

# 10 THINGS TO KNOW ABOUT

# MARIJUANA

## 1. MOST NORTHEASTERN STUDENTS DON'T USE MARIJUANA IN A TYPICAL MONTH.

More than 75% of Northeastern students, including those who are 21 and older, do not use marijuana in a typical month. If you are making the decision not to use marijuana, you are not alone. (1)

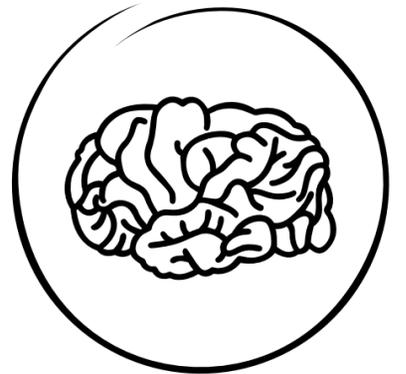
75%

## 2. MARIJUANA IMPAIRS COGNITIVE FUNCTIONING.

Using marijuana has been shown to negatively impact intellectual functioning such as short and long term memory and attention. Marijuana use can lead to poorer learning outcomes and reduced cognitive processing speed. (2)

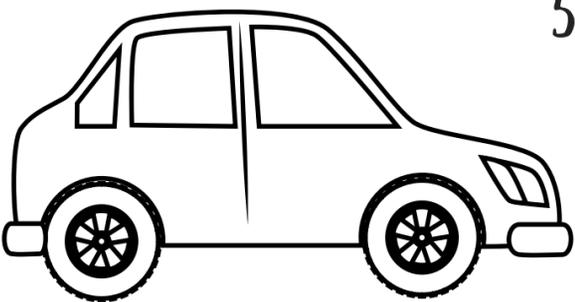
## 3. THERE ARE MENTAL HEALTH CONSIDERATIONS.

Marijuana raises resting heart rate which can be a trigger for anxiety and panic attacks. Frequent use doubles the risk for the development of psychotic disorders and can increase severity of already-diagnosed schizophrenia, PTSD, and bipolar disorder. (2)



## 4. MARIJUANA DEPENDENCE IS A REAL THING.

Using marijuana regularly can lead to dependence. Common signs are: increased tolerance, using more than intended, using for longer than intended, repeated attempts to quit or control use, having social/physical/psychological impacts and withdrawal symptoms. (3) Withdrawal symptoms can include: irritability, mood and sleep difficulties, decreased appetite, cravings, and anxiety. (4)



## 5. DRIVING UNDER THE INFLUENCE OF MARIJUANA GREATLY INCREASES RISK OF A CRASH.

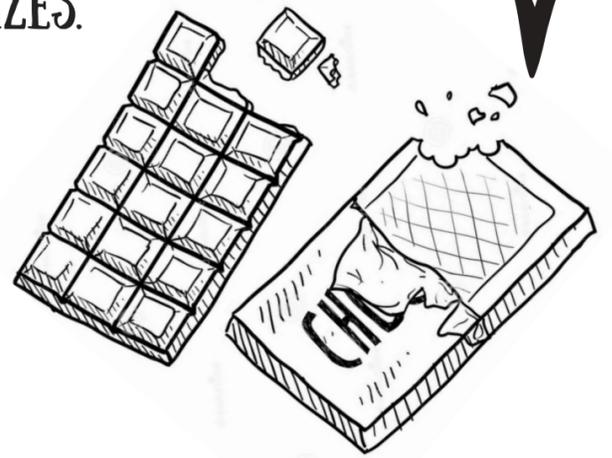
Marijuana impairs coordination, reaction time, and problem-solving and negatively impacts perception and attention. If you decide to smoke marijuana, you should wait at least 6 hours before driving, and even longer if you've consumed edibles. (5)

## WHAT ABOUT EDIBLES?\*

### \*FOOD OR DRINK CONTAINING MARIJUANA

## 6. THERE'S NO SUCH THING AS STANDARD SERVING SIZES.

Unlike with alcohol, where serving size predictably leads to certain levels of intoxication, there is no standard serving size for marijuana. Whether an edible is homemade or purchased in a store, it's difficult to gauge potency and how much marijuana you're consuming. (6)



## 7. IT CAN TAKE LONGER TO FEEL THE EFFECTS.

When marijuana is consumed in food or drinks, it can take up to 2 hours to feel the effects. (7)



## 8. EFFECTS CAN UNEXPECTEDLY LAST LONGER.

When compared to smoking marijuana, the "high" can last several hours longer, potentially even extending into the next day. This could impact driving, studying, or working for hours after use. (7)

## 9. THERE'S A GREATER RISK OF TEMPORARY ACUTE PSYCHOSIS.

Acute psychosis includes hallucinations, delusions, and a loss of the sense of personal identity. Symptoms of panic and vomiting are also common when high levels of THC (psychoactive component in marijuana) are ingested. (4)

## 10. OPEN IS A CONFIDENTIAL, NON-JUDGMENTAL PLACE TO DISCUSS YOUR USE.

OPEN offers confidential check-ins for students looking to get more information and have a supportive, non-judgmental discussion about their marijuana use. Email [open@northeastern.edu](mailto:open@northeastern.edu) or go to [studentlife.northeastern.edu/open](http://studentlife.northeastern.edu/open) for more information.

