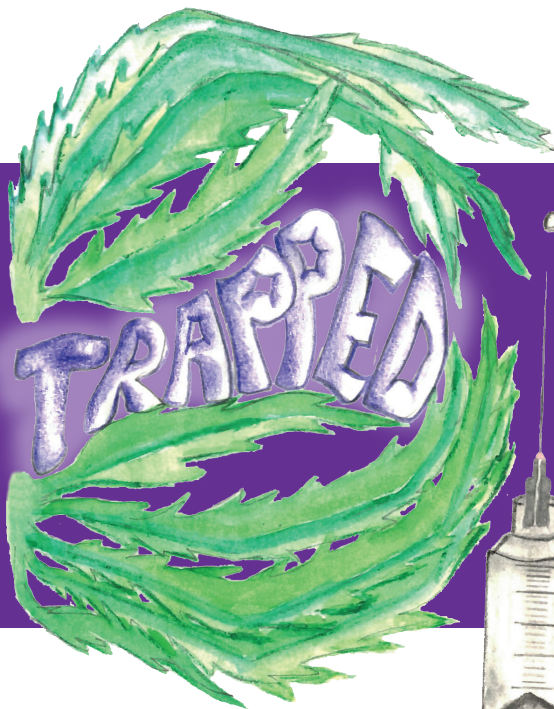




Stand With Me
Be Drug Free.[®]

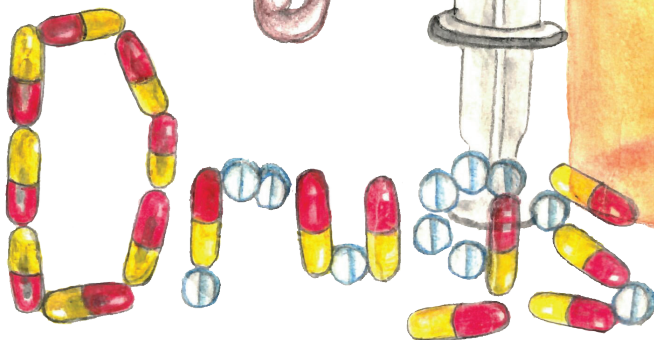
The Power of Making Good Choices

Don't be



Marijuana

by



Stand With Me, Be Drug Free

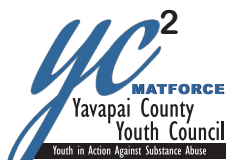
The **Stand With Me, Be Drug Free** campaign celebrates the fact that a majority of youth do not use drugs and or alcohol. It means making healthy choices for yourself, choosing friends who are drug free, and participating in activities that are healthy and drug free. **It means being a part of the majority of people who do not use and abuse drugs and alcohol.**

Choosing not to use drugs and alcohol helps us achieve our goals. Below, share two or more goals you have for your future.



Stand With Me Be Drug Free®

How would choosing to use drugs and or alcohol affect you achieving these goals?



Learn More

Its a fun way to make a difference in your community. Plus, you can earn service hours and scholarships.



An important part of success is staying focused on the positive. Let's continue this focus by listing 3 things you like about yourself.

THANK YOU FOR BEING YOU!



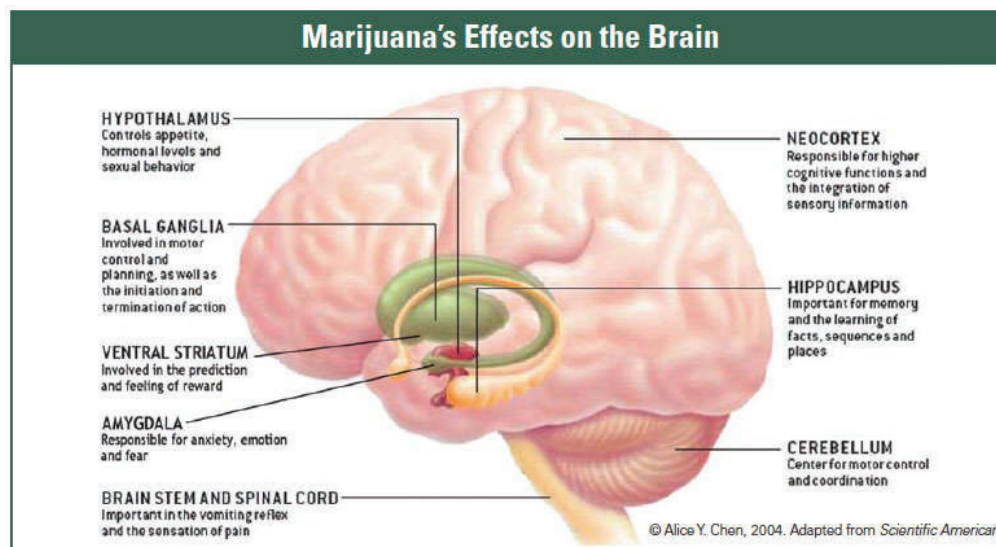
Marijuana, the Drug of Deception

Marijuana is a harmful, mind altering drug

The scientific name for marijuana is cannabis sativa. Marijuana can be smoked, aerosolized (vaped), and also put into edible foods and drinks.

