

Mindful Continuing Education

Marijuana Facts for Teens and Parents

Some Things to Think About

1. Research shows that about 9 percent of those who use marijuana will become addicted, that the rate increases to 17 percent for in people who start in their teens, and that it goes up to 25 to 50 percent among daily users.

- A. True
 - B. False
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2. Each of the following is an accurate statement about the impact of marijuana use EXCEPT:

- A. After alcohol, marijuana is the drug most often linked to car accidents, including those involving deaths
 - B. Longtime marijuana users report lower life satisfaction, memory and relationship problems, poorer mental and physical health, lower salaries, and less career success
 - C. Although it is not clear if marijuana use causes lasting mental illness, it can worsen psychotic symptoms in people who already have schizophrenia
 - D. Some people experience an acute psychotic reaction or panic attacks while under the influence of marijuana, and this reaction usually lasts for an extended period of time after use
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What Happens if You Smoke Marijuana?

3. In the short-term, marijuana use can cause depression, poor impulse control, and decreased heart rate.

- A. True
 - B. False
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Can Marijuana Use by the Mother Affect a Developing Fetus or Newborn Baby?

4. Numerous studies have shown a link between marijuana use while pregnant and distinct brain changes in children that can result in difficulties with problem-solving skills, memory, and attention.

- A. True
 - B. False
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What is Marijuana?

5. While there are many different terms for marijuana that change quickly and vary from region to region, no matter its form or label, all cannabis products contain the psychoactive (mind-altering) chemical delta-9-tetrahydrocannabinol (THC), and more than 400 other chemicals.

- A. True
 - B. False
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How Important is Marijuana Potency?

6. Recent increases in marijuana potency likely mean exposure to higher concentrations of THC, with a greater chance of a negative or unpredictable reaction, which in term may account for the rise in emergency room visits involving marijuana use.

- A. True
 - B. False
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Are There Treatments for People Addicted to Marijuana?

7. Currently, naltrexone is the only FDA approved for treating marijuana addiction, and is specifically used to treat withdrawal symptoms and alleviate craving and other subjective effects of THC.

- A. True
 - B. False
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8. Which of the following is NOT one of the expert recommendations for parents when speaking to children about marijuana use?

- A. Since children look to parents for help and guidance in working out problems and in making decisions, it is important to have open conversations with them about the dangers of drug use
 - B. It is generally advised to disclose past drug use to one's children, as this creates a forum for honesty and acceptance
 - C. Parents should be aware that greater acceptance of marijuana use, compared with use of other illegal drugs, continues to be the basis of differing opinions about its dangers, legal status, and potential value, which may make conversations about its use challenging
 - D. Discussions should focus on how much parents care about the overall health of children, regardless of varying views on marijuana use
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