

RESPECT

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Marijuana Use FAQs

Can marijuana impact my mental health?

Yes. Frequent use, especially of high-potency THC products, increases the risk of developing mental health conditions like psychosis and schizophrenia. Additionally, teens who use marijuana are more likely to experience depression and anxiety.

What does marijuana do to brain development?

Your brain is still in its developmental phase until your early to mid-20s. During this time, the frontal cortex (which is essential for planning, judgment, decision-making, and personality) is underdeveloped and sensitive to cannabis exposure. Extensive research and MRIs have also shown youth cannabis smokers have changes in shape, volume, and gray matter density of the two brain regions associated with addiction—the nucleus accumbens and the amygdala.

Has marijuana gotten stronger?

Yes. The THC content in marijuana was less than 2% during the 1980s. In the 1990s, it rose to 4% and as recently as 2017 it had increased to 17–28% with high-potency products being as much as 95% concentrated.

Can I get addicted if I use marijuana?

The CDC states that around one in 10 marijuana users develop what is called cannabis use disorder. This means you can't stop using it even when it harms your life at school, your relationships, or your finances. The younger you start consuming it, and the more heavily you use it, increases your risk of developing cannabis use disorder.

What is the environmental impact of marijuana?

The carbon dioxide pollution from the electricity used to grow marijuana, combined with the fuel from transportation, is equal to the pollution from three million cars.

Are pesticides used on marijuana plants?

Yes, and there are rarely application standards for growers. Many of the chemicals used are intended for lawns and other nonedible plants. One study conducted in Los Angeles found pesticide residue levels on medical cannabis samples to be 1,600 times the legal limit.



For more information on the effects of marijuana, ways to say no, and other resources, visit [CultureChoiceRespect.com](https://www.CultureChoiceRespect.com)

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