

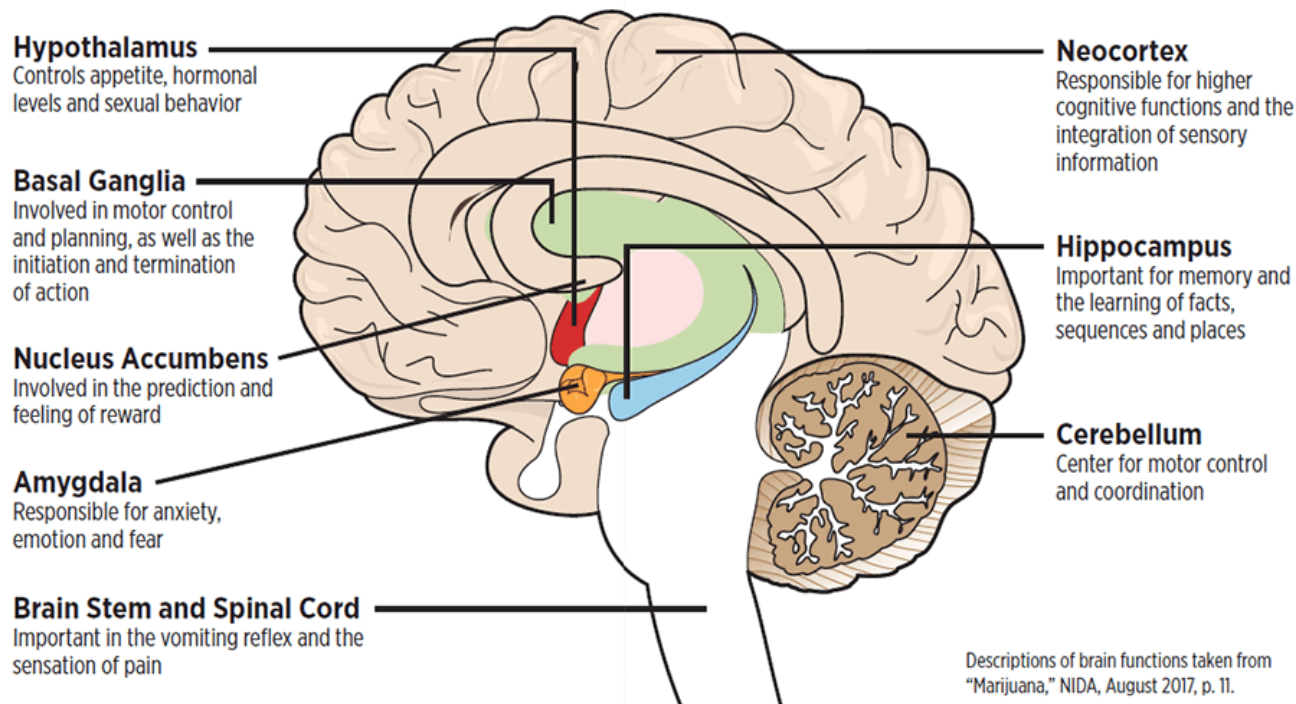
# Marijuana Facts for Teens:

<https://archives.drugabuse.gov/publications/marijuana-facts-teens/want-to-know-more-some-faqs-about-marijuana>

## Article 1: How does marijuana work?

Marijuana is *psychoactive*. In other words, it changes how the brain works. Marijuana affects specific sites in the brain called *cannabinoid receptors*. These receptors send messages to different nerve cells throughout the nervous system. They affect brain areas that impact learning and memory, appetite, coordination, and pleasure so interfering with these receptors can have significant effects on your body.

## Areas of the Brain Affected by Marijuana



## Article 2: What are common effects of marijuana on the body, brain, and behavior?

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### Short-term effects (while using or right after using)

- learning, attention, and memory problems
- distorted perception (sights, sounds, time, touch)
- poor coordination
- increased heart rate
- anxiety, paranoia
- psychosis (not common)

