

# TOP TEN MARIJUANA MYTHS

- 1. You can't get addicted to marijuana.** Studies show 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](http://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](https://doi.org/10.1073/pnas.1206820109)
- 3. Marijuana won't increase the odds of you using 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](http://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](http://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 an increased risk of poor academic performance and dropping out of school. [pubmed.ncbi.nlm.nih.gov/11219366](https://pubmed.ncbi.nlm.nih.gov/11219366)
- 6. Marijuana can't cause mental illness.** Marijuana use can increase your risk of psychosis and schizophrenia four-fold. [www.ncbi.nlm.nih.gov/pmc/articles/PMC4988731](http://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](https://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](http://www.sciencedaily.com/releases/2016/09/160901211303.htm)
- 9. Smoking marijuana is not harmful to 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](http://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](https://pubmed.ncbi.nlm.nih.gov/29768651)

## QUESTION:

Which one of your beliefs about marijuana was changed by this information?

## REFLECT

