

## Children's Home of York Prevention Education

### -Marijuana Fact Sheet-

#### What is it?



Marijuana originally grows as a plant called cannabis and contains a variety of compounds called cannabinoids. Two cannabinoids found in cannabis are THC (tetrahydrocannabinol) and CBD (cannabidiol). The compound THC affects people in a variety of ways when consumed. Effects include changes in a person's mood, perception, brain function, emotions, and body function. Marijuana also affects a person's organs and causes the heart to beat faster and blood pressure to rise as well as damages a person's lungs when consumed. There are many ways in which marijuana may be used such as through smoking marijuana cigarettes typically referred to as blunts, eating marijuana laced food items typically referred to as edibles, and dabbing which involves smoking marijuana in oil form through a pipe.



#### Did you know?

- It is estimated that today's marijuana sold on the street has up to 30% THC levels while as recently as 10 years ago it commonly only had approximately 10% THC levels.
- Marijuana is often sold unknowingly with other drugs or harmful chemicals mixed in which can create unwanted and unsafe side-effects, or even in some cases lead to an overdose
- About 1 in every 6 marijuana users under the age of 18 will become addicted
- About 7% of youth report starting to use marijuana before the age of 13.
- Approximately 20% of high school students report that they use marijuana at least once every 30 days
- Only half of 8<sup>th</sup> grade students believe that marijuana use is risky, and that number decreases to only about 30% by 12<sup>th</sup> grade
- This highlights the importance of early discussions about the dangers of marijuana

## Solutions for Parents



To help reduce marijuana use among the youth in your life, try some of these solutions:

- Stay informed about marijuana by visiting websites created by health organizations that have a positive reputation such as [www.drugabuse.gov](http://www.drugabuse.gov), and [www.samhsa.gov](http://www.samhsa.gov)
- Talk to children of all ages in your life about the dangers of using marijuana and ask them to share what they know, or have heard or seen in their school or among their peers. When they share information do not react negatively and let them know why you care about them and why you want them to avoid using marijuana.
- It is important to discuss medical marijuana with you child or teen as well, this discussion may be best if you include your family physician.
  - This discussion is particularly important if your family or friend circle includes a person who is prescribed medical marijuana by their doctor



## Our Resources

Children's Home of York provides several free prevention programs to schools and youth in York County communities that help children and their families learn strategies to avoid using alcohol, tobacco and other drugs. To request information or set up a free program in your school and community please call or email Cecilia Keeseey, Director of Prevention at (717) 755-1033 ext. 1257 or [ckeeseey@choyork.org](mailto:ckeeseey@choyork.org).

-Ask About Our New Free Virtual Prevention Programming Options-

## Looking for More?



We hope this guide has helped you in your journey towards drug and alcohol education for yourself and your family. Remember research, education and support are key components to navigating the world of drug and alcohol prevention and treatment. If you want more information marijuana for you or your family check out our comprehensive drug and alcohol resource guide. This guide includes countless website links, hotline phone numbers, and even local in-person resources for York County.