



CANNABIS

LONG TERM EFFECTS

DISTORTED PERCEPTION
(SIGHTS, SOUNDS, TIME, TOUCH)

IMPAIRED MEMORY AND LEARNING

LOSS OF COORDINATION/DISORIENTATION

TROUBLE WITH THINKING AND PROBLEM-SOLVING

INCREASED HEART RATE, REDUCED BLOOD PRESSURE

HALLUCINATIONS AND DELUSIONS

IMPAIRED GROWTH AND DEVELOPMENT

LOWER SPERM PRODUCTION

IRREGULAR MENSTRUAL CYCLES



CANNABIS

MOST MISSOURI COLLEGE STUDENTS
**HAVE NOT USED CANNABIS
IN THE PAST YEAR.**

MOST STUDENTS WHO USE CANNABIS
DO NOT DRIVE AFTER USE.

SOCIAL CANNABIS USE
(AT PARTIES, WITH FRIENDS, HANGING OUT)
**CAN STILL HAVE
NEGATIVE CONSEQUENCES.**



CANNABIS

EFFECTS ON LUNGS

SMOKING AND/OR VAPING CANNABIS, EVEN INFREQUENTLY, CAN CAUSE BURNING AND STINGING OF THE MOUTH AND THROAT, HEAVY COUGHING, AND:

DAILY COUGH AND PHLEGM PRODUCTION

MORE FREQUENT ACUTE CHEST ILLNESSES

INCREASED RISK OF LUNG INFECTIONS

OBSTRUCTED AIRWAYS

POTENTIALLY CANCER

(MARIJUANA SMOKE CONTAINS 50-70% MORE CANCER CAUSING CHEMICALS THAN TOBACCO PRODUCTS!)



CANNABIS

ADDICTION POTENTIAL

**MARIJUANA CONTAINS THC,
WHICH IS AN ADDICTIVE CHEMICAL**

ABOUT 30% OF USERS DEVELOP SOME DEGREE
OF PROBLEM USE

PEOPLE WHO HAVE USED MARIJUANA BEFORE THE AGE OF
18 ARE 4-7 TIMES MORE LIKELY TO DEVELOP AN ADDICTION

25% TO 50% OF DAILY USERS BECOME ADDICTED

MARIJUANA WITHDRAWAL SYMPTOMS

IRRITABILITY, SLEEPLESSNESS, ANXIETY,
AND DRUG-CRAVINGS

(INFORMATION TAKEN FROM NATIONAL INSTITUTION FOR DRUG ABUSE)



CANNABIS

BREAK THE HABIT

GET MOVING!

ANY SERIOUS PHYSICAL ACTIVITY CAN BOOST YOUR SPIRITS AND CLEAR YOUR HEAD.

EAT BETTER!

A JUNK-FOOD-FREE DIET CAN HELP DECREASE ANY BLUES THAT CAN COME FROM QUITTING MARIJUANA USE.

TAKING A BREAK FROM CAFFEINE AND SUGAR WOULDN'T HURT, EITHER.

RELAX!

TAKE IT EASY. TRY A NEW ACTIVITY OR PRACTICE A SKILL THAT YOU'VE LET SLIDE FOR A WHILE AND JUST ENJOY YOURSELF.