

THE INSTALLMENT

Marijuana Prevention

What You Need to Know About Recreational Marijuana Use

Marijuana use CAN be addictive. About 1 in 6 people who start using as teens become addicted. This risky behavior can lead to other drug use down the road, and has many negative side effects.

Did you know?

- **Marijuana use is linked to lower academic success:** Marijuana has negative effects on attention, motivation, memory and learning that can continue after the drug's immediate effects wear off, especially in people who use regularly.
- **Decreased overall life satisfaction:** People who use marijuana regularly for a long period of time have reported decreased overall life satisfaction, including poorer mental and physical health, memory and relationship problems.
- **Marijuana use and the teen brain:** The teen brain is actively developing until the middle 20s; marijuana use during this time may harm the developing teen brain.
- **Marijuana use is linked to some mental illnesses:** Teens who use marijuana are at a greater risk for mental health problems such as depression or anxiety.
- **Marijuana is unsafe if you're behind the wheel:** Driving while impaired by any substance, including marijuana, is dangerous. Marijuana is the most commonly identified illegal drug in deadly crashes. It impairs judgment, alertness, coordination and many other skills needed for safe driving.



Visit the National Institute on Drug Abuse (NIDA) or Center for Disease Control (CDC) website for more information.

Source: <https://www.drugabuse.gov/drugs-abuse/marijuana>