### Effects that last longer than the short term (a few days) but may not be permanent

- learning and memory problems
- sleep problems

### Long-term effects (effects of repeated use)

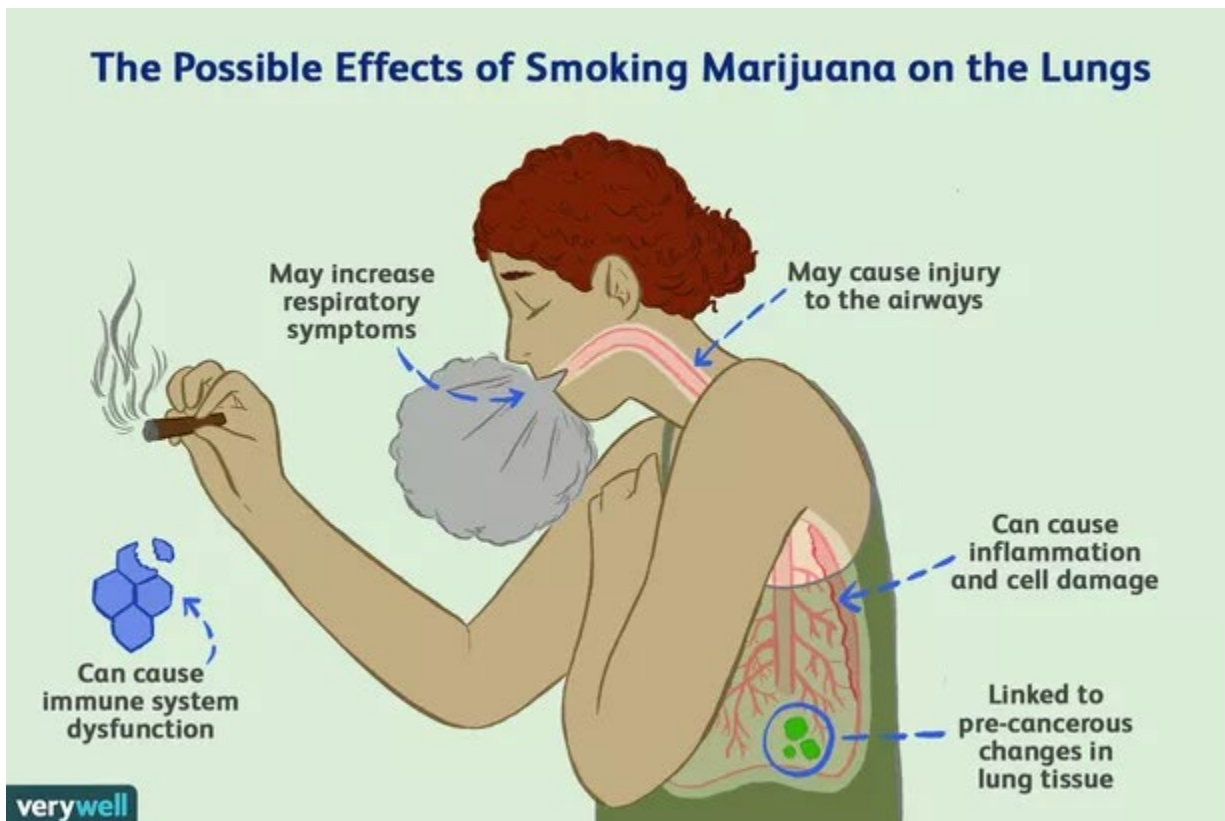
- risk of marijuana addiction
- long-term learning and memory problems if heavy use begins during youth
- risk for chronic cough, bronchitis
- risk of schizophrenia in some people with higher genetic risk
- in rare cases, risk of recurrent episodes of severe nausea and vomiting



### Article 3: How does smoking marijuana affect the lungs?

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Someone who smokes marijuana regularly may have many of the same breathing and lung problems as people who smoke tobacco. For example, marijuana smokers can develop a daily cough or have a higher chance of getting a lung infection. Like tobacco smoke, marijuana smoke has a toxic mix of gases and tiny particles that can harm the lungs. Although we're still learning if marijuana causes lung cancer, many people who smoke marijuana also smoke cigarettes, which do cause cancer. Also, smoking marijuana can make it harder to quit smoking cigarettes.



