

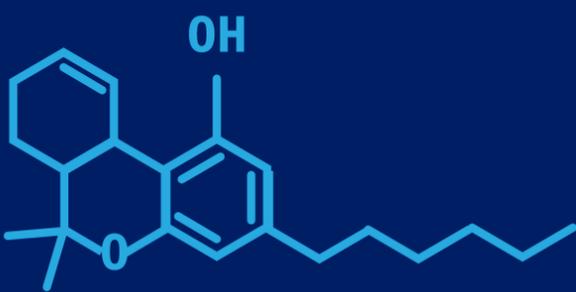
# MARIJUANA AND THC FAST FACTS

## Marijuana Prevalence

Arizona legalized recreational use of marijuana by those 21 or older in 2020. So far, it is unclear how this affects marijuana use in teens. Overall, young adults in the U.S. reported higher rates of marijuana use in a 2021 study than in all previous years of the study, and marijuana vaping increased (NIDA)



## THC



## THC and CBD

### What are they?

THC- this is the psychoactive component of cannabis that causes the "high" from using marijuana. THC is the active ingredient in many vaping products and concentrates.

CBD- this can be derived from cannabis or hemp plants. CBD is not psychoactive, therefore does not cause a "high"

## Students caught possessing or using marijuana/THC face consequences

Suspensions, legal trouble, and setting off fire alarms on accident can all occur as a result of vaping THC or possessing/using marijuana, among other consequences.



## Short-Term Effects

- Trouble at school
- Difficulty with memory and concentration
- Impaired motor skills and coordination
- Risky sexual behaviors
- Mood changes
- Increased risk of using other drugs and/or alcohol



## Long-Term Effects

- Decreased motivation
- Lower academic success
- Breathing problems including coughing, wheezing, difficulty with physical activity, etc.
- Increased risk of developing cannabis use disorder
- Risk of negative effects on mental health, including irritability, anxiety, depression, and even psychosis

## Rising Concern

Recently, concerns have risen with marijuana and THC products that are obtained illegally. These products are at risk of being laced with powerfully addictive and dangerous drugs like fentanyl by those producing and distributing these substances illegally.

Touchstone Health Services provides mental and behavioral health services in partnership with the school district and family. Services are available for a variety of mental health concerns, including substance use disorders.

<https://www.touchstonehs.org/>

If you are concerned about someone's use of substances or you are struggling with substance use, reach out for help.

<https://findtreatment.samhsa.gov/>

### Sources:

- <https://nida.nih.gov/news-events/news-releases/2022/08/marijuana-and-hallucinogen-use-among-young-adults-reached-all-time-high-in-2021>
- <https://www.verywellmind.com/cbd-vs-thc-differences-benefits-side-effects-legality-5071416>
- [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Marijuana-and-Teens-106.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Marijuana-and-Teens-106.aspx)
- <https://americanaddictioncenters.org/marijuana-rehab/signs-of-marijuana-use-in-teens>



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