

BEFORE YOU RISK IT

Know the law.

It is illegal to buy or sell marijuana in the Cayman Islands. Even holding small amounts of marijuana can lead to an arrest.

Get the facts.

Smoking marijuana can cause health problems, such as chronic coughing, chest colds, lung infections, and breathing problems.

Know the risks.

Marijuana affects your coordination and reaction time, raising your risk of injury or death from accidents.

Keep your edge.

Marijuana affects your judgment, drains your motivation, and can make you feel anxious.



KNOW THE SIGNS

How can you tell if a friend is using marijuana?

Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be using marijuana:

- Seeming dizzy and having trouble walking
- Having red, bloodshot eyes and smelly hair and clothes
- Having a hard time remembering things that just happened
- Acting silly for no apparent reason

What can you do to help someone who is using marijuana or other drugs?

Be a real friend. Encourage your friend to seek professional help.

The bottom line: If you know someone who smokes marijuana, urge him or her to stop or get help. If you're smoking marijuana—stop! The longer you ignore the real facts, the more chances you take with your health and well-being. It's never too late. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust.

For information and referrals,
Call the National Drug Council at 949-9000.



#SaySomething

WHERE TO FIND HELP



Supporting Agencies

National Drug Council
345.949 9000
email: info@ndc.ky

Cayman Counselling Services - Terry Delaney
Ph: 345.526.1378 or 345.956.5713
email: terrydcayman@gmail.com

Department of Counseling Services
Ph: 345.949.8789
email: counseling.services@gov.ky

The Wellness Centre
345.949.9355
email: info@wellnesscentre.ky



Unit 17 & 18 Caymanian Village
P.O. Box 10007 Grand Cayman KY1-1007
Tel: 345-949-9000 info@ndc.ky www.ndc.ky



GET THE FACTS.....

MARIJUANA



GET THE FACTS

What is Marijuana?



The "natural" matter:

Also known as: "weed," "pot," "bud," "grass," "herb," "Mary Jane," "MJ," "reefer," "skunk," "boom," "gangster," "kif," "chronic," and "ganja"

Marijuana refers to the dried leaves, stems and seeds from the hemp plant. But "natural" doesn't mean safe. (Think about it, Heroin, perhaps our most lethal drug is derived from a flower.)

The active ingredients

Pot contains approximately 400 chemicals, including THC, which strongly distorts how the mind sees the world. Studies show the THC is 5 times more potent now than it was in the 1990's.

The Junk:

Drug testing facilities have discovered some strains to be laced with fungi and other contaminants that could enter your lungs when smoked, potentially upping your risk for respiratory infection or cancer.

THE RISKS

Marijuana affects your brain. THC (the active ingredient in marijuana) affects the nerve cells in the part of the brain where memories are formed.

Marijuana affects your self-control. Marijuana can seriously affect your sense of time and your coordination, impacting things like driving.

Marijuana affects your lungs. Marijuana smoke deposits four times more tar in the lungs and contains 50 percent to 70 percent more cancer-causing substances than tobacco smoke does.

Marijuana affects other aspects of your health. Chronic marijuana use has been linked with depression, anxiety, and an increased risk of schizophrenia in some cases.

Marijuana is not always what it seems. Marijuana can be laced with substances such as PCP, formaldehyde without your knowledge. "Blunts"—hollowed-out cigars filled with marijuana—sometimes have cocaine added.

Marijuana can be addictive. Not everyone who uses marijuana becomes addicted, but some users do develop signs of dependence.

HEALTH ISSUES



MEDICAL MARIJUANA

What Is Medical Marijuana?

The marijuana plant contains chemicals that may be useful for treating a range of illnesses or symptoms. A growing number of countries have legalised the plant's use for certain medical conditions.

THC one of the active chemicals in the plant has some medicinal properties in addition to its mind-altering effects. Pill versions of THC have been approved to treat nausea (feeling sick) in cancer patients and to increase appetite in some patients with AIDS.

It is important to remember that because marijuana is often smoked, it can hurt lung health; these health risks as well as the way it impairs mental functioning may outweigh its value as a medical treatment, especially for people that are not very sick with cancer or other life-threatening diseases. Another problem with smoking or eating marijuana plant material is the ingredients vary a lot from plant to plant, so there is no way to get a precise dose every time or even know what dose you are getting. This is why scientists are busy studying safe ways that THC, and other chemicals can be extracted from the marijuana plant to create safe medicines

HEAVY MARIJUANA USE BY TEENS IS LINKED TO:

Educational Outcomes

Lower grades and exam scores



Less Likely to enroll in College

Less Likely to graduate from HS or College

Life Outcomes

Lower satisfaction with life



More Likely to earn a lower income

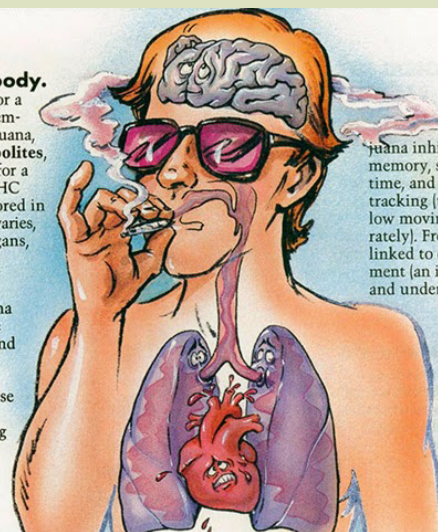
More Likely to be unemployed

Health Risks

THC in your body.

You're only high for a few hours. But chemical traces of marijuana, called **THC metabolites**, stay in your body for a month or more. THC metabolites are stored in the brain, testes, ovaries, and other fatty organs, and are detectable by urine tests.

Lungs. Marijuana smoke irritates the throat and lungs and has twice as much "tar" as cigarette smoke. Frequent use is linked to an increased risk of lung cancer, bronchitis, and emphysema.



Brain. Marijuana inhibits short-term memory, slows reaction time, and impairs visual tracking (the ability to follow moving objects accurately). Frequent use is also linked to cognitive impairment (an inability to abstract and understand concepts).

Heart. Marijuana speeds a user's heartbeat as much as 50% while high, an increased risk for anyone with heart disease.

