

NATIONAL
DRUG & ALCOHOL
FACTS WEEK

SHATTER THE MYTHS

#NDAFW



The MYTH

Marijuana is not addictive



The TRUTH

**1 in 6 youth who
use marijuana
become addicted**

Source: SAMHSA Tips for Teens 2019



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The MYTH

What's the big deal?
Our parents smoked pot
when they were teens...



The TRUTH

**Today's marijuana
is 15-25% THC**
(>50% for for extracts, >90% for edibles)
vs. 3-4% THC
30 years ago

Source: SAMHSA (McKantz-Katz)



Local Law Enforcement

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The MYTH

It's just a little pot.
It's harmless...



The TRUTH

Marijuana use by teens is associated with:

- permanent drop in IQ
- memory loss/difficulty in school
- relationship issues w/ family & friends

Source: NIDA for Teens



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The MYTH

Marijuana makes me feel good/helps me relax



The TRUTH

Marijuana use is associated with:

- increased anxiety & depression
- increased thoughts of suicide
- increased risk for psychosis & schizophrenia

Source: NIDA for Teens



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The MYTH

Marijuana is not a
"gateway" drug



The TRUTH

Youth who use marijuana
are 9x more likely to use
other drugs than their peers
who don't use marijuana

Source: NSDUH, DuPont et al, 2019

