

What is it?

Cannabis is a name given to the plant Cannabis Sativa when it is used as a drug. The main active chemical is THC, which causes changes in mood, altered senses, and difficulty thinking.

How do People Use it?

Cannabis can be smoked through blunts (emptied cigarettes refilled with cannabis), joints (rolled paper), or bong (water pipes). People also use vaporizers, edibles (foods baked with cannabis inside), and dabbing (oils, wax, shatter all made from the resin of cannabis plants that is smoked).

Missouri College Students and Cannabis

Perception: Missouri college students believe that 86% of typical college students uses cannabis.

Fact: Nearly half of Missouri college students have never tried cannabis.

Of those students who use cannabis, 38% want to quit or are trying to quit.

To find resources on your campus, visit

mopip.org/resources



   @missouripip

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The GRASS isn't always GREENER

Real facts about cannabis.

This publication is brought to you by Partners in Prevention, a coalition of universities in Missouri.

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Cannabis's Effects on...

Health

Use of cannabis **increases your heart rate and blood pressure**. It can also increase your risk of lung infections and damage your immune system.

Learning

Cannabis **can impair your memory and ability to learn new things**. Your ability to problem-solve and retain information can also be greatly reduced.

Judgment

Using cannabis **can result in mood and personality changes** and can distort your perceptions of reality (sights, sounds, time, touch).

Sex

Cannabis **can decrease sex drive**, lower sperm production in men, and cause irregular menstrual cycles in women.

Sleep

Cannabis **doesn't help with sleep and actually increases next day daytime sleepiness**, anxiety, irritability, fatigue and jumpiness.

Motivation

Increased use of cannabis **can decrease motivation**, both short term and long term.

Legal Risks

It is important to understand that while the passing of Amendment 3 legalized the purchase and use of recreational cannabis for adults over 21 years old in Missouri, cannabis is still a federally illicit substance. It should also be noted that while cannabis is legal for recreational use, it is only legal to use in private residences. This means it is still against the law to use cannabis in public spaces like sidewalks, parks, and schools.

Possessing

3oz or less: legal (for those 21+)

More than 3oz: could result in fines or more

Selling

You must have a legal license to sell any form of cannabis in Missouri

Professional & Academic Risks

Having a **drug conviction** on your record **can impact your academic and professional careers**, here's how:

- + It can affect your financial aid and disqualify you for scholarships.
- + It can affect your ability to live in on campus housing.
- + It could result in expulsion from college.
- + It makes it difficult to find government jobs, jobs selling controlled substances (pharmaceuticals), and jobs requiring licenses (transportation, medical, legal, etc).
- + It could result in a failed background check for positions you're qualified for.

Driving Safety

Driving under the influence of marijuana is dangerous, illegal, and can result in a DWI. Wait 6-8 hours after use before driving.

Getting Help

Cannabis addiction, like any kind of addiction, can be tough to battle on your own. If you are looking to quit using cannabis, consult a medical doctor or your campus health or counseling services. If you would like to talk to someone or find a local treatment facility, call **(800) 662-HELP**.

Withdrawal

2-3 weeks after discontinued use, some users will face withdrawal. Symptoms include:

- + Irritability
- + Sleeplessness
- + Anxiety

Dealing With Withdrawal Get moving!

Any serious physical activity can boost your spirits and clear your head.

Eat some veggies!

A junk-food-free diet can decrease any blues that can come from quitting cannabis use.

Relax!

Take it easy. Try a new activity or practice a skill that you've let slide for a while.