

# PREVENTION TEEN TALKS: MARIJUANA

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## Marijuana 101

Marijuana is a psychoactive substance derived from the cannabis plant. It contains the mind-altering chemical Tetrahydrocannabinol (THC) which can change the way your brain and body function. It can cause changes in vision, perception of time, coordination, heart rate and many other normal functions. It is most commonly ingested through smoking, vaping, or eaten in the form of "edibles". The form of consumption can create additional risks and health concerns for users.



**Regardless of personal beliefs, it is illegal in the state of Florida to use marijuana recreationally at any age!**

## Negative Health Effects

Overall, marijuana can have negative effects on memory, depth perception, and problem solving. The human brain is not finished developing until about the age 25. The adolescent years are a crucial time of development. The use of marijuana or other substances can severely hinder and disrupt their normal brain development.

Marijuana is typically smoked and/or vaped. The inhalation smoke or heated vapors often leads to damage the respiratory system. Some common issues consist of complications with breathing which can affect day-to-day life and the ability for the lungs function normally. Another way to ingest marijuana is through the consumption of "edibles". Edibles come in a variety of forms, such as cookies, brownies, and more. Edibles are made through the use of high concentrations of the chemical THC typically in an oil form. High concentrations can cause distortions in vision and perception that may lead to delusions, hallucinations, and even symptoms of psychosis.



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# Why People Start Using Marijuana

With all the negative effects why do some teens decide to start using marijuana? Many teens are not aware of effects smoking can have on their health and development. Peer pressure is another major reason teens start using this substance. It is important to know the negative effects of marijuana so we know why we should refuse substance use. Refusing peer pressure can be difficult, however you should always do what is best for your health and safety. It can be a good idea to have conversations with your parents or other trusted adults on how to refuse peer pressure.

There are many ways to refuse peer pressure! Here are a few methods to refuse a peer's pressure to experiment with substances:

1. Walk away from the situation or person.
2. Avoid situations where you know it will be used.
3. Say no and provide facts on how it can harm a person's health and development.



## MYTH CHECK!

**Myth #1:** "You can't become addicted to marijuana."

- **MYTH:** Users can develop a psychological addiction

**Myth #2:** "Marijuana comes from a plant, so how harmful could it be?"

- **MYTH:** While marijuana is derived from the Cannabis plant, this does not mean it is safe or healthy to use.

## Peer Pressure

### What is peer pressure?

- Peer pressure is when a peer, or someone around your own age tries to convince you to do something that you don't want to do.

### What is peer influence?

- This is the influence that your peers have on your decisions and beliefs. The people in your life can affect how you see the world and how you make decisions regarding your health and future.

### What about Medical Marijuana?

- Medical Marijuana is legal in that state of Florida; however, it is a lengthy and detailed process. You must have a significant physical/mental health condition and it must be prescribed by a specialized doctor. You also must be at least 18 years of age to obtain a prescription without parental consent.



Horseshoe Drive Location | Prevention Services  
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Parenting Classes: To register contact 239-263-4013  
Prevention Talks: [DLCPrevention.org](http://DLCPrevention.org)  
Mind Your Mind: [DLCMindYourMind.org](http://DLCMindYourMind.org)

