# THE HARMFUL EFFECTS OF CANNABIS

Teen brains are still developing and are more vulnerable to drug use. Cannabis use can **negatively** impact health, well-being, school performance, and future employment.

## SHORT-TERM EFFECTS
- Problems with learning, memory, and cognition
- Rapid heart rate
- Disorientation
- Anxiety, paranoia
- Reddening of eyes

## FEDERALLY ILLEGAL
- High abuse potential
- Federally considered to have no accepted medical use

## THC VS. CBD
<table>
<thead>
<tr>
<th>THC</th>
<th>CBD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychoactive</td>
<td>Non-psychoactive</td>
</tr>
<tr>
<td>Medical and recreational uses</td>
<td>Medical uses</td>
</tr>
<tr>
<td></td>
<td>Clothing, body care</td>
</tr>
</tbody>
</table>

## LONG-TERM EFFECTS
- **Impaired** attention & ability to learn
- **Lower** IQ (up to 8 points)
- **Lower** life satisfaction
- **Severe** withdrawal effects (depression, insomnia, anxiety)
- **Irregular** heart rate & **increased risk** of acute coronary syndrome
- Risk of using other substances

## INFORMATION SOURCE
- Centers for Disease Control and Prevention
- Volkow et al. JAMA Psychiatry (2018)
- Hall & Degenhardt Lancet (2009)
- Substance Abuse and Mental Health Services Administration
- National Institute on Drug Abuse