

ALL FOR A BOY

Shelby's Story

Shelby was a star student, captain of her basketball team, assistant manager at a local restaurant: she had it all. Senior year was going to be a breeze for her, and she was moving on to play college basketball on a full scholarship at one of the top schools in the country. Shelby had never had a boyfriend before. She had been crushing on Jeremy, a boy in her class since freshman year, but he never noticed her. A few days before school started, Shelby ran into him at the grocery store. He asked her if she wanted to go shoot some hoops and of course, she said, "yes." Shelby was so excited! She drove to the basketball court in the park right by her school and Jeremy was waiting there for her. They played basketball, laughed, and had a great time until Jeremy pulled out a few ounces of weed. Shelby really wanted him to like her so she smoked, took selfies, and played some more basketball until it was time to go home. The next day at school, she was called into the principal's office. Someone had turned in a selfie of Shelby and Jeremy with a joint of weed in their hands. She was drug tested and lost her scholarship, her job, and her crush.



THE TRUTH ABOUT LEGAL WEED

Think you're an expert on legal weed?

Test your knowledge with this quiz and find out!

1. If weed is legal in a state, anyone can smoke it.
a. True b. False
2. Second to alcohol, marijuana is the most commonly used recreational drug in the United States.
a. True b. False
3. Which of the following is NOT a side effect of marijuana?
a. Loss of consciousness b. Red eyes
c. Weight loss d. Increased heart rate
4. Studies show that teens and young adults that use and abuse pot are much less likely to earn their diploma or college degree than those who say no to the drug.
a. True b. False
5. What is the active ingredient in marijuana that travels to your brain and slows down your nerve cells?
a. Weed b. THC
c. TLA d. Nicotine

Answers: 1.B 2.A 3.C 4.A 5.B

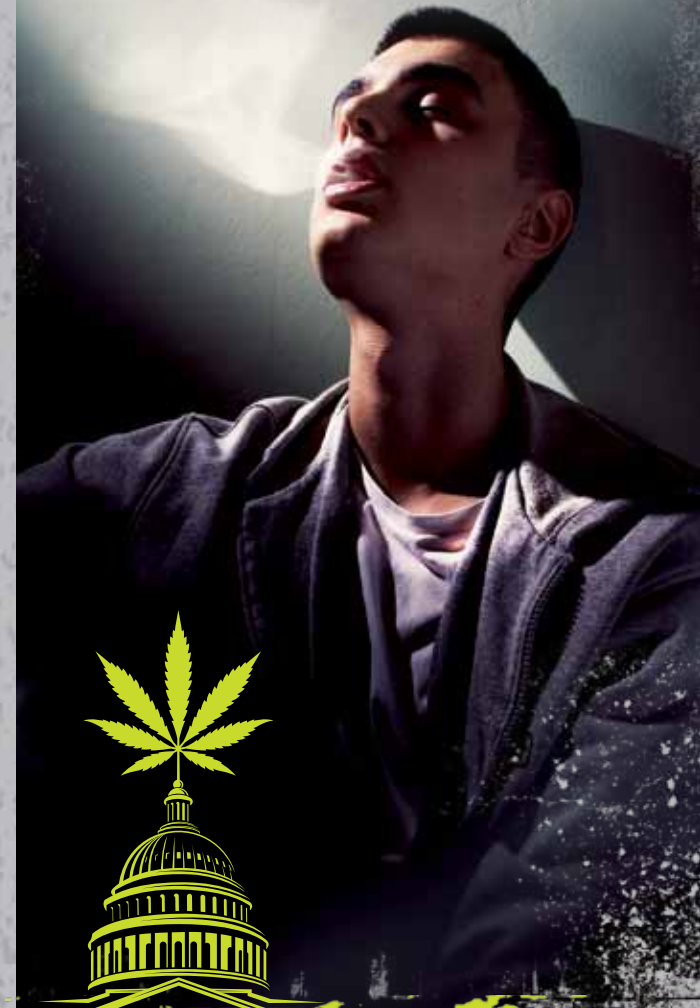


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LEGAL WEED



FAMILIAR CONSEQUENCES

SO, IT'S LEGAL?

