

Do You Know About Marijuana? Talk With Your Kids About the Facts.

Marijuana: Did You Know?

Talk With Your Kids About the Facts.

Marijuana use may have a wide range of effects, both physical and mental.



Marijuana can cause cognitive and physical issues such as breathing problems; increased heart rate; poor judgment and decision making; and difficulty with attention, concentration, coordination, problem solving, learning, and memory.^{1,2}

Young kids are using marijuana.



Approximately 1.2 million kids ages 12 to 17 used marijuana for the first time in the past year. That is about 3,300 kids a day.³

Marijuana can be addictive.



Nearly one in three people who use marijuana may have some degree of marijuana use disorder.⁴ Nearly one in 10 people who try marijuana also become addicted to it.⁵

Teens have a higher risk than adults of becoming addicted to marijuana.



Nearly one in three people who use marijuana may have some degree of marijuana use disorder.⁶ One in six people who start using marijuana as teenagers will become addicted.⁷

¹ Crane N. A., Schuster R. M., Mermelstein R. J., Gonzalez R. (2015). Neuropsychological sex differences associated with age of initiated use among young adult Cannabis users. *J. Clin. Exp. Neuropsychol.*

² Meier, M. H., Caspi, A., Ambler, A., Harrington, H., Houts, R., Keefe, R. S. E., McDonald, K., Ward, A., Poulton, R., & Moffitt, T. E. (2012). Persistent cannabis users show neuropsychological decline from childhood to midlife. *PNAS*, *109*(40): E2657–E2664.

³ Crane, N. A., Schuster R. M., Mermelstein R. J., Gonzalez R. (2015). Neuropsychological sex differences associated with age of initiated use among young adult Cannabis users. *J. Clin. Exp. Neuropsychol.*

⁴ Hasin, D. S., Saha, T. D., Kerridge, B. T., et al. (2015). Prevalence of Marijuana Use Disorders in the United States Between 2001–2002 and 2012–2013. *JAMA Psychiatry*, *72*(12):1,235–1,242. doi:10.1001/jamapsychiatry.2015.1858.

⁵ Crane, N. A., Schuster, R. M., Mermelstein, R. J., Gonzalez R. (2015). Neuropsychological sex differences associated with age of initiated use among young adult Cannabis users. *J. Clin. Exp. Neuropsychol.*

⁶ Hasin, D. S., Saha, T. D., Kerridge, B. T., et al. (2015). Prevalence of Marijuana Use Disorders in the United States Between 2001–2002 and 2012–2013. *JAMA Psychiatry*, *72*(12):1,235–1,242. doi:10.1001/jamapsychiatry.2015.1858.

⁷ Hall W, Degenhardt L. Adverse health effects of non-medical cannabis use. *Lancet* 2009;374:1383-91.

Start talking with your kids about the facts. For tips on how—and when—to begin the conversation, visit www.underageddrinking.samhsa.gov.