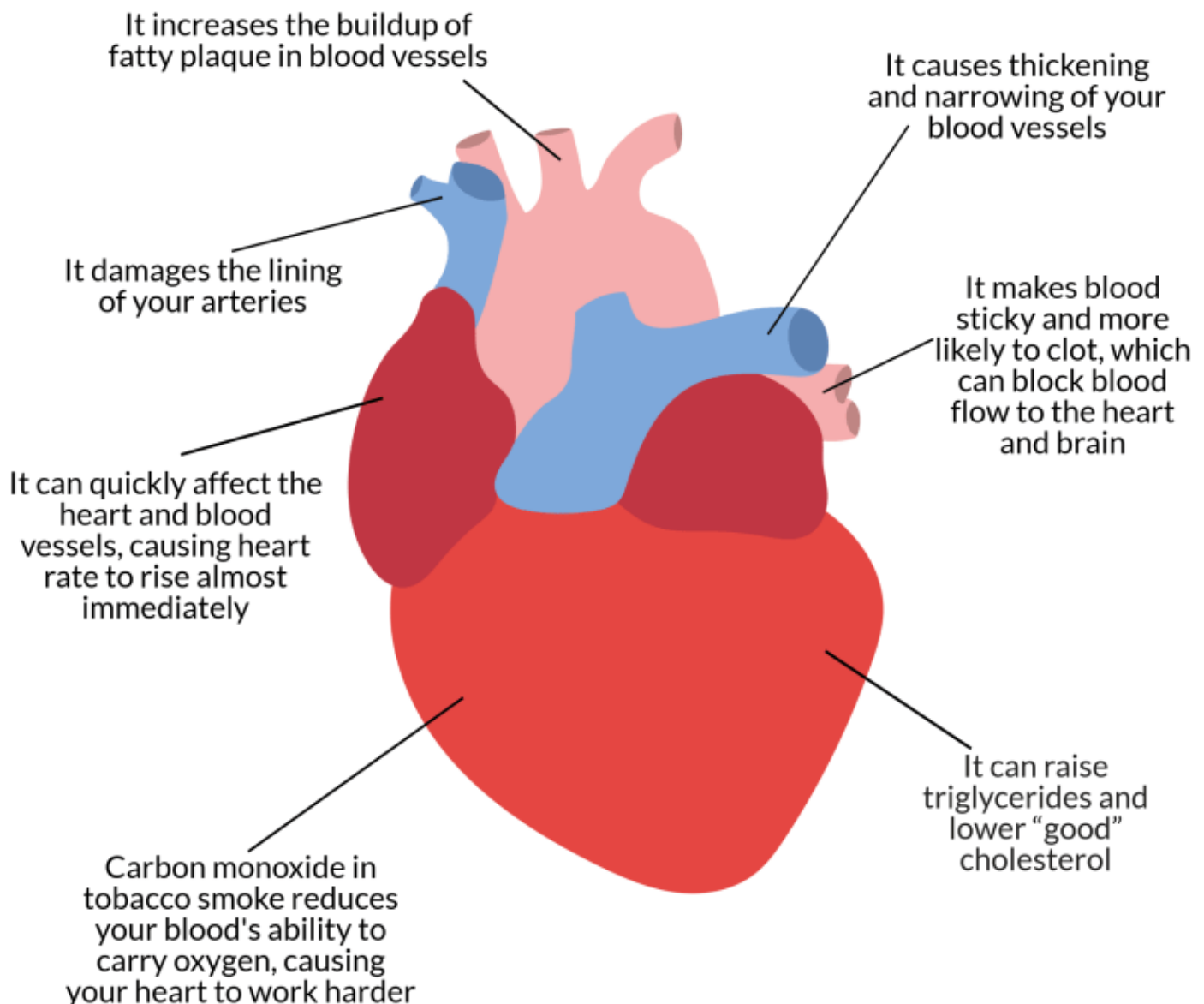
## Article 4: What are the effects of inhaling secondhand marijuana smoke?

<https://archives.drugabuse.gov/publications/marijuana-facts-teens/want-to-know-more-some-fags-about-marijuana>

Here's what we know about secondhand marijuana smoke:

- If you inhale secondhand marijuana smoke, it's unlikely you would fail a drug test, but it is possible.
- Secondhand marijuana smoke is more likely to give someone a high if they're in an enclosed space with others smoking marijuana with high THC levels.
- A recent animal study showed that secondhand marijuana smoke can affect heart and blood vessels as much as secondhand tobacco smoke.
- More research is needed, but we do know that marijuana smoke can especially affect children and people with asthma.

