

Marijuana* is the most common illicit drug used in the United States.

How Marijuana is Most Commonly Used:

Smoked:

- hand-rolled cigarettes (joints)
- pipes, water pipes (bongs)
- cigars that have been emptied of tobacco & refilled with a mixture of marijuana and tobacco (blunts)

Consumed Orally:

- mixed in food e.g. brownies, cookies
- brewed as a tea

Some Other Names for Marijuana:

- | | |
|---------|-------------|
| • Dope | • Pot |
| • Ganga | • Mary Jane |
| • Smoke | • Weed |
| • Herb | • Grass |
| • Hemp | • Joint |

Common Health & Lifestyle Concerns Associated with Marijuana Use:

- Increased heart rate
- Heart palpitations & arrhythmias
- Distorted perceptions
- Difficulty with thinking & problem solving
- Disrupted learning & memory
- Depression
- Anxiety
- Suicidal thoughts
- Personality disturbances among adolescents
- Lower life satisfaction
- Poorer mental & physical health
- Higher school dropout rate
- Adverse impact on learning & memory
- Increased work absences & tardiness
- Increased work related accidents
- Increased workers' compensation claims
- Seriously impairs judgment & motor coordination
- Impaired driving

* **Marijuana** is a dry, shredded green and brown mix of leaves, flowers, stems, and seeds from the hemp plant, *Cannabis sativa*. In a more concentrated, resinous form, it is called hashish.

The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol, or THC.

Content Source: National Institute on Drug Abuse (NIDA).