

Marijuana: Brain & Body

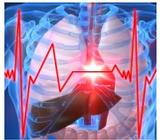


Marijuana: Academics & Athletics

Pot decreases sleep quality effecting memory, immune, education, employment, & personal life.



Marijuana use impairs reasoning, distorts perceptions, causes difficulty in thinking & problem solving, affects ability to drive, induces paranoia... Short-term side effects Some of these effects can last up to 28 days. Long-term adverse impact of marijuana use



Marijuana raises heart rate by 20-100% shortly after smoking & slightly decreases blood pressure. This can last up to 3 hours. And causes other heart complications.



- Marijuana smoke irritates the lungs even more than cigarettes due to drawing smoke deeper into the lungs.
- Smoked pot bypasses the body's natural protective systems.



Regular marijuana use during adolescence found to increase risk 2 to 5 times of developing mental health issues: psychosis, anxiety, schizophrenia, & depression as an adult



In Colorado emergency room admissions for marijuana use increased 57% in 3 yrs (2011-2013).

Pot weakens nearly every organ in the body. Don't Smoke Pot.

Drugged driving puts everyone at risk. Drivers who are under the influence of alcohol & pot are 24 times more likely to be involved in a crash than a sober person.

Marijuana & Driving



In CO, drivers testing positive for marijuana increased 64% after medical legalization. (Statistics do not include recreational legalization.)

Smoking Pot Impairs the Thinking. Don't Smoke & Drive.

Don't Be Doped...Marijuana Impairs Performance!

Marijuana use that begins in adolescence increases the risk of addiction from 1 in 11 (9%) TO 1 in 6 (17%).



Early marijuana use increases risk of using opioids , other drugs.

States that allow "medical" marijuana have higher youth usage.

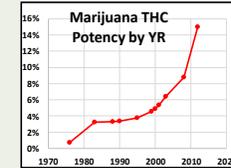


In Colorado when "medical" marijuana was legalized, youth usage rose to 39% above the national avg..

Stay in School. Don't Smoke Pot.



A recent study shows that regular use of marijuana from childhood to adulthood is associated with an avg. 8-point IQ decline.



The THC level in marijuana today is often 30 times stronger than the 1970's & thus more addictive!

Stay in the Game. Don't Smoke Pot.

Marijuana Use and Sports?



Marijuana is known to increase heart rate while decreasing cardiac stroke volume, resulting in diminished peak performance .



Don't Be Doped...Smoked Pot is NOT Medicine!