

MARIJUANA KNOW THE RISKS

Marijuana/Cannabis Risks

There is also a considerable list of negative effects and risks associated with cannabis use, particularly early and frequent use for recreational purposes. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), negative and long-term effects of cannabis include:

Brain health: Marijuana can cause permanent IQ loss of as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.

Mental health: Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.

Athletic Performance: Research shows that marijuana affects timing, movement, and coordination, which can harm athletic performance.

Driving: People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.

<https://www.samhsa.gov/marijuana>

**Remember, marijuana is not safe or legal
for anyone under 21.**

GET THE FACTS!

For information about how to talk to your kids about drugs and alcohol – visit our websites at:



adapp.org



forwardsouthbronxcoalition.org