**Marijuana Study Guide**

\*Bold terms are what you need to know for the test.

* Pre-Test Questions:
  + **More than 65% of teens in drug treatment are there due to their dependence upon marijuana.**
  + **THC** **is the powerful chemical in marijuana responsible for a user’s high.**
  + In the brain, THC affects a great number of brain cells except for: The receptors that sense pain
  + THC: Hijacks the pleasure center of the brain
  + **People who smoke marijuana are inhaling 3-5 times as much tar and carbon monoxide as cigarette smokers.**
  + **In the past 20 years, the amount of THC in marijuana has: risen by more than 200%**
  + **More** **than 400 different chemicals enter the body when a person smokes marijuana.**
  + Research has proven that, over time, marijuana can cause the user: To have an increased risk of mental problems such as clinical depression, attention deficit disorder, and schizophrenia
* **Slang terms/ nicknames (know 5)**
  + Pot
  + Herb
  + Ganja
  + Weed
  + Buddha
  + Doobie
  + Bud
  + Mary Jane
  + Grass
  + Reefer
  + Dank
  + Chronic
  + Dro
  + Haze
  + Headies
  + Sticky Icky
  + Northern Lights
  + Green
  + 420
  + Dope
* **Marijuana is one of the most commonly used drugs today**
* **Made from the dried leaves and flowers of the hemp plant (Cannabis sativa)**
* **Hemp leaves are usually green, brown, or gray in color, but can vary depending on the type of hemp**
* It affects the user’s mind and behavior: often feel more relaxed and cheerful
* **Often referred to as a “gateway” drug: leads to more harmful drugs**
* Today’s marijuana contains an average of 5% THC, making it far more potent and dangerous than the marijuana of the 1960s and 70s which contained less than 2% THC
* **Other forms of marijuana with more THC**
  + **Sinsemilla: made from unpollinated female hemp plants contain about 12% THC**
  + **Hashish (hash): come from flowers of female hemp plant contains about 6% THC**
  + **Hash oil: tar-like liquid produced by soaking marijuana plant in chemical solvent contains about 15% THC**
* **How does it affect the body?**
  + **WHEN SMOKED: enters the lungs through the windpipe and bronchial tubes. In lungs, smoke particles travel into tiny air sacs, where THC molecules enter the blood**
  + **WHEN EATEN: chemicals absorbed by the small intestine, where they enter the bloodstream**
* THC interferes with normal functioning of the cerebellum, **part of the brain that controls balance and coordination**
* Reflexes are often dulled
* THC affects the hippocampus, part of brain dedicated to memory and recall, **resulting in short-term memory problems**
* Causes the brain to misinterpret nerve impulses from the sensory organs, changing the way a person experiences sight, sound, touch, smell, and taste.
* **How is marijuana used? (know 3)**
  + Joint/Roach: loose marijuana is rolled in a cigarette and smoked. A roach is a joint that has been smoked almost completely
  + Blunt: hollowed-out commercial cigar in which the tobacco has been replaced with marijuana
  + Pipe, bowl, bong: smokes using special pipes, ranging in design from simple, tobacco-smoking pipes, to more complex, multi-chamber water pipes
  + Hot knives: knives are sometimes used to heat marijuana buds, yielding a potent smoke that can be inhaled
  + Hash oil: may be applied to joints or to ordinary cigarettes
  + Food: users occasionally mix with food, such as brownies or cakes, or used to brew tea
* **Lung Damage: (know 2)**
  + Marijuana smokers inhale harmful carcinogens with every puff
  + May deliver as much as five times the amount of tar and carbon monoxide than found in cigarettes
  + Can severely damage lungs and pulmonary system. Eventually can destroy lung tissue
  + Regular users are more prone to lung infections and often suffer from chronic coughs, chest colds, emphysema, bronchitis, and bronchial asthma.
  + Increased risk of lung cancer.
* **Heart and Blood Pressure Changes: (know 4)**
  + Marijuana can increase heart rate and raise blood pressure
  + When used in combination with other drugs, the effects of marijuana are intensified
  + A person who uses cocaine and marijuana together may increase pulse rate by almost 50 beats per minute.
  + Marijuana can increase risk of heart disease and stroke.
* **Brain Damage and Immune System: (know 3)**
  + Marijuana is chemically fat-soluble, so the brain easily absorbs and stores the chemicals released by marijuana.
  + Will effect impaired concentration, learning difficulty, and memory loss
  + Can cause structural damage to parts of the brain associated with learning and memory
  + By interfering with helper T cells, which aid the immune system in identifying, attacking, and destroying invading bacteria and viruses.
* **Male reproductive systems: (know 3)**
  + Effects hormone levels
  + Decrease testosterone
  + Reduce sex drive
  + Inability to grow facial hair
  + Poor muscle development
  + Smaller overall size
  + Inability to father children
  + Decreased sperm count
* **Female reproductive systems: (know 3)**
  + Disrupt normal menstrual cycles
  + Interfere with ovulation
  + Increases testosterone levels, which leads to dark body hair, facial hair, and acne
* **Damage to fetuses and infants: (know 3)**
  + Can keep the fetus from getting all of the oxygen that it needs
  + Babies have increased risk for health problems
  + Lower birth weight
  + Smaller head size
  + Smaller overall size
  + Birth defects
  + Fetal growth deficiencies
  + Nervous system damage
  + Miscarriage
* Marijuana Dependence
  + Physiologically dependent: must continue use to avoid experiencing withdrawal symptoms
  + Psychologically dependent: compulsively seeks out and uses a drug, though they may not suffer physical symptoms when use is discontinued
  + Marijuana users may become PSYCHOLOGICALLY dependent, not physiologically addicted
* **Signs of marijuana use: (know 3)**
  + Difficulty remembering recent events
  + Overly sensitive or bloodshot eyes
  + Use of eye drops, use of sunglasses at inappropriate times
  + Dizziness or impaired motor coordination
  + Distinct smell on clothing
  + Presence of drug paraphernalia (pipes, rolling papers, etc.)
  + Observable changes in appearance or behavior
  + Decreased levels of performance
  + Moodiness, paranoia, or fearfulness
* **Short-term effects (know 3)**
  + Increased appetite
  + Distorted perception of reality
  + Bloodshot eyes
  + Dry mouth and throat
  + Difficulty keeping track of time
  + Impaired short-term memory
  + Paranoia and anxiety
  + Unable to perform tasks requiring concentration
  + Undependable and irresponsible behavior
  + Loss of physical and mental motivation
* **Long-term effects (know 3)**
  + Greater risk of head and throat cancer
  + Decrease in testosterone levels for men
  + Decreased fertility in men
  + Increase in testosterone levels for women
  + Psychological dependence requiring more of the drug to get the same effect
  + Weight gain due to increased appetite
  + Body’s immune system is weakened
  + Possible increased risk of depression or other mental illness