

Signs of Use

Changes in mood, grades, relationships, and habits are signs of drug use.

Symptoms

Dizziness/ uncoordination
Unusual laughter
Bloodshot eyes
Forgetfulness
Sudden anxiety
Exhaustion
Trouble focusing

Outward Signs

Odor
Increased use of perfume/
deoderant and mints
Use of eye drops often
420/marijuana leaf
clothing
Items- bong, pipes, rolling
paper, vapes

Resources

Omni Youth Program's
Youtube Channel
www.omniyouthblog.net
National Institute on Drug
Abuse (NIDA)
www.teens.drugabuse.gov
Sacramento County
Coalition for Youth
www.sacramentoccy.org
www.getsmartaboutdrugs.com
www.justthinktwice.com

Omni Youth Programs

9616 Micron Ave Ste 750
Sacramento, 95628
916-362-2000
www.omniyouth.net

Sources

Partnership for Drug Free
Kids
National Institute on Drug
Abuse, National Institutes of
Health
Oregon Health Authority,
Public Health Division

How To Talk About Marijuana

What to say Signs of use Resources



FAQ

Is marijuana addictive?

It can be. Marijuana is considered to be psychologically addictive, rather than physically addictive. However, 1 in 10 adults become addicted and 1 in 6 teens.

Is today's marijuana different?

Yes, the THC content is higher. It was 1-5% from the 60's-90's. It can be 14-30% in dry form and up to 99% in vape form.

Is marijuana bad for your heart?

Yes, like any other form of smoking. The risk of heart attack is 5 times higher in the first hour after smoking-- this study was from Harvard.

Can marijuana lead to other drugs?

Youth are 85 times more likely to use cocaine after trying marijuana. 92% in heroin users.

Can adults prevent drug use?

Yes, teens are 4 times less likely to use if they have talked with their parents. Youth are 3 times less likely if any adults talk about the negative effects of drug use.

What To Say

Marijuana is a plant, so what's the harm?

A lot of drugs come from plants and drug use should be taken seriously.

There are other ways to cope with emotions.

Weed is safer than alcohol

Abuse of either substance is harmful, especially at a young age.

Why might you be feeling the need to cope?

I don't know what to say when others talk about it

Consider the ways that you could turn people down or change the subject. Check out the "What to Say When" Youtube channel. And remember, if they're really your friends, they'll respect your decisions.

We've already had this conversation

Yes, a lot of what you'll hear in school is repetitive. Remember, the things people tell you about drugs are not always true and laws are changing.

I'm only doing it once in a while

As mentioned before, age has a large impact on addiction, as well as growth and development. Addiction can start this way and slowly develop into something you do more often.

