FACTS

• Seventy Percent (70%) of Ontario students do not use marijuana.

• THC or delta-9-tetrahydrocannabinol is the active ingredient in marijuana. It is responsible for the high and changes in mood and perception.

• Smoking marijuana isn’t “safer” than smoking tobacco. Smoking three joints in one day causes the same damage to the airways as smoking 20 cigarettes. This is because marijuana joints are not filtered and smoke is inhaled more deeply and is held longer in the lungs than tobacco smoke.

• Some hydroponic growers use toxic chemicals to help their crops; some of these fertilizers and pesticides contain cancer-causing chemicals.

What you may experience CAN LEAD TO

| Decreased memory, concentration and problem solving skills | Poor school performance and loss of interest in school |
| Timing, movements and coordination impairment | Poor athletic performance |
| Decreased alertness, concentration, coordination and reaction times | Impaired driving |

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:
• Resource Centre
• Student Peer Interns
• Health Promotion Advisory Committee
• Website (carleton.ca/health)
• Facebook page
• Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.
TRUE OR FALSE

1. You can’t become addicted to marijuana

FALSE. People can and do become addicted to marijuana. You can become physically or psychologically dependent.

Physical Effects:
Daily, high dose users can experience withdrawal symptoms including anxiety, trouble sleeping, sweating, irritability and loss of appetite when they go without the drug.

Psychological Effects:
You can develop an ongoing craving for marijuana’s mood altering effects and feel anxious and uncomfortable if you suddenly stop using the drug. These symptoms generally last for a week or so, although sleep problems may continue longer.

How can I tell if someone (or me) is addicted?
- Change in drug use (more of the drug, more often...)
- Loss of interest in school and failing grades
- Missing work
- Spending more time alone or with friends who also use
- Can’t stop using even if it is causing lots of problems

2. Marijuana makes me a better driver

FALSE. If you don’t think smoking marijuana affects your driving, then think again. Marijuana affects: alertness, concentration and road tracking, reaction time, ability to judge distances, braking time, and perception.

3. There are no real long-term effects of using marijuana

FALSE. People who use marijuana heavily or regularly, or people with certain medical or psychiatric conditions, risk the following possible long-term effects:
- Marijuana smoke contains tar and other known cancer-causing agents. People who smoke cannabis often hold unfiltered smoke in their lungs for maximum effect. This adds to the risk of cancer.
- Smoking marijuana irritates the respiratory system. Chronic marijuana smoking has been linked to bronchitis.
- Chronic, heavy use of marijuana may impair people’s attention, memory and the ability to process complex information for weeks, months, even years after they have stopped using the drug.
- There is a possible association between heavy regular marijuana use and the onset of schizophrenia.

KEEP IN MIND:
- The way marijuana affects you differs depending on time, place, age, how often you use it, your mood, whether you have certain medical or psychiatric conditions, and whether you’ve taken any alcohol or other drugs.
- When you mix alcohol and marijuana, you’re more likely to falsely believe that you are sober.

If you want some help, see your campus health services counsellor.

Call Health and Counselling services to book an appointment
613-520-6674

OR

Sandy Hill Community Health Centre
Addictions and Problem Gambling Service
(613) 789-8941
www.sandyhillchc.on.ca

OR

Rideauwood Addiction and Family Services
(613) 724-4881
www.rideauwood.org

This brochure is a re-creation of the Ottawa Public Health Brochure—“It’s only Marijuana—or is it”. Centre for Addiction and Mental Health was also used as a resource in this brochure.