Marijuana has over 400 chemicals. The mind altering, psychoactive chemical in marijuana that causes a person to “get high” is tetrahydrocannabinol (THC). The chemical with the anti-psychotic properties is cannabidiol (CBD).

These chemicals pass through the lungs into the bloodstream quickly after being inhaled, effecting every part of the body, including the brain. The effects of the drug can last from 1 to 3 hours and affect decision making, concentration, and memory for days after use, especially in regular users. Marijuana consumed in foods or drinks usually takes between 30 minutes to 1 hour before effects are felt and may last for many hours.



As it enters the brain, THC attaches to cells, or neurons, with specific kinds of receptors called cannabinoid receptors. Normally, these receptors are activated by chemicals similar to THC that occur naturally in the body. They are part of a communication network in the brain called the endocannabinoid system. This system is important in normal brain development and function.

Most of the cannabinoid receptors are found in parts of the brain that influence pleasure, memory, thinking, concentration, sensory and time perception, and coordinated movement. Marijuana activates the endocannabinoid system, which causes the pleasurable feelings or “high” and stimulates the release of dopamine in the brain’s reward centers, reinforcing the behavior.

Marijuana changes perceptions and mood, negatively effects coordination, thinking, and problem solving, and disrupts learning and memory.

How Does It Affect the Body?

Marijuana over-activates parts of the brain

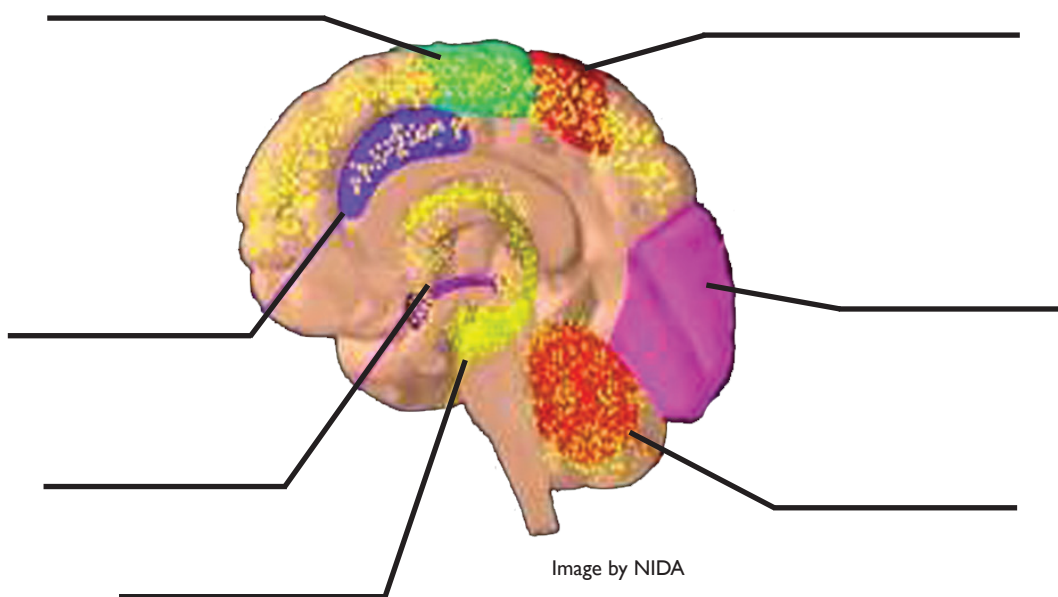
THC acts on specific brain cell receptors that ordinarily react to natural THC-like chemicals. These natural chemicals play a role in normal brain development and function.

Marijuana over-activates parts of the brain that contain the highest number of these receptors. This causes the “high” that people feel. Other effects include:

- altered senses (for example, seeing brighter colors)
- altered sense of time
- changes in mood
- impaired body movement
- difficulty with thinking and problem-solving
- impaired memory
- hallucinations (when taken in high doses)
- delusions (when taken in high doses)
- psychosis (when taken in high doses)

Marijuana also affects brain development

When people begin using marijuana as teenagers, the drug may impair thinking, memory, and learning functions and affect how the brain builds connections between the areas necessary for these functions. Researchers are still studying how long marijuana’s effects last and whether some changes may be permanent.



