**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