

CANNABIS

FACT OR MYTH

Cannabis goes by many names including weed, pot, grass, dope, or hash. There are also many myths people are told about it. Do you know **the truth** behind these myths?

MYTH #1 Cannabis is not addictive.

THE FACTS



Studies show that using any form of cannabis can lead to dependence, the feeling that you need to use. Some heavy users experience withdrawal symptoms, such as irritability, anxiety and difficulty sleeping, when trying to quit. It is estimated that 1 in 11 users will become addicted. The risk of becoming addicted is even higher if someone begins using before age 18.

MYTH #2 Cannabis does not affect your driving ability.

THE FACTS



The risk of being involved in an accident doubles after using. Cannabis use negatively impacts coordination, concentration, reaction time and judgement. Those skills are important for safe driving!

MYTH #3 Smoking cannabis is not as harmful as other tobacco products.

THE FACTS



Cannabis smoke contains 50-70% more cancer-causing material than cigarette smoke. Those who smoke it inhale 3-5x more tar, carbon monoxide and other toxic chemicals than tobacco smokers. Smoking cannabis regularly can cause the same breathing problems as tobacco use, including coughing, wheezing, and more frequent chest illness.

MYTH #4 Cannabis is good for your mental health.

THE FACTS



Regular cannabis use may increase the risk and/or worsen anxiety, depression and other mental health concerns. These risks are increased for youth and adolescents. Since the brain is not fully developed until around age 25, cannabis use during the teenage years can affect the brain's growth and structure.

MYTH #5 It's called "weed" because it is natural.

THE FACTS



Although people often say that it is "all natural," cannabis smoke actually contains more than 400 chemicals. It can also come in various forms, including several synthetic types and concentrates which are manufactured using chemicals.

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