Using the list below, label the various parts of the brain that marijuana affects.

- movement
- coordination
- judgement
- sensations
- vision
- reward
- memory

Addictive, Harmful, Mind Altering

With all the hype surrounding marijuana today it can be a confusing drug. The truth is, marijuana is an addictive, harmful and mind altering drug. Research has found that:

1. Marijuana is a drug that affects the part of the brain called the hippocampus. This part of the brain is critical for processing and storing new information and for thinking.
 - Marijuana changes the way you would normally act and think.
 - Marijuana impacts short term memory and judgement.
2. People who regularly smoke marijuana
 - Get lower grades
 - Are less likely to graduate from high school
 - Are less likely to go to college
3. Regular marijuana use can decrease a person's IQ.
 - Individuals who start using marijuana in their teens and continue regular use into their 30's can lose 7 to 8 IQ points. This is a significant reduction in IQ.
4. Marijuana use decreases motivation. Scientists call the loss of motivation, amotivational syndrome.
5. Marijuana use can lead to health problems. Smoking marijuana is harmful to the lungs. Scientific studies also link long term marijuana use to an increased risk for heart attacks.
6. Cannabinoid Hyperemesis Syndrome is an illness caused by heavy marijuana use that results in cyclical nausea, vomiting and abdominal cramping. The only way to cure this syndrome is to abstain from any marijuana use.
7. Studies from the National Institute on Drug Abuse show that one in six teens that use marijuana will become addicted. People who smoke marijuana on a daily basis have up to a 50% chance of becoming addicted.



Scromiting

The slang term for Cannabinoid Hyperemesis Syndrome is, "scromiting," because patients are usually screaming and vomiting at the same time.

Due to the increased potency of marijuana, emergency departments are seeing more and more people experiencing this syndrome.



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Today's Marijuana

Today's Marijuana: Extracts & concentrates

Smoking THC-rich resins extracted from the marijuana plant is on the rise. People call this practice dabbing. These extracts come in various forms, such as:

- hash oil or honey oil—a gooey liquid
- wax or budder—a soft solid with a texture like lip balm
- shatter—a hard, amber-colored solid

These extracts can deliver extremely large amounts of THC to the body, and their use has sent some people to the emergency room. Another danger is in preparing these extracts, which usually involves butane (lighter fluid). A number of people have caused fires and explosions and have been seriously burned from using butane to make extracts at home.

Today's legal marijuana comes in many forms with a range of potency from 15% to 99% THC.

- lollipops and other candies
- snacks like pop tarts and crackers
- chocolate bars and gummy bears
- soda, lemonade and other drinks
- cookies and other baked goods
- sauces for cooking
- bath products and lotions
- dissolvable THC
- icecream
- wax, shatter, and oil for vaping

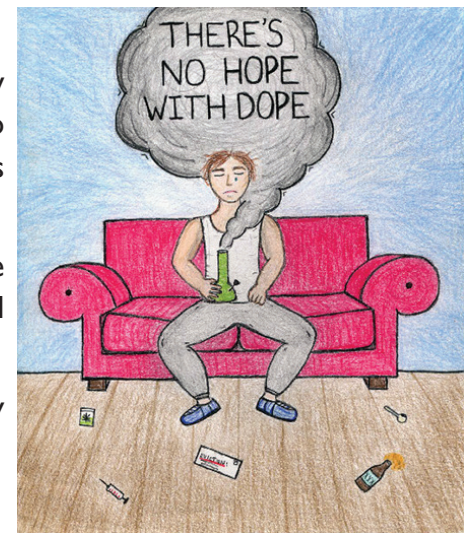


Higher levels of THC increases risk for addiction

The amount of THC in marijuana has been increasing steadily over the past few decades. For a person who's new to marijuana use, this may mean exposure to higher THC levels with a greater chance of a harmful reaction. Higher THC levels may explain the rise in emergency room visits involving marijuana use.

The popularity of edibles also increases the chance of harmful reactions. Edibles take longer to digest and produce a high. Therefore, people may consume more to feel the effects faster, leading to dangerous results.

Higher THC levels may also mean a greater risk for addiction if people are regularly exposing themselves to high doses.



Real Risks: Addiction & Psychosis

Marijuana is an addictive drug

Marijuana use can lead to the development of a substance use disorder, a medical illness in which the person is unable to stop using even though it's causing health and social problems in their life. Research suggests that between 9 and 30 percent of those who use marijuana may develop some degree of marijuana use disorder.

