



Teens: Marijuana

Marijuana (weed, pot) is not legal in New York. You can be arrested if you are seen using, selling, or growing marijuana. If you still choose to use marijuana, know that it can be harmful to your health.

What is in marijuana?

Marijuana has a chemical called THC. THC affects the way you think, feel, learn, and remember things. Sometimes there are other drugs or chemicals added to marijuana. This can make it more harmful.

How does marijuana affect you?

When someone uses marijuana, these things may happen:

- Mood changes. Some people feel relaxed or giggly, but others feel very worried or nervous.
- Hallucinations or seeing things that are not really there
- Fast heart beat and high blood pressure goes up
- Feeling very hungry
- Trouble remembering things
- Hard time thinking clearly

What happens if you use marijuana a lot?

Using marijuana a lot can lead to health problems in the long run. You can get:

- Breathing problems
- Sick more because your body can't fight illness as well

Marijuana may affect your emotional health in a negative way. It may be linked to depression and anxiety.

Talk to somebody at CHN about your marijuana use. You can also call:

- A CHN social worker. Call 866-246-8259.
- Substance Abuse and Mental Health Services Helpline. Call 800-662-4357.
- Marijuana Anonymous Worldwide Services. Call 800-766-6799.