Weed is Not Legal for Everyone

Every day, people are pushing for marijuana, also known as weed or pot, to be legal. Half of Americans today, including the Drug Policy Alliance (DPA), think that weed should be handled just like alcohol and tobacco. Some states like Colorado and Washington have legalized both medical and recreational marijuana use. But in states where weed is still illegal, just having weed in your pocket or your purse is enough to get you arrested. If you're under the legal age, it's illegal everywhere. Getting arrested for having marijuana even just once can have negative effects for the rest of your life.

A NEW KIND OF "JUNK" FOOD

Second to alcohol, marijuana is the most commonly used recreational drug in the United States, with an estimated 19.8 million users. In Colorado, where weed is legal, an estimated 45% of sales involve edible marijuana. Edible marijuana is more dangerous than smoking because you never know how much weed you are consuming. Edible weed also takes longer to show its effects than smoking does. Eventually, users become impatient after not feeling the "high" after a few bites, leading to overeating the weed-infused food.

I NEED WEED

Marijuana is Addicting

A lot of people believe that you can't become "addicted" to marijuana, but stoners can get so used to how they feel on weed that they forget how to function without it. Constant use can lead to "burned-out" feelings of depression, anxiety and physical addiction. Heavy users often find that they lose their sensitivity to the drug and need to use more and more of it every time.



YOUNG MINDS ON POT

Marijuana & Your Brain

When you smoke weed, THC (the active ingredient in marijuana) travels to your brain and slows down your nerve cells. THC also messes with the parts of your brain that control your memory, concentration, and coordination. That "high" feeling means that your brain isn't working fast enough to do its job. The worst part, the younger you are when you start smoking weed, the more damage it will do to your brain. Young pot smokers are hurting their ability to learn and remember what they have learned. Being high may have permanent effects – marijuana use can actually shrink parts of your brain, including your hippocampus and your amygdala which control your memory. Marijuana can actually kill your brain cells.

CONSEQUENCES OF WEED

Did you know that weed can have effects on all parts of your body, not just your brain? Here is a list of short and long term side effects of smoking or consuming pot:

- Weight gain from increased appetite
- Weakened immune system
- Red eyes and dry mouth
- Loss of consciousness
- Increased risk of mouth/gum cancer
- Increased heart rate
- Chest and lung problems

The use of marijuana can also have a great effect on an expecting mother. The above side effects, especially ones like weakened immune system and increased heart rate, can really take a toll on the health of mom and baby.

DUMBING YOU DOWN

Weed & School

Weed affects your ability to learn by weakening your memory, attention span, and ability to focus effectively. Weed also has an effect on your motion and timing skills, which harms your performance in sports. Studies show that teens and young adults that use and abuse pot are much less likely to earn their diploma or college degree than those who say no to the drug.

PANIC ON POT

Not only can weed damage your abilities in school, but in every other area of life. Even when alone, abusers of marijuana can experience life-changing issues, including the altering of their mental health. Marijuana increases your chances of suffering from anxiety and depression, depending on how much you use, how often you use, and your family's medical history involving the illnesses. Weed causes paranoia and panic attacks, which can be very dangerous.

DRIVING ON DOPE

Even though weed is legal in some states, that does not mean it is safe to use and definitely not safe to drive while under the influence. It's also illegal to drive while under the influence. User's chance of getting in a car accident doubles after smoking pot. That statistic is even higher when involving teenagers and inexperienced drivers. Let's say you just smoked pot but feel "fine enough" to drive home. On the way home you get into an accident and someone in the other vehicle dies. Even if it was not "your fault," you could be charged with vehicular manslaughter and go to prison. Not to mention, you get to live with the guilt of killing someone because you made a poor decision.

