



TOP TEN MARIJUANA MYTHS



1. You can't get addicted to marijuana.

17% of adolescents who use marijuana become addicted, and 50% of daily users become addicted.

www.ncbi.nlm.nih.gov/pmc/articles/PMC4827335/pdf/nihms762992.pdf

2. Marijuana can't lower your intelligence.

Heavy marijuana exposure starting in adolescence predicts an 8-point drop in IQ. doi.org/10.1073/pnas.1206820109

3. Marijuana won't increase the odds you'll use other drugs.

Adolescent marijuana users are 2.5 times more likely to abuse prescription opioids. www.ncbi.nlm.nih.gov/pmc/articles/PMC3552239/pdf/nihms388189.pdf

4. Marijuana makes you a better driver.

Marijuana decreases your reaction time, motor coordination, and driving skills.

www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/812440-marijuana-impaired-driving-report-to-congress.pdf

5. Students who use marijuana are less likely to drop out of school.

Young people who use cannabis are at increased risk of poor academic performance and dropping out of school. pubmed.ncbi.nlm.nih.gov/11219366/

6. Marijuana can't cause mental illness.

Marijuana use can increase your risk of psychosis and schizophrenia 4-fold.

www.ncbi.nlm.nih.gov/pmc/articles/PMC4988731/

7. Your fertility rates can't drop if you use marijuana.

Marijuana can reduce fertility due to decreased sperm counts and delayed ovulation. pubmed.ncbi.nlm.nih.gov/26283092/

8. You'll feel more motivated to do things if you use marijuana.

Long-term marijuana users have lower levels of dopamine and are less ambitious and motivated.

www.sciencedaily.com/releases/2016/09/160901211303.htm

9. Smoking marijuana is not harmful for your health.

Marijuana smoke can cause symptoms of chronic bronchitis, a heavy cough, and lung irritation.

www.drugabuse.gov/publications/research-reports/marijuana/what-are-marijuanas-effects-lung-health

10. Marijuana can't kill you.

People have died from Cannabinoid Hyperemesis Syndrome (CHS), characterized by uncontrollable vomiting. pubmed.ncbi.nlm.nih.gov/29768651/



WHICH ONE OF YOUR BELIEFS ABOUT MARIJUANA WAS "SHATTERED" BY THIS INFORMATION?