



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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MARIJUANA

1. About Marijuana

- **Drug Class:** Schedule 1 Narcotic
- **The most often used illegal drug in this country**, is a product of the hemp plant, Cannabis Sativa.
- **The main active chemical in marijuana**, also present in other forms of cannabis, is **THC** (delta-m-tetrahydrocannabinol).
- Of the roughly 400 chemicals found in the cannabis plant, **THC affects the brain the most.**



2. What Does It Look Like?

- Marijuana is a green, brown or gray mixture of dried, shredded flowers and leaves of the hemp plant (**Cannabis sativa**).



3. How Is It Used?

- Most users roll loose marijuana into a cigarette called a **"joint."**



- Weed can be smoked in a water pipe, called a **"bong"**, or mixed into food or brewed as tea. It has also appeared in cigars called **"blunts."**

4. Terms & Slangs

- There are hundreds of slang, or street, terms for marijuana, and both the terms and their meanings can vary from one part of the country to another. **Please see the additional names below.**
- Astro Turf, Aunt Mary, Bhang, Blow A Stick, Blunt, Boom, Buddha, Charas, Cheeba, Chronic (Marijuana alone or mixed with crack), Dope, Gangster, Ganja, Grass, Hash, Hashish, Hemp, Herb, Joint, KGB, Kif, Joint, Locoweed, Mary Jane, Pot, Reefer, Shake, Sinsemilla, Skunk, Texas Tea, TJ, Vipe, Wacky Terbacky, Weed.

5. "About The Buzz"



- **People's experience with marijuana vary widely** and depend upon the potency of the drug taken.
- **In general**, smoking marijuana first relaxes a person and relaxes his/her mood. These effects are followed about a half hour later by drowsiness and sedation. Some people experience this as stimulation followed by a relaxed feeling of tranquility.
- When hashish or high-grade marijuana is eaten, the effects take much longer to be felt (usually 1 to 2 hours plus) and may produce a more hallucinogenic response.
- The effects of marijuana on mental functions, including learning and memory, can last far beyond the feeling of being high. Because it takes so long for the body to eliminate THC and its by-products (some of which also effect brain function), a person's cognitive functions can be affected for a day or more after a single dose.

6. Effects & Health Risks

Short Term Effects

- After an initial **"up"**, the user feels sleepy or depressed
- Anxiety
- Increased heart rate (heart attack)
- Poor coordination of movement
- Problems w/ memory & learning
- Sensory distortion **i.e.** sights, sounds, time, touch etc.
- Trouble with thinking and problem solving
- **These effects are even greater when other drugs are mixed with weed.** A user may also experience dry mouth and throat.

Long Term Effects

- Apathy, drowsiness, lack of motivation
- Reduced resistance to common illnesses **i.e.** colds, bronchitis etc.
- Growth disorders
- Rapid destruction of lung fibers and lesions (injuries) to the brain could be permanent
- Personality & mood changes
- Reduction of male sex hormones
- Female menstrual cycle
- Reduced sexual capacity
- Inability or reduced ability to understand things clearly
- **Marijuana smoke contains** some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations.
- **Studies show that someone who smokes** five joints per week may be taking in as many cancer-causing chemicals as someone who smokes a full pack of cigarettes every day.

7. Some Helpful Resources

- **Above The Influence**
www.abovetheinfluence.com
- **National Institute On Drug Abuse**
www.drugabuse.gov
- **Partnership At DrugFree.org**
www.drugfree.org
- **Substance Use & Mental Health**
www.samhsa.gov/
- **Teen Drug Abuse**
www.teendrugabuse.us