

MARIJUANA: WHAT YOUTH NEED TO KNOW

Maine has legalized marijuana for sale, possession, and consumption for adults over the age of 21. However, youth marijuana use may result in a variety of social and health issues.

POSSIBLE SHORT TERM EFFECTS OF USE

- Euphoria, enhanced sensory experiences
- Drowsiness, relaxation
- Impairment of balance/ coordination
- Increased blood pressure
- Negative impact on learning, concentration & memory



- Increased heart rate
- Increased appetite
- Decreased reaction time
- Anxiety
- Paranoia

POTENTIAL LONG TERM CONSEQUENCES

Marijuana is still federally illegal & underage use can result in consequences.

Marijuana charges can impact financial aid awards. Eligibility for college aid (grants, loans, work-study) may be revoked if a student has a drug conviction (including sale or possession of marijuana).



Marijuana possession or use may affect immigration status. Under immigration law any marijuana-related activity is a crime with harsh penalties.

POSSIBLE LONG TERM EFFECTS OF USE

- Mental health issues (anxiety, depression, suicidal ideation, psychotic episodes)
- Chronic cough
- Respiratory issues
- Decreases in motivation
- Severe nausea, vomiting, dehydration
- Increased risk of stroke or heart disease



DID YOU KNOW?

The brain continues to develop through age 25.

Youth marijuana use has been associated with lower grades and lower school retention.

Youth caught with marijuana may experience school suspensions, expulsions, or being removed from sports teams or extracurriculars.

For more resources visit: <https://goodtoknowmaine.com/>

Created April 2020