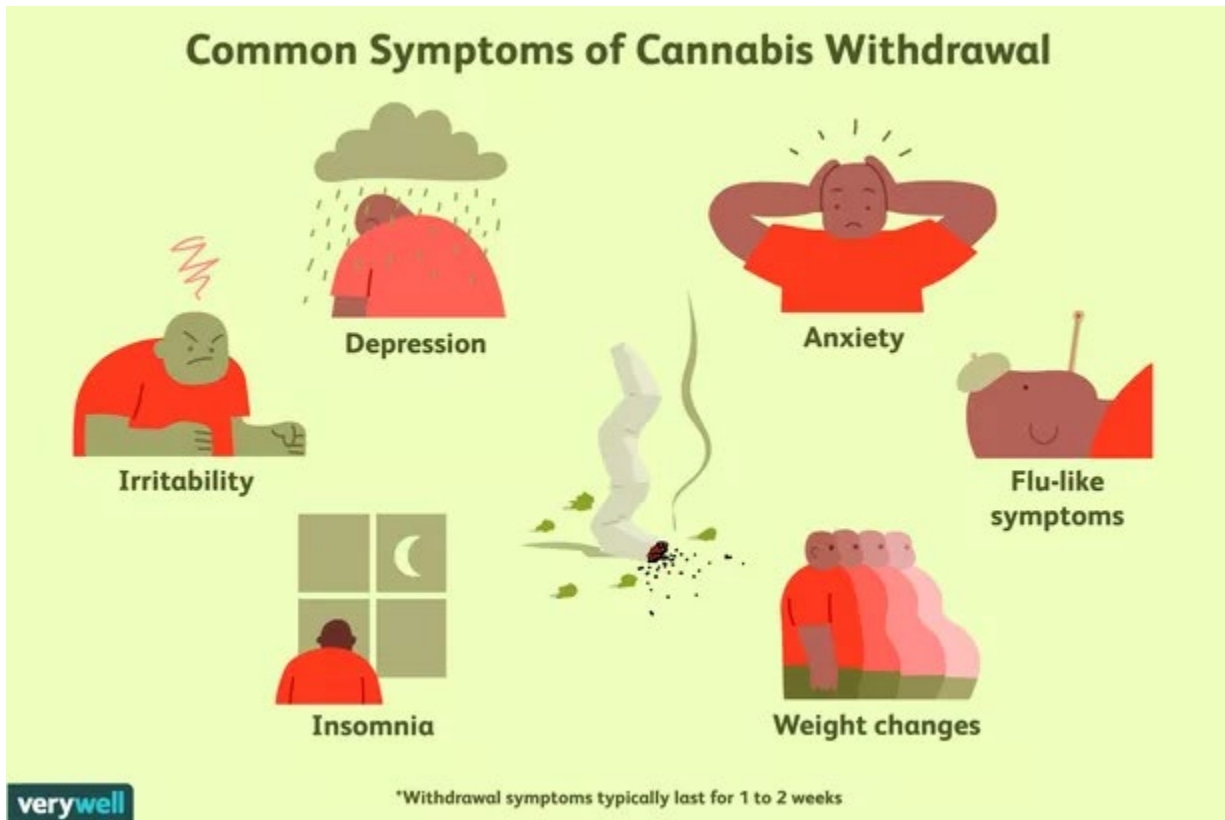
## What does smoking do to your heart?



## Article 5: Can marijuana produce withdrawal symptoms when someone quits using it?

<https://archives.drugabuse.gov/publications/marijuana-facts-teens/want-to-know-more-some-fags-about-marijuana>

Yes, it can. The symptoms can include irritability, problems sleeping, anxiety, and marijuana cravings, and peak a few days after regular marijuana use has stopped. Withdrawal symptoms can make it hard for someone to stay off marijuana.



# Article 6: What if a person wants to quit using marijuana but it is too hard?

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If people find it hard to stop using, they might have a marijuana use disorder. The severe form of a marijuana use disorder is also known as addiction. Marijuana use disorder is complex but treatable. No single treatment is right for everyone. Addiction treatment can help a person stop using drugs, rebuild relationships with family and friends, and restore their productivity at work, at school, and in society. Current treatment programs for marijuana focus on counseling and support groups. There are also programs specially designed to help teenagers. Researchers are testing different ways to help people stay off the drug, including some medications.



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## Find Treatment



### [Substance Use Treatment Locator](#)

Millions of Americans have a substance use disorder. Help is available, treatment works and people recover every day. Find a state-licensed treatment facility near you.

[findtreatment.gov](http://findtreatment.gov)

### [Behavioral Health Treatment Services Locator](#)

A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

### [Buprenorphine Practitioner & Treatment Program Locator](#)

Find information on locating practitioners and treatment programs authorized to treat opioids, such as heroin or prescription pain relievers.

[samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator](http://samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator)

### [National Suicide Prevention Lifeline](#)

24-hour, toll-free, confidential support for people in distress. Prevention and crisis resources for you or your loved ones.

**1-800-273-TALK (8255)**

TTY: **1-800-799-4889**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

### [SAMHSA's National Helpline](#)

This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

**1-800-662-HELP (4357)**

TTY: **1-800-487-4889**

[samhsa.gov/find-help/national-helpline](http://samhsa.gov/find-help/national-helpline)

### [Disaster Distress Helpline](#)

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Call or Text: **1-800-985-5990**

[samhsa.gov/find-help/disaster-distress-helpline](http://samhsa.gov/find-help/disaster-distress-helpline)