

Test Your Knowledge of Teen Marijuana Use

Are the following statements FACT or CRAP?

1. You can get addicted to marijuana. _____
2. Marijuana can't lower your intelligence. _____
3. Your risk of addiction increases with higher potency. _____
4. In 2019, only 10% of high school seniors used marijuana. _____
5. Marijuana helps you be more intelligent. _____
6. Marijuana doesn't increase your odds you'll use other drugs. _____
7. Marijuana makes you a worse driver. _____
8. Depression can increase when you use marijuana. _____
9. Students who use marijuana are more likely to drop out of school. _____
10. Marijuana can't cause mental illness. _____
11. Your fertility rates can drop if you use marijuana. _____
12. You'll feel more motivated if you use marijuana for a long time. _____
13. Marijuana lowers your anxiety. _____
14. You might worry people are out to get you when you use it. _____
15. Marijuana isn't harmful for your health. _____



ANSWER KEY

1. (FACT) 17% of adolescents who use marijuana become addicted, and 50% of daily users become addicted. Adverse Health Effects of Marijuana Use
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4827335/pdf/nihms762992.pdf>
2. (CRAP) Heavy marijuana exposure starting in adolescence predicts an 8-point drop in IQ. Persistent cannabis users show neuropsychological decline from childhood to midlife <https://sci-hub.tw/https://doi.org/10.1073/pnas.1206820109>
3. (FACT) The risk of addiction to marijuana use is greater if the product is high in THC concentration. Risk of Persistence and Progression of Use of 5 Cannabis Products After Experimentation Among Adolescents <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6991277/>
4. (CRAP) In 2019, 22% of students were using at least monthly by the time they reached 12th grade. MONITORING FUTURE http://www.monitoringthefuture.org/pubs/monographs/mtf-vol1_2019.pdf
5. (CRAP) Marijuana impairs short-term memory, making it difficult to learn and retain information. A Population-Based Analysis of the Relationship Between Substance Use and Adolescent Cognitive Development <https://ajp.psychiatryonline.org/doi/pdf/10.1176/appi.ajp.2018.18020202>
6. (CRAP) Adolescent marijuana users are 2.5 times more likely to abuse prescription opioids. Prior use of alcohol, cigarettes, and marijuana and subsequent abuse of prescription opioids in young adults <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3552239/pdf/nihms388189.pdf>
7. (FACT) Marijuana decreases your reaction time, motor coordination, and driving skills. Marijuana Impaired Driving: <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/812440-marijuana-impaired-driving-report-to-congress.pdf>
8. (FACT) Marijuana increases your risk of developing depression and suicidal behavior later in life. Association of Cannabis Use in Adolescence and Risk of Depression, Anxiety, and Suicidality in Young Adulthood <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2723657>
9. (FACT) Young people who use cannabis are at increased risk of poor academic performance and dropping out of school. The effects of adolescent cannabis use on educational attainment: a review <https://sci-hub.tw/https://pubmed.ncbi.nlm.nih.gov/11219366/>
10. (CRAP) Marijuana use can increase your risk of psychosis and schizophrenia 2- to 4-fold. Meta-analysis of the Association Between the Level of Cannabis Use and Risk of Psychosis <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4988731/>
11. (FACT) Marijuana can reduce fertility due to decreased sperm counts and delayed ovulation. Association Between Use of Marijuana and Male Reproductive Hormones and Semen Quality <https://pubmed.ncbi.nlm.nih.gov/26283092/>
12. (CRAP) Long-term marijuana users have lower levels of dopamine and are less ambitious and motivated. http://www3.imperial.ac.uk/newsandeventspggrp/imperialcollege/newssummary/news_1-7-2013-11-49-21
13. (CRAP) Those who start using marijuana frequently at a young age are more likely to have anxiety disorder in early adulthood. Cannabis and anxiety and depression in young adults: a large prospective study <https://pubmed.ncbi.nlm.nih.gov/17314727/>
14. (CRAP) Using marijuana can make you paranoid and think others intend to harm you. How cannabis causes paranoia <https://academic.oup.com/schizophreniabulletin/article/41/2/391/2526091>
15. (CRAP) Marijuana smoke can cause symptoms of chronic bronchitis, a heavy cough, and lung irritation. What are marijuana's effects on lung health <https://www.drugabuse.gov/publications/research-reports/marijuana/what-are-marijuanas-effects-lung-health>