Many people who use marijuana long term and are trying to quit report mild withdrawal symptoms that make quitting difficult. These include:

- grouchiness
- sleeplessness
- cravings
- decreased appetite
- anxiety

People who begin using marijuana before age 18 are **4 to 7 times** more likely than adults to develop a marijuana use disorder.

The risk of experiencing psychosis is real

Psychosis is a mental health condition that occurs when an individual begins to lose touch with reality and experience hallucinations and delusions, including hearing voices, paranoia, frequent yelling, and out-of-control behaviors.

Today's marijuana with high THC levels can trigger psychotic symptoms. This is referred to as "marijuana induced psychosis." According to the National Academies of Sciences, Engineering and Medicine (NASEM) people who use large amounts of marijuana frequently are more likely to trigger psychotic symptoms.

NASEM warns against the dangers of marijuana use, especially in adolescence. Evidence shows that "first episode psychosis" can be triggered by heavy marijuana use, prolonged length of exposure and early age of onset.

Shane's Story - A typical California teenager

Shane was a son, brother, grandson, friend, and husband. He always seemed larger than life and had a big heart, infectious smile and zest for life. He excelled at sports and was a very normal, healthy teen.

When Shane moved away from home at age 19, he began using recreational marijuana. At age 22, he endured prolonged physical rehab to his knee following a serious boating accident. It was later realized that Shane had increased his use of "medical" marijuana as he was intolerant of the prescription pain medications.



Two months after his wedding day, at age 23, Shane suffered a sudden, unforeseen, abrupt change in reality. After his wife called 9-1-1 because

of his increasingly bizarre behavior, his parents found

Shane in the middle of the night. He admitted to having smoked marijuana and was suffering visual and auditory hallucinations. While riding in the car with his parents, Shane asked if they saw the bombed out buildings along the road. He also believed he had to save President Obama. Because of his symptoms Shane was diagnosed with psychosis and hospitalized in a locked psychiatric unit. He tested positive for only marijuana in his system.

After regaining his mental health, 18 months later Shane suffered a second psychotic break and admitted he was using marijuana again. Shane was hospitalized again at a different psychiatric facility. Upon release, his young life crumbled personally and professionally.

Shane died by suicide 7 months later while attempting to detox from marijuana.

Shane's mom, Lori, now shares his story to make others aware of the harms of marijuana. She also warns of the link between high potency marijuana and psychosis.



Stand With Me
Be Drug Free™

Always remember to be kind and respect yourself. Treat others the way you want to be treated.

YOU ARE NOT ALONE | Whether it has been a bad day, or you just need someone to listen, reach out now. Talk or text 24/7 with these resources designed to support youth. Even if you are not in crisis, it's okay to call.

Suicide Prevention Lifeline Call 988

Teen Lifeline	800-248-8336
Teens Helping Teens	800-TLC-TEEN
Northern AZ Crisis Line	877-756-4090
NAMI Help Line	800-950-6264
Trevor Project Lifeline	866-488-7386
Poison Control	800-222-1222
Opioid Assistance and Referral Line	888-688-4222

Text **HELLO** to **741-741**
to text anonymously with a trained
crisis counselor for free 24/7.

Explore these websites to learn more:

TeenLifeLine.org FindTreatment.gov LearnMoreAZ.org AzDHS.gov/oarline

Ready to quit vaping? Try **This Is Quitting**, a free text-to-quit program.
Text **DITCHVAPE** to **88709** to get help today.



Learn More

Dear Parent or Guardian,

Have you ever wondered what is the best way to keep your child drug free? The answer is simply to stay involved in their lives. As they get older and become more independent, your involvement in helping them make good choices is crucial to their good health.

At some point your child will be offered drugs. Drugs damage lives, families and futures. In order to avoid using drugs, your child needs a strong bond with drug-free family and friends. If they 'stand with' people who make healthy choices, your child will have a much brighter future and chance for success.

MATFORCE provides this prevention workbook to schools in order to help youth think about making good choices.

Your child also needs your help. Make a plan that includes:

- » Read this booklet with your child.
- » Talk with your child about why it is important to make good choices to protect their health and safety.
- » Talk with your child about how and why bad choices are harmful.
- » Spend time together playing, reading, sports, cooking or whatever.
- » Set good boundaries and let your child know what you expect.
- » Know what your children are doing when they are not with you.
- » Be the role model your children deserve.

MATFORCE hopes everyone will 'Stand With Me, Be Drug Free.' For information and resources visit our website or call.

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