



CANNABIS (MARIJUANA)

STUDENT HEALTH & WELLNESS SERVICES

Marijuana is derived from the hemp plant Cannabis Sativa. The main active chemical in marijuana is THC. Marijuana is usually smoked as a joint or in a pipe, but it can also be mixed in food or even brewed as tea.

What do you know about Cannabis (Marijuana)?

1. Marijuana always causes the user to feel relaxed.	TRUE	FALSE
2. Cannabis use as a teen does not impact brain development.	TRUE	FALSE
3. Someone can become dependent on cannabis.	TRUE	FALSE
4. Smoking marijuana is not harmful to the lungs.	TRUE	FALSE
5. Cannabis is now legal in California, so this means anyone can use anywhere they would like.	TRUE	FALSE
6. Cannabis has medical properties.	TRUE	FALSE
7. Marijuana does not impair driving.	TRUE	FALSE
8. When eaten, it only takes seconds to feel the effects of cannabis.	TRUE	FALSE
9. "Concentrates" - like oils, butter, wax or shatter typically contain higher levels of THC (the main chemical that causes the high) and CBD.	TRUE	FALSE
10. A positive drug test can occur days or months after use.	TRUE	FALSE
11. Even in states where Marijuana is now legal, federal law can still be used to prosecute those who use, buy, sell, or grow Marijuana.	TRUE	FALSE

Resources:

Student Health Services: Bldg. 46 (909) 869-4000

Counseling Services: Bldg. 66, first floor. (909)-869-3220

1. **FALSE.** Everyone's experience while under the influence of marijuana can be different. In small quantities many users may find it both relaxing and stimulating, but in larger quantities with stronger strains or when orally consumed, the effects of cannabis may feel similar to a psychedelic. Users may experience mild hallucinogens, anxiety, and paranoia
2. **FALSE.** Some studies have shown that heavy marijuana use starting in the early teens has an impact on the brain. It is strongly recommended that teens not use marijuana as their brains are still developing, particularly the part of the brain that controls emotional development can be sensitive.
3. **TRUE.** Some people experience difficulty in cutting down or controlling their use. Frequent users often report feelings of irritability, mood and sleep difficulties, and decreased appetite that may occur within the first weeks of quitting marijuana, but these symptoms pass within a week or two. Students who would like support in quitting or decreasing their use can contact the Wellness Center.
4. **FALSE.** Smoking anything including cannabis, can damage the lungs, throat and mouth. "Dabbing" increases the risk because the oil is often heated to an extremely high temperature.
5. **FALSE.** Although cannabis is now legal in the state of California there are restrictions. Adults over 21 are legally allowed to possess no more than one ounce (28.5 grams). Smoking marijuana is not allowed in some public places, cars, and near 1,000 feet of youth centers and schools, this also includes Cal Poly Pomona
6. **TRUE.** For many people medicinal marijuana is the only medicine that relieves pain and suffering, or treats symptoms of their medical condition such as; cancer, HIV/AIDS, multiple sclerosis, epilepsy, glaucoma, and Crohn's disease. It can also be a safer alternative to narcotic pain killers.
7. **FALSE.** Cannabis can affect perception and psycho-motor performance which can impair driving ability. Mixing marijuana and alcohol together amplifies certain risks. It is never a good idea to get behind the wheel intoxicated, even if it's just from marijuana alone.
8. **FALSE.** When eaten it can take over an hour to feel the effects of cannabis. Users often consume more during this time which can lead to a much more intense or unpleasant experience. Users should always wait at least two hours before eating more.
9. **TRUE.** "Concentrates" refers to a concentrated form of cannabis. Cannabinoids such as THC and CBD are found in higher levels in concentrates than in the raw plant. THC levels in the raw plant range from 5-20% while concentrates can range from 50-90%. These high levels might be too much for someone using cannabis as a relaxant.
10. **TRUE.** THC is the chemical that causes the high, this chemical is quickly metabolized which is why users don't stay high for days after use, but the metabolites called THC-COOH can stay in fatty tissue for a while and causes the body to take days or months to expel them.
11. **TRUE.** Marijuana arrests in some states can create permanent criminal records that can result in loss of employment, financial aid, housing, and child custody. In addition, Latino and black communities are often subject to disproportionate marijuana enforcement practices. Over the past few years organizations across the political spectrum have come together to advocate for more sensible marijuana laws. To learn more or get involved visit www.drugpolicy.org

Sources:

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- National Institute on Drug Abuse: www.drugabuse.gov
- Dance Safe: www.dancesafe.org
- The Drug Policy Alliance: www.drugpolicy.org
- California NORML: www.canorml.org

