

**Marijuana\* is the most common illicit drug used in the United States.**

**How Marijuana is Most Commonly Used:**

**Smoked:**

- hand-rolled cigarettes (joints)
- pipes, water pipes (bongs)
- cigars that have been emptied of tobacco & refilled with a mixture of marijuana and tobacco (blunts)

**Consumed Orally:**

- mixed in food e.g. brownies, cookies
- brewed as a tea

**Some Other Names for Marijuana:**

- |         |             |
|---------|-------------|
| • Dope  | • Pot       |
| • Ganga | • Mary Jane |
| • Smoke | • Weed      |
| • Herb  | • Grass     |
| • Hemp  | • Joint     |

**Common Health & Lifestyle Concerns Associated with Marijuana Use:**

- Increased heart rate
- Heart palpitations & arrhythmias
- Distorted perceptions
- Difficulty with thinking & problem solving
- Disrupted learning & memory
- Depression
- Anxiety
- Suicidal thoughts
- Personality disturbances among adolescents
- Lower life satisfaction
- Poorer mental & physical health
- Higher school dropout rate
- Adverse impact on learning & memory
- Increased work absences & tardiness
- Increased work related accidents
- Increased workers' compensation claims
- Seriously impairs judgment & motor coordination
- Impaired driving

\* **Marijuana** is a dry, shredded green and brown mix of leaves, flowers, stems, and seeds from the hemp plant, *Cannabis sativa*. In a more concentrated, resinous form, it is called hashish.

The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol, or THC.

**Content Source:** National Institute on Drug Abuse (NIDA).