Altered senses
- Impaired body movement
- Psychosis/hallucinations

Source: National Institute on Drug Abuse (NIDA) nida.nih.gov



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