

Smoking Weed

- Impairs judgment
- Decreases motivation
- Distorts reality
- Feeds denial
- Limits social and emotional growth
- Damages the ability to remember new information and learn new skills
- Can produce severe educational and emotional problems



Concerned About Someone?

Give them this brochure with your highlights.

Offer your help and support.

Think you might have a problem?

Ask nonsmokers who know you what they think.

No nonsmokers to ask?

You have a problem.

Get help.



For Help and Information Contact

HopeWorks
(860) 561-1175, ext. 703
or email us at
hopeworks@snet.net

Narcotics Anonymous (NA)
(800) 627-3543
www.na.org



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Facts About Marijuana

The short-term effects of marijuana can include problems with memory and learning; distorted perception; difficulty in thinking and problem solving; loss of coordination; and increased heart rate.

National Institutes of Health



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Providing hope and help to young people and their families through counseling and education

Marijuana

- ✗ Is hallucinogenic. People experience delusions and hallucinations.
- ✗ Can cause cancer. With over 300 chemicals, marijuana has more cancer-causing agents than tobacco.
- ✗ Causes mood alterations. Moods will fluctuate from euphoria and relaxation to paranoia and acute panic.
- ✗ Results in dependence. Users become preoccupied with getting high and frustrated with delays.
- ✗ Causes loss of energy, ambition and the ability to achieve goals.
- ✗ Requires more and more to get high over time.



Did you know. . .

Marijuana is frequently laced with unknown, dangerous chemicals such as PCP.

These chemicals cause major, sometimes permanent psychiatric illnesses such as psychotic breaks.

High doses of marijuana use can cause anxiety and panic attacks.



Marijuana's Impact on Memory and Learning

Short-term memory loss and mental organizational problems exaggerate and mimic learning disabilities and attention deficit disorders.

Distortions of time and space impair perceptions causing problems with complicated activities like driving.

Denial makes you think that smoking weed has no impact on overall functioning.

Use of Marijuana

- ✦ Is illegal - Throughout the U. S., users suffer job loss, arrest and jail time for using.
- ✦ Results in limited earning potential - Users can't apply for and/or keep higher-paying jobs because those jobs frequently require drug testing.
- ✦ Withdrawal - Symptoms include nausea, insomnia, irritability, and the shakes lasting for days.

Alby Podolski, 19, has serious memory problems from smoking weed which may improve with time. But for now, they are enormously frustrating.

"I used to know things," says Alby, "but now, it's rusty. I forgot how to do division."

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