

Marijuana: Some Facts Parents Need To Know

Marijuana is the most frequently used illegal drug in the United States. Children think it is not as bad as smoking cigarettes. **They are dead wrong!** Nearly 50% of high school seniors have tried marijuana at least once.

FACT: Marijuana smoking affects the brain and leads to impaired:

- **Short-term memory**...recent events are forgotten & complex tasks are difficult
- **Perception & reaction time**...increases the risk of accidents & auto crashes
- **Judgment**...can lead to risky sexual behaviors & HIV/AIDS or hepatitis infections
- **Motor skills**...timing, movements & coordination are distorted or slowed down



FACT: Marijuana affects many skills required for safe driving:

- **Alertness**...no awareness of surrounding traffic, road hazards or pedestrians
- **Concentration**...cannot keep focused on driving
- **Coordination**...makes the wrong moves for stopping, changing lanes, turning
- **Reaction time**...cannot stop or avoid hazards in time
- **The ability to accurately judge distances**...might rear-end cars, miss turn lanes, etc
- **The ability to react to traffic signals**...may drive through intersections before even trying to stop

Smoking marijuana and driving makes the driver a dangerous road hazard to everyone on the road and on adjacent sidewalks.

FACT: Long-term marijuana users show some devastating emotional and behavioral tendencies:

- **Lack of motivation**...eliminates a good future
- **Not caring about what happens in their life**...reduces chance of happiness
- **No desire to work regularly**...eliminates financial future
- **Fatigue**...lack of energy for any activity
- **Lack of concern about personal appearance**...bad hygiene, slovenly appearance
- No desire to perform adequately in school or at work

There's much more to know about these devastating emotional and behavioral changes ...[go here!](#)

FACT: Marijuana contains carcinogens and users may have many of the same respiratory problems that tobacco smokers have. Don't let your kids get away with: "Everyone's doing it and there's nothing wrong with them"... "Smoking cigarettes is worse than smoking pot!"

Marijuana damages the lungs, nerves and brain and, of the 400 separate chemicals in marijuana smoke, 60 of those chemicals have been proven to cause cancer. One of the problems with smoking marijuana is that the smoke is held in the lungs longer than tobacco, in an effort to enhance the "high," and causes much more damage to the lungs than smoking cigarettes.

(You have the right to give this article away freely, use it as a bonus item on your website, email it to your list or sell it as long as you do not change it in any way.)

Pat Graham is the author of the eBook: "*Child Drug Addicts – Are You Raising One?*" Visit: www.childdrugaddicts.com