

News Flush

...In the know while you go



MELROSE
SUBSTANCE ABUSE
PREVENTION COALITION



Marijuana lowers your IQ—People who begin smoking marijuana heavily in their teens can lose as much as **8 IQ points!** Marijuana use decreases functioning in areas of the brain responsible for learning and memory. ***IQ points cannot be restored if you wait to quit when you're an adult!***

In teens, there is a 400% increase in experiencing a mental illness—Adolescents who start using marijuana at a young age are at increased risk for later mental health problems such as depression, anxiety, schizophrenia, and suicidal thoughts. This depends on genetics as well as the amount of drug used and the age at which one starts using.

You CAN become addicted to marijuana—About 10% of people who use marijuana become dependent on it. This number increases to about 17% among those who start using it at a young age, and increases to 25-50% among daily users.

DID YOU KNOW?

Most MHS students (68%) do NOT smoke marijuana!

Boys have higher rates of marijuana use than girls (40% vs. 24%)

1 joint has the same effect on your lungs as

4 cigarettes—The smoke from marijuana contains some of the same chemicals found in cigarette smoke. Marijuana users tend to inhale more deeply and hold their breath longer, so more smoke enters the lungs. People who smoke marijuana can have some of the same breathing problems as those who smoke cigarettes—chest colds, coughs, and bronchitis.

Healthy Highs

A natural high comes from any activity that makes you feel good—but doesn't involve drugs. Doing things you enjoy, like riding your skateboard or dabbling in photography, releases natural feel-good chemicals in your brain like dopamine, which regulates movement, emotion, motivation, and pleasure.

- ⇒ Play or listen to music
- ⇒ Go rock-climbing
- ⇒ Enjoy some **CHOCOLATE**
- ⇒ Watch a scary movie
- ⇒ Play paintball
- ⇒ Go for a run, walk, or jog
- ⇒ Learn how to cook



Marijuana may be a plant, but it still has dangerous health risks!— Marijuana's health risks include increased risk of heart attack, memory impairment, weakened ability to fight cancer, and asthma...just to name a few.

*This month's edition was created by the
Melrose Substance Abuse Prevention
Coalition Youth